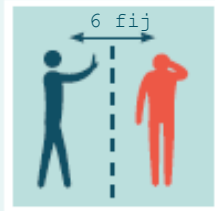


Kev Caiiv Lub Cev Nyob Kom Sib Nrug Deb: Cia Koj Tus Kheej Nyob Kom Sib Nrug Deb thiaj Tiv Thaiiv Tau Tus Kab Mob COVID-19



Kev caiiv lub cev nyob kom sib nrug deb, kuj raug hu tias kev nyob kom sib deb txhais tau tias koj zam tsis txhob chwv nrog cov neeg, lwm cov neeg uas nyob nrog koj. Kev caiiv lub cev nyob kom sib nrug deb yog ib txoj hau kev zoo tshaj plaws los txo kev sib kis tus kab mob COVID-19 kom mus qeeb. Nws nce raws li kev sib koom tes pab los ntawm peb txhua tus neeg rau kev sib kis ntawm tus kab mob COVID-19.

- **Nyob twj ywm hauv tsev, txuag txoj sia.** Txoj hau kev zoo tshaj plaws uas ua kom nyob muaj kev noj qab haus huv thiab tiv thaiv tau kev sib kis ntawm tus kab mob COVID-19 yog yuav tsum nyob twj ywm hauv tsev. Koj kuj yuav tau txo tsis txhob tawm mus ua tej yam nyob sab nrauv koj lub tsev uas koj **yuav tsum** ua. Yam ua piv txwv uas koj yuav tsum tau ua xws li kev tawm mus yuav khoom noj los sis tawm mus nga cov tshuaj kho mob. Tus Tswv Xeev daim ntawv tshaj tawm tau hais kom sawd daws tsis txhob tuaj sib ntsib sib koom ua ke coob rau ntawm thaj chaw uas tsis tuaj yeem nyob sib nrug deb txog 6 ko taw tau. Thiab, daim ntawv tshaj tawm no tseem tsis pub ua cov koob tsheej sib ntsib sib tham thiab tej rooj sib tham haujlwm lag luam uas tsis tseem ceeb thiab yuav muaj neeg coob tuaj sib ntsib ua ke.



- **Yog koj yuav tsum tau tawm mus ua tej yam haujlwm tseem ceeb rau sab nrauv koj lub tsev, koj yuav tsum:**

- » Nyob kom sib nrug deb ntawm lwm cov neeg li 6 ko taw.
- » Ntxuav los sis siv tshuaj ntxuav koj ob txhais tes kom huv si tom qab koj kov cov chaw (npoo) tsis hais dab tsi los xij.
- » Tsis txhob chwv lub ntsej muag, tshwj tsis yog twb ntxuav los sis tsuag tshuaj tua kab mob rau koj txhais tes lawm.
- » Zam tsis txhob nyob nrog tsheej pawg neeg thiab chwv nrog lwm cov neeg.
- » Rau ib daim ntaub npog koj lub qhov ntswg thiab qhov ncauj thiaj tiv thaiv tau lwm tus neeg yog koj tsis tuaj yeem nyob kom sib nrug deb tau 6 ko taw. Yuav tau ua li

ntawd, txawm tias yog yeej nyob zoo thiab tsis muaj cov yeeb yam mob dab tsi los xij.

- Tsis txhob tso daim ntaub npog qhov ntswg thiab qhov ncauj rau cov me nyuam yaus uas muaj hnuv nyoog qis dua 2 xyoos, ib tug neeg uas muaj teeb meem ua pa los sis tus neeg uas nws tus kheej tsis tuaj yeem muab daim ntaub npog tshem tawm tau.

- **Nyob twj ywm rau hauv tsev yog koj muaj mob.**

Nyob twj ywm rau hauv tsev thiab sab laj nrog koj tus kws kho mob los sis lub chaw kuaj mob yog koj muaj ib tus yeeb yam mob xws li nram qab no:

- » Ua npaws kub txog 100 los sis siab dua
- » Hnoos
- » Ua pa txog siav



Yog koj xav tau kev pab nrhiav ib lub chaw kuaj mob, hu rau 211.

- **Caivkoj tus kheej nyob kom sib nrug deb.** Txo kom tus kab mob sib kis mus tau qeeb. Yog xav paub ntau ntxiv txog txoj cai hais txog kev cai lub cev nyob kom sib nrug deb thiab kev tiv thaiv tus kab mob novel coronavirus rau hauv Oregon, mus saib ntawm www.healthoregon.org/coronavirus.



Kev cuag tau:: Txhua tus neeg muaj cai paub thiab muaj cai siv cov kev pab txhawb thiab cov kev pab cuam los ntawm Oregon Health Authority (Lub Tsev Hauj Lwm Muaj Cai Saib Xyuas Kev Noj Qab Haus Huv Hauv Oregon, OHA). OHA muab kev pab dawb. Qee yam ua piv txwv ntawm cov kev pab dawb los ntawm OHA muaj xws li: hom lus piav tes thiab cov kws txhais lus, muab cov ntaub ntawv sau ua lwm hom lus, Sau ua ntawv xua rau neeg dig muag, muab luam tawm koj loj, tso ua suab lus thiab sau ua lwm hom lus. Yog hais tias koj xav tau kev pab los sis muaj lus nug dab tsi, thov hu rau Mavel Morales ntawm 1-844-882-7889, 711 TTY, OHA.ADAModifications@dhsosha.state.or.us.

OHA 2268 Hmong (4/9/2020)