



Cov Qauv Cai rau Cov Chaw Zov Me Nyuam Yaus
Thoob Plaws Hauv Lub Xeev

Feem hauj lwm: Kev Zov Me Nyuam Yaus

Hnub Siv Tau: Lub Tsib Hlis 16, 2020

Cov Lus Qhia Tshwj Xeeb rau Feem Ua Hauj Lwm Zov Me Nyuam Yaus



Kev Tso Cai Zov Me Nyuam Yaus Rau Kis Muaj Xwm Txheej Kub Ntxhov Ceev Yuav Tsum:

Yog Lub Chaw Muaj Ntaub Ntawv Tso Cai Zov Me Nyuam Yaus thiab raug tso cai los ntawm Lub Tsev Hauj Lwm Saib Xyuas Kev Zov Me Nyuam Yaus txhawm rau kis Zov Me Nyuam Yaus Rau Thaum Muaj Xwm Txheej Kub Ntxhov Ceev. Cov chaw zov me nyuam yaus yuav tsum ua raw sli cov txheej txheem kev nyab xeeb thiab kev noj qab haus huv uas raug tsim los ntawm lub xeev thiab Feem Saib Xyuas Kev Kawm Ntawv Thov Me Nyuam Yaus raws li raug hloov kho rau hauv cov lus qhia no.

Qhov Ntau Ntawm Pawg Neeg thiab Feem Pua

Cov chaw Zov Me Nyuam Yaus yuav tsum:

- Tsis pub zov cov me nyuam yaus coob rau hauv chav zov:
 - Lub Tsev Tso Npe Zov Me Nyuam Yaus (Registered Family, RF) – tsuas muaj pawg me nyuam yaus coob txog 10 leej xwb.
Nco Tseg: Cov chaw zov RF uas tsis muaj tej chaw dav txaus rau kev zov me nyuam yaus
 - ♦ Ntawm tag nrho 10 leej me nyuam yaus, tsis muaj ntau dua rau tus me nyuam yaus hnub nyoog mus kawm tsev kawm me nyuam yaus thiab hluas dua thiab ntawm rau leej no, tsis muaj cov me nyuam yaus ntau dua ob leej muaj hnub nyoog qis dua 24 hlis.
 - Certified Family (CF) – yuav tsum muaj ob pawg neeg ntau txog 10 leej me nyuam yaus nyias nyob nyias tsev nyob thiab tag nrho tsis tshaj 16 leej me nyuam yaus. Txhua pawg me nyuam yaus yuav tsum muaj chaw nyob txaus rau 35 tus me nyuam yaus mus los rau ntawm lub chaw zov me nyuam yaus.
 - ♦ Txhua pawg me nyuam yaus yuav tsum muaj neeg zov toj cov me nyuam yaus kom haum raws li Txoj Cai Tswj Hwm Hauv Oregon 414-350-0120, muaj nyob rau hauv [Cov Cai Pom Zoo Cia Zov Me Nyuam Yaus](#) (nplooj ntawv 28).

- Certified Center (CC) – yuav tsum muaj ib pawg me nyuam yaus tsis tshaj 10 leej toj ib chav. Cov chav muaj me nyuam yaus ntau leej yuav tsum raug faib ua ob chav nrog ib tug kws zov me nyuam yaus muaj ntaub ntawv tso cai zov. Saib [ELD-OHA COVID-19 Cov Cai Kev Nyab Xeeb thiab ELD Kev Pauv Hloov Ib Ntus rau Cov Cai Zov Me Nyuam Yaus txhawm rau Tiv Thaiv Tus Kab Mob Khaus Viv-19 \(COVID-19\) Qhov Teeb Meem Xwm Txheej Kub Ntxhov Ceev Hauv Lub Xeev](#) yog xav paub lus qhia ntxiv. Txhua pawg me nyuam yaus yuav tsum muaj chaw nyob txaus rau 35 tus me nyuam yaus mus los rau ntawm lub chaw zov me nyuam yaus.
 - ♦ CCs yuav tsum saib xyuas kom cov neeg zov tab tom haum rau cov me nyuam yaus (feem pua ntawm pawg me nyuam yaus yog saib raws li lub hnuv nyoog hluas tshaj plaws ntawm cov me nyuam yaus). Saib cov ntaub ntawv hauv qab no.

