

LOS PAUB QHOV TSEEB.

NPOG QHOV NCAUJ QHOV NTSWG



QHOV UAS NPOG QHOV NCAUJ QHOV NTSWG YEEJ YOG QHOV UAS YUAV TIV THAIV TAU ZOO TSHAJ TXHUA ZAUS

Txhua hnub, COVID-19 tseem kis mus rau tsheej txhiab tus neeg tas zog tsis hais cov laus neeg, cov neeg laus, cov hluas thiab cov me nyuam yaus tib si. **Txawm tias nyob rau koj thaj tsam tsis muaj kev txwv kom npog qhov ncauj qhov ntswg los, yog koj thiab koj tsev neeg puav leej npog ces yuav yim huab tiv thaiv tau nej zoo.**

Cov ntaub npog qhov ncauj qhov ntswg tiv thaiv kom thiaj tsis kis tau COVID-19

Vim COVID-19 kis ib tug rau ib tug yooj yim heev, qhov uas npog qhov ncauj qhov ntswg tiv thaiv tau koj, koj tej phooj tej ywg thiab tsev neeg, thiab koj lub zej lub zos.

- ✓ Yog tias koj npog qhov ncauj qhov ntswg, ces yuav tsis yooj yim rau koj nqus tau cov pa uas muaj tus kab mob ntawm tej huab cua.
- ✓ Muaj cov uas twb tsis paub tias lawv kis tau COVID-19 lawm, rau qhov tsuas yog ib txhia thiaj tsis xis nyob xwb. Thaum muaj li no, yog tias npog qhov ncauj qhov ntswg ces yuav tsis kis yooj yim mus rau lwm tus.



YUAV TSUM NPOG QHOV NCAUJ QHOV NTSWG KOM ZOO ZOO THIAJ PAB TAU TIAG.

- Muab daim ntaub npog kom khwb nkaus koj lub qhov ntswg thiab qhov ncauj kiag
- Ua zoo saib kom tsis txhob dim pa mus rau sab saud los sis ntawm ob sab plhu
- Koj ob txhais tes yuav tsum huv ua ntej koj muab daim ntaub npog qhov ncauj qhov ntswg npog koj lub ntsej muag
- Tsis txhob kov daim ntaub npog qhov ncauj qhov ntswg thaum twb muab npog lawm
- Muab koj cov ntaub npog qhov ncauj qhov ntswg uas koj siv tau ntau zaus ntshua txhua hnub
- Siv cov ntaub npog qhov ncauj uas siv tas ces pov tseg ib zaug xwb



Cov tshuaj tiv thaiv yog yam uas muab tau kev tiv thaiv zoo tshaj

- Qhov uas txhaj tshuaj tiv thaiv yog qhov uas tseem ceeb dua ntais uas koj ua tau los tiv thaiv koj tus kheej thiab koj lub zej lub zos.
- Nws yog ib qho tseem ceeb heev uas koj yuav tsum tau txhaj tshuaj tiv thaiv COVID-19 kom raws sij hawm, nrog rau koob tshuaj txhawb ntxiv yog thaum tsim nyog txhaj lawm.

YUAV YIM HUAB TIV THAIV TAU COV NEEG UAS TWB TXHAJ TSHUAJ TIV THAIV TAS LAWV YOG LAWV NPOG QHOV NCAUJ QHOV NTSWG

Nws muaj peev xwm kis tau tus kab mob COVID-19 tom qab koj tau txhaj tshuaj lawm, tiam sis cov tshuaj tiv thaiv tseem yuav tiv thaiv koj kom tsis txhob mob hnyav thiab.

Qhov uas mus txhaj tshuaj tiv thaiv thiab npog qhov ncauj qhov ntswg yog ob txoj kev zoo tshaj uas yuav pab kom tsis txhob kis tau COVID-19 los yog kis mus rau lwm tus.

