

Tej zaum koj tus menyuam kuj tau nyob ze lawm:

KAB MOB COVID-19

KAB MOB COVID-19 yog ib yam kab mob sib kis tau zoo heev li. Nws yog ib yam kab mob sib kis uas tuaj yeem pov thaiv los ntawm kev txhaj tshuaj tiv thaiv kab mob.

Yog koj xav tias koj tus me nyuam mob COVID-19, ces qhia rau koj lub koom haum zov menyuam lossis tsev kawm ntawv.

Cia koj tus menyuam nyob hauv tsev tsis txhob mus tom tsev zov menyuam thiab tsev kawm ntawv kom txog rau thaum txhua yam nram qab no muaj tseeb lawm:

1. Tau 5 hnuv txij li thawj hnuv uas pib muaj tej yam ntxwv mob ua ntej (lossis tau 5 hnuv txij hnuv ntsuam xyuas yog tias koj tus menyuam tsis muaj tus ib tug yam ntxwv mob li) **thiab**
2. txog thaum dhau 24 xuab moos tom qab ua npaws tag (yam tsis siv tshuaj ua npaws) **thiab**
3. Tej yam ntxwv mob khees zuj zus thiab menyuam tuaj yeem rau daim ntaub npog qhov ncauj qhov ntswg uas tab tom haum ntawm tsev zov menyuam/tsev kawm ntawv rau 10 hnuv tom qab tej yam ntxwv mob pib muaj (lossis 10 hnuv tom qab kuaj xyuas kab mob yog tias koj tus menyuam tsis muaj tej yam ntxwv mob).

Cov menyuam uas hnuv nyoog 2 xyoos rov hauv uas tsis tuaj yeem rau tau daim ntaub npog qhov ncauj qhov ntswg kom haum zoo yuav

Cov yam ntxwv mob

Tej zaum koj tus menyuam yuav ua npaws, ua daus no, hnoos, ua pa nyuab, mob ib ce, mob taub hau, ntuav/raws plab lossis, losis qhov ncauj tsuag lossis tsis hnov ntxhiab tsw. Tej zaum koj tus menyuam kuj yuav kis tau kabmob thiab tsis muaj yam ntxwv mob li.

Yog tias koj tus menyuam kis tau kab mob lawm, nws yuav muaj peev xwm siv sijhawm li 2 mus txog 14 hnuv mam li pib muaj tej yam ntxwv mob.

Kev Kis Kab Mob Mus Rau Lwm Tus

- Los ntawm kev nyob ze nrog tus neeg ua kis tau kab mob lawm.
- Los ntawm kev ua pa, hnoos, thiab txham.

Cov uas tsis muaj tus yam ntxwv mob los leej tuaj yeem kis tau kab mob mus rau lwm cov neeg.

Ncua sij hawm uas kis tau kab mob rau lwm tus

Yog tias koj tus menyuam muaj cov yam ntxwv mob: Ua ntej pib muaj cov yam ntxwv mob 2 hnuv mus txog rau 10 hnuv tom qab pib muaj cov yam ntxwv mob.

Yog tias koj tus menyuam yeej tsis tau muaj cov yam ntxwv mob li: ua ntej ntsuam xyuas kab mob 2 hnuv thiab tom qab ntshuam xyuas kab mob 10 hnuv.

Hu rau koj tus neeg muab kev pab cuam saib xyuas mob nkeeg

Yog tias ib tug twg hauv koj tsev:

- Muaj cov yam ntxwv mob COVID-19. Kev ntsuam xyuas mob muaj peev xwm ua hauv tsev kho mob lossis hauv tsev.
- Tau nyob ze tus neeg mob COVID-19. Ib qho kev nyob ze KABMOB COVID-19 yog thaum tau nyob ze tus neeg mob tus kabmob COVID-19 li ntawm 6 feet ntev mus rau 15 feeb lossis ntev dua 24 teev.

KAB MOB COVID-19

KAB MOB COVID-19 yog ib yam kab mob sib kis tau zoo heev li. Nws yog ib yam kab mob sib kis uas tuaj yeem pov thaiv los ntawm kev txhaj tshuaj tiv thaiv kab mob.

tsum tau nyob hauv tsev kom puv 10 hnuv.

Ib tug menyuam uas mob COVID-19 yuav tsum tau nyob hauv tsev thiab tsis pub ua ib yam dab tsi nyob rau lub sij hawm no.

Xav paub xov xwm ntau ntxiv, hu mus rau Cheeb Nroog Hennepin HSPHD-Chaw Ua Haujlwm Kab Mob Sib Kis tus xov tooj 612-543-5230 lossis hu rau koj pawg neeg saib xyuas moob nkeeg hauv zos.

Cov menyuam tau nyob ze tus neeg mob COVID-19 yuav tau mus kuaj tom qab 6 hnuv.

Kev Pov Thaiv

- Soj ntsuam koj tus menyuam cov yam ntxwv KAB MOB COVID-19. Yog hais tias koj tus menyuam mob, mob ntsig txog kev txhaj tshuaj tiv thaiv kab mob, nyob twj ywm hauv tsev thiab ntsuam xyuas.
- Tshuaj tiv thaiv KABMOB COVID-19 yog pom zoo xav rau txhua tus uas tsim nyog. Koob tshuaj txhawb kom tshuaj tiv thaiv kab mob puav leej pom zoo xav rau qee pab pawg neeg.
- Rau ib daim ntaub npog qhov ncauj qhov ntswg uas tab tom haum yog tias rov qab mus rau tsev kawm ntawv lossis tsev zov menyuam tom qab 5 hnuv lub sij hawm uas raug ceev.
- Thaiv qhov ncauj qhov ntswg thaum hnoos thiab txham. Siv ib daim ntawv tissue lossis koj lub tes tsho. Pov tseg cov ntawv tissue uas siv lawm rau hauv thoob rau khoom pov tseg.
- Ntxuav tes tom qab tau tuav qee yam uas ntxim li muaj kab mob los ntawm tej qob ncaug los ntawm qhov ncauj qhov ntswg. Tej zaum koj tus menyuam yuav tsum tau txais kev pab ntxuav tes.
- Ntxuav thiab yang tej khoom lossis tej npoo rooj uas ntub tej qaub ncaug los ntawm qhov ncauj qhov ntswg. Siv tej tshuaj ntxuav tes uas tua tau kab mob.
- Tus menyuam tau nyob ze tus neeg mob COVID-19 yuav tau kuaj 6 hnuv tom qab tau nyob ze nrog rau tus neeg mob, siv daim ntaub npog qhov ncauj qhov ntswg kom txog 10 hnuv, thiab mloog tus yam ntxwv mob. Nyob twj ywm hauv tsev thiab kuaj tus mob, yog muaj tus yam ntxwv mob.