

LOS PAUB TXOG QHOV TSEEB.

COV KAB MOB TXIA TSHIAB NTAWM TUS KAB MOB COVID-19: YAM UAS KOJ YUAV TSUM TAU PAUB

Tej kab mob yeej hloov tas zog. Thaum pom tias ib tug kab mob twg tau hloov ntau heev lawm, ces cov kws tshawb txuj ci muab hom kab mob ntawd tis ua ib lub npe tshiab. Muaj tej hom kab mob mas tsis mob hanyav luaj twg, tiamsis lwm hom mas phom sij kawg.






Cov kws tshawb fawb muaj kev txhawj xeeb txog kev sib txawv uas yooj yim dua los ntes thiab kis mus rau lwm tus, lossis ua rau muaj mob hanyav dua.



Muaj ntau tus neeg nyob rau txhua lub hnuv nyooq tab tom kis tus kab mob txia los ntawm tus kab mob COVID-19, suav nrog cov neeg laus, cov hluas thiab cov me nyuam yaus tib si.

COV TSHUAJ TIV THAIV NO YUAV PAB TIV THAIV COV KAB MOB TXIA NTAWM TUS KAB MOB COVID-19

Txoj hauv kev zoo tshaj uas yuav tiv thaiv tau koj tus kheej, koj tsev neeg, thiab koj lub zej zog ntawm cov kab mob txia tshiab ces yuav tsum tau txhaj cov tshuaj tiv thaiv kab mob COVID-19 kom raws sij hawm. Cov tshuaj tiv thaiv yog:

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TSIS UA LI CAS RAU KOJ: Tsheej plhom tus tibneeg twb tau txhaj cov tshuaj tiv thaiv no lawm thiab pom tias tsis tsim teeb meem dabtsi rau lawv, tsis hais haiv neeg twg, tuaj lub tebchaws twg tuaj thiab txawm laus los hluas los xij. Nws muaj feem ntau tias koj yuav muaj teeb meem loj los ntawm tus kab mob COVID-19 ntau dua li los ntawm cov tshuaj tiv thaiv.
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YEEJ PAB TAU TIAG: Cov koob tshuaj txhaj yuav pab tiv thaiv tau koj ntawm cov kab mob COVID-19 tshiab los sis cov variants. Yog tias koj kis tau los cov tshuaj tiv thaiv yuav pab kom koj tsis mob hanyav heev thiab kom thiaj tsis tuag.
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PUB DAWB: Txawm koj tsis muaj ntaub ntawv nyob hauv lub tebchaws, tsis muaj ID, lossis tsis muaj ib qho is sas las kho mob, los txhua tus yeej tau cov tshuaj tiv thaiv no dawb xwb.



Yog koj tsis txhaj koj cov koob tshuaj tiv thaiv COVID-19 kom raws sij hawm, koj yuav muaj feem kis tau tus kab mob COVID-19 ntau dua, mob hanyav los si tuag tau, thiab hos yuav kis tau rau lwm tus.

KOJ MUAJ PEEVXWM UA TAU KOM TEJ HOM KAB MOB PHEM KAWG NO TSIS TXHOB KIS NTXIV LAWM THAUM KOJ TXHAJ COV TSHUAJ TIV THAIV

Cov kws paub tshaj tseem xav kom cov uas twb txhaj cov tshuaj tiv thaiv tas lawm xyuam xim thiab, tshwj xeeb tshaj thaum lawv nyob rau qhov chaw uas muaj neeg coob coob lossis mus sib koom nyob hauv tsev.



Txoj kev txhaj tshuaj tiv thaiv peb cov zej zog tag nrho yog ib txoj hauv kev uas yuav pab tiv thaiv tau cov kab mob tshiab ua yog cov variants no kom tsis txhob xeev ntxiv thaum lub hauv paus.

Txoj haus kev zoo tshaj uas yuav tiv thaiv tau koj tus kheej, koj tsev neeg, thiab koj lub zej zog ntawm cov kab mob tshiab uas yog cov variants ces yuav tsum tau txhaj cov koob tshuaj tiv thaiv COVID-19 kom raws sij hawm.



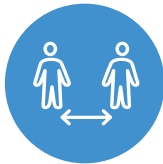
Nws yuav siv sij hawm ob lub lis piam tom qab koj txhaj tshuaj kawg kom tau txais tag nrho cov kev tiv thaiv cov tshuaj tiv thaiv.

TIV THAIV KOJ TUS KHEEJ THIAB KOJ LUB ZEJ ZOG LOS NTAWM COV KAB MOB TXIA TSHIAB NTAWM TUS KAB MOB COVID-19

Tej txhia ntawm cov kab mob tshiab COVID 19 ua yog cov variants yuav kis yooj yim dua thiab kis rau lwm tus. Tiv thaiv koj tus kheej thiab koj lub zej lub zos los ntawm kev txhaj tshuaj tiv thaiv thiab:



Npog qhov ncauj qhov ntswg.



Xyaum nyob sib nrug.



Tsis txhob mus koom tej pawg uas muaj neeg coob.



Muab tshuaj so tej chaw uas kheev kov.



Nquag ntxuav koj ob txhais tes.



Thaum koj txhaj cov tshuaj tiv thaiv, ces koj muaj peevxwm ua tau kom tej hom kab mob phem kawg no tsis txhob kis ntxiv lawm.

PAB KOM COVID-19 TSIS TXHOB KIS NTXIV LAWM.