

LOS PAUB QHOV TSEEB.

TAM SIM NO
MUAJ RAU COV
NEEG LOJ, COV
ME NYUAM YAUS
THIAB COV ME
NYUAM MOS
LAWM

TIV THAIV KOJ TUS MENYUAM.



TIV THAIV KOJ LUB ZEJ ZOG.

Cov me nyuam yaus thiab cov hluas yuav muaj kev nyab xeeb tshaj plaws yog thaum lawv txhaj lawv cov tshuaj tiv thaiv kab mob COVID-19 raws sij hawm lawm.

Cov tshuaj tiv thaiv pab tau sawv daws, tsis hais cov me nyuam thiab cov hluas, kom thiaj kis tsis tau COVID-19. Cov tshuaj tiv thaiv kuj pab kom cov me nyuam thiab cov hluas tsis mob hnyav heev yog tias lawv ho kis tau.

Muaj cov kab mob COVID-19 tshiab uas kis tau yooj yim dua thiab tuaj yeem ua rau muaj cov tsos mob hnyav dua. Cov tshuaj tiv thaiv pab tiv thaiv cov kab mob txia tshiab no.

Qhov uas cov me nyuam thiab cov hluas txhaj tshuaj tiv thaiv yuav tiv thaiv tag nrho lub zej lub zos huv si.

Cov neeg uas lawv txhaj cov koob tshuaj COVID-19 raws sij hawm feem tau yuav tsis kis tau tus kab mob mus rau lwm tus. Thaum cov menyuam uas muaj feem txhaj tau cov tshuaj tiv thaiv lawm ces tiv thaiv tau:

- Lawv tej phooj tej ywg thiab lawv tsev neeg uas tsis tau txhaj.
- Cov laus neeg thiab cov neeg uas muaj tej mob uas yog tias kis tau COVID-19 ces yuav mob hnyav.

Thaum cov menyuam thiab cov laus tau txhaj coob zuj zus tuaj, yuav yoojyim dua cia cov tsev kawm ntawv thiab tej kev lag luam qhib.



YUAV TSIIS UA LI CAS RAU KOJ THIAB ZOO HEEV LI

- Tsis tau muaj lwm yam tshuaj uas tau muab kuaj zoo npaum li no dua hauv U.S. tej keeb kwm.
- Tau pom tias cov tshuaj tiv thaiv no tsis tsim teeb meem dabtsi rau tej menyuam, cov laus cov hluas, tsis hais haiv neeg twg, tuaj lub tebchaws twg tuaj thiab txawm muaj hnub nyoog li cas los xij.
- Koob tshuaj tiv thaiv COVID-19 tsis muaj kev cuam tshuam rau thaum tus neeg tab tom yuav tiav nkauj tiav nraug los si kev xeeb tub rau yam tom teb. Cov koob tshuaj txhaj tiv thaiv yuav tsis muaj feem ua tau rau koj tus menyuam tsis muaj tub muaj kis ntawm yam tom tej.

PUB DAWB RAU TXHUA TUS

- Txawm koj **muaj ntaub ntawv nyob hauv lub tebchaws no los tsis muaj** los txhua tus yeej txhaj tau tibi.
- Txawm koj lossis koj tus menyuam tsis **muaj ID lossis is sas las kho mob** los yeej txhaj tau cov tshuaj tiv thaiv dawb.



NRC-RIM
National Resource Center for
Refugees, Immigrants, and Migrants

Yuav muaj li cas

Thaum koj tus menyuam tau hloov kho tshiab ntawm lawv cov tshuaj tiv thaiv COVID-19, lawv yuav muaj kev nyab xeeb dua thaum mus kawm ntawv, ua si kis las, thiab mus ntsib phooj ywg thiab tsev neeg. Kev txhaj cov tshuaj tiv thaiv kab mob COVID-19 kom raws sij hawm txhais tau hais tias yuav tsum tau txhaj ob koob tshuaj tiv thaiv, thiab tom qab ntawd yuav tsum tau txhaj koob tshuaj loos ntxiv yog thaum koj tsim nyog txhaj lawm.



Thaum koj mus rau lub sijhawm uas koj tau teem:

- Ua ntej tus nawj lossis tus kws kho mob txhaj koj tus menyuam, lawv yuav qhia koj txog cov tshuaj, nrog koj tham txog koj tus menyuam li keeb kwm kho mob thiab nug seb koj puas muaj lus nug dabtsi.
- Koj tus menyuam yuav tsum nyob li 15 mus txog 30 feeb tom qab txhaj tas thiaj saib tau seb puas ua li cas.



Muaj mentsis tsos mob los tsis ua li cas

Qhov uas koj tus menyuam muaj tej tsos mob tsis qhia tias nws kis tau COVID-19 lawm.

Tej tsos mob ntawd tsuas qhia koj tus menyuam lub cev kom txawj ntaus tus kab mob COVID-19 xwb.

Tej tsos mob uas tsis tas txhawj txog kuj yog:

- Sab npab uas txhaj tshuaj mob lossis o
- Nkees nkees
- Dias taubhau
- Tej nqaij mob
- Ua daus no
- Kub taubhau
- Xeev siab



Yeej tsis tshua muaj cov uas mob hnyav kiag li

Cov tshuaj tiv thaiv yuav tsis ua li cas rau koj. Nws muaj feem ntau tias koj tus menyuam yuav muaj teeb meem loj los ntawm COVID-19 ntau dua li los ntawm cov tshuaj tiv thaiv.

Tsawg tsawg tus ntawm cov hluas thiaj muaj tej tsos mob xws li lub plawv o o (hu ua myocarditis lossis pericarditis) lossis tej hlab ntsha txhaws xwb.

- Tej tsos mob hnyav los **yeej tsis tshua muaj li**
- Tej tsos mob hnyav los **yeej kho tau** thiab coob tus uas muaj tej tsos mob no los twb zoo lawm
- Qhov uas txhaj cov tshuaj tiv thaiv no hajyam pab tau dua qhov uas muaj tej tsos mob

NUG KOJ TUS KWS KHO MOB YOG TIAS XAV PAUB NTXIV

Nrog koj tus menyuam tus kws kho mob lossis tus nawj tham thiaj paub ntxiv txog cov tshuaj tiv thaiv COVID-19 thiab lwm cov tshuaj tiv thaiv uas tej zaum koj tus menyuam yuav tsum tau txhaj.