



COVID-19

Kev tu xyuas cov mob tshwm sim nyob rau tom tsev

Zaum kho tshiab dhau los yog lub Rau Hli Ntuj Hnub tim 12, 2021

Nyob twj ywm hauv tsev kom cheem tau txoj kev kis tus kab mob COVID-19

Tus kab mob Coronavirus, los yog COVID-19, yog ib tug kab mob uas tshwm sim zoo xws li kev tau khaub thuas los yog tau flu, nrog rau ua npaws kub ib ce, hnoos thiab ua pa nyuab. Feem neeg coob yuav cia li zoo tsis tag yuav muaj kev ntsuas los yog tshuaj cheem.

Cov Koom Haum Tswj Kab Mob (Centers for Disease Control) pom zoo kom cov me nyuam uas muaj cov kev mob tshwm sim li tus kab COVID-19 nyob twj ywm hauv tsev – nrug deb ntawm cov chaw pej xeem nyob txog – kom cheem tau txoj kev kis tau tus kab mob. Yog koj xav tias yuav tau muaj kev kho mob, thov xub hu rau koj lub thawj chaw kho mob ua ntej yuav mus cuag chav kho mob kub ceev los yog chaw kho mob kub ceev.

Yuav muaj dab tsi rau kuv ras txog tom qab ntsuas tus kab mob COVID-19 ntawm kuv tus me nyuam hauv Children's Minnesota tag?

Muaj cov kev ntsuas kab mob COVID-19 nyob rau hauv Children's Minnesota lub chaw tso roj ntsha ntsuas. Yuav siv sij hawm li 1-3 hnub thiaj ntsuas tau, nyob ntawm seb koj tus me nyuam mus ntsuas qhov twg. Yuav muab cov kev ntsuas pom xa rau ntawm MyChildren's (qhov chaw mus xyuas saum huab cua). Children's Minnesota yuav hu yog tuaj sib tham yog tias ntsuas pom koj tus me nyuam muaj tus kab mob.

Kev tu xyuas koj tus me nyuam nyob rau tom tsev yuav zoo tib yam, txawm yuav muab lawv ntsuas los yog tsis ntsuas.

Kuv yuav ua li cas thiaj pab tau kuv tus me nyuam kom khees nyob rau tom tsev?

- So kom txaus thiab haus dej kom cev txhob qhuav.
- Nquag ntxuav koj ob txhais tes nrog tshuaj xub npum thiab dej, ntxuav ntev li 20 feeb yog qhov luv kawg.
- Cais koj tus kheej ntawm lwm cov neeg hauv koj lub tsev npaum li koj cais tau.
- Npog qhov ncauj qhov ntswg thaum hnoos thiab txham. Pov tseg cov ntawv so qhov ncauj qhov ntswg rau lub thoob muaj hnav ntim.
- Xyeej txoj kev sib qiv tais diav, khob, phuum thiab ntaub pua txaj nrog lwm cov neeg hauv koj lub tsev.



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- So thiab siv tshuaj ntxuav cov chaw “nquag chwv” thooob plaws txhua hnuv.
- Looj lub khwb qhov ncauj qhov ntswg yog tias koj yuav tsum tau nyob hauv tib chav tsev nrog lwm cov neeg.

Yuav ua li cas yog kuv tus me nyuam cov kev mob huam loj heev tuaj?

Yog tias koj tus me nyuam ua pa tsis nto heev zus los yog ua pa nyuab heev zus, thov rau nws tus thawj kws kho mob hauv lub chaw kho mob uas koj tus me nyuam mus cuag kev tu xyuas kab mob kev nkeeg. Yog tias koj tus me nyuam yuav tsum tau kev kho mob kub ceev, hu rau 911 thiab qhia rau lawv paub tias tseem tab tom ntsuas tus kab mob COVID-19 ntawm nws.

Thaum twg thiaj tsum txoj kev muab kuv tus me nyuam cais rau hauv tsev?

Cov me nyuam muaj cov kev mob tshwm sim li tus kab mob COVID-19 thiab cov me nyuam uas ntsuas pom muaj tus kab mob COVID-19 tawm tau ntawm lub tsev yog muaj peb yam nram no tag:

- Cov kev mob twb tshwm sim tau 10 hnuv los yog ntev dua lawm
- Cov kev mob tshwm sim zoo zog tuaj
- Dhau 24 teev los yog ntev dua uas tsis ua npaws kub ib ce thiab tsis noj tshuaj kub ib ce lawm

Cov kev coj rau cov me nyuam uas muaj feem mob taus dua yog dab tsi?

Cov me nyuam uas yeej muaj kab mob kev nkeeg lawm yog cov muaj feem kis tau tus kab mob COVID-19 heev dua yuav tau xyeej txoj kev poo raug uas yog nyob twj ywm hauv tsev thiab xyeej kev koom nrog tej koom txoos thiab kev tawm ncig ua si lom zem.

Puas muaj lus nug?

Cov ncauj lus no yuav tsis haum kiag rau koj tus me nyuam tiam sis nws yog cov ncauj lus nthuav dav qhia. Yog tias koj muaj lus nug, hu raul MDH ntawm 651-201-5414 los yog txuas mus xyuas www.health.state.mn.us.

Kom nrhiav tau koj lub chaw kho mob nyob qhov twg, txuas mus xyuas www.ChildrensMN.org.