Hnuv Nyoog	Feem Pua	Qhov Ntau Ntawm Pawg Neeg Pub Muaj Ntau Tshaj Plaws (cov me nyuam yaus)
Rau lub as thiv txog 23 lub hlis	1:4	8
24 lub hlis txog 35 lub hlis	1:5	10
36 lub hlis txog cov mus kawm tsev kawm ntawv me nyuam yaus	1:10	10
Cov mus kawm ntawv tsev kawm me nyuam yaus thiab nce mus rov saud	1:10	10

Cov Tshooj Cai Pub Nyob Ua Tshooj Pawg

Cov chaw Zov Me Nyuam Yaus yuav tsum:

- Saib xyuas kom cov pawg me nyuam yaus tab haum zoo (xws li., tib hom neeg zov los sis cov neeg pab zov dawb thiab cov me nyuam yaus nyob hauv tib pawg txhua hnuv).
- Pub zov cov me nyuam yaus tsis pub tshaj 10 leej, txawm li cas los xij, tej zaum kuj tsos cai cia qee tsev neeg “hloov” kem zov ib hnuv rau ib hnuv. Piv txwv – Tus me nyuam Yaus A mus koom hnuv Monday, hnuv Wednesday, hnuv Friday thiab Tus Me Nyuam Yaus B mus koom hnuv Tuesday thiab hnuv Thursday. Txawm li cas los xij, tsis pub kom muaj cov me nyuam yaus tshaj 12 leej toj ib pawg neeg.
- Siv tib lub chaw zov pawg me nyuam yaus txhua hnuv.
- Tshem cov me nyuam yaus ntawm ib pawg mus rau lwm pawg (xws li., thaum cov me nyuam yaus lub hnuv nyoog tsis nyob rau lawv pawg qub) thiab tsis yog zov ib ntus.

- Muab cov neeg ua hauj lwm “kws zov” (xws li., cov neeg ua hauj lwm uas muab kev pab rau tus neeg ua hauj lwm rau thaum lub sij hawm so) rau ib pawg me nyuam yaus rau txhua hnuv.
- Tsuas pub ib pawg me nyuam yaus nyob ua ke tau rau ntawm cov chaw ua ke tau rau thaum ib lub sij hawm (chav das dej, ntawm cov chaw ua si sab nrauv zoov, cov chaw noj mov). Yuav tsum siv tshuaj tsuag tua kab mob rau ntawm ib pawg neeg rau ib pawg neeg.
- Rau cov kws zov me nyuam yaus rau hauv tsev, yuav tsum kom cov neeg hauv tsev neeg uas tsis pab zov rau hauv lub chaw zov me nyuam yaus no yuav tsum nyob kom sib nrug deb ntawm pawg me nyuam yaus no tas hnuv.
 - Yog ib tus neeg zov nws tus kheej cov me nyuam yaus los sis lwm tus neeg ntawm lwm tsev neeg yuav tau tuaj koom rau hauv pawg me nyuam yaus no, lawv yuav tsum raug suav nrog tag nrho cov me nyuam yaus uas raug pub zov rau hauv pawg neeg no.
- Siv tshuaj tsuag tua kab mob kom txaus rau thaum yav AM/PM rau ntawm cov cha uas siv tib yam kev nyob sib nrug deb, suav txog kev tu tej chaw npaj ua zaub mov noj kom huv si, tu ntxuav tej npoo uas nquag chwv, cov khoom ua si thiab tej khoom siv ub no. Tsuas pub zov cov me nyuam yaus rau hauv ib chav tsis tshaj ob pawg me nyuam yaus rau hauv ib hnuv twg.
- Tso paib qhia cov sij hawm los txog thiab nqis tsheb los sis tso lwm cov txheej txheem cai tso rau ntawm thaj chaw txhawm rau kom cov tsev neeg thiab cov neeg ua hauj lwm txhob nyob sib ze ua ke.

Kev ua hauj lwm

Cov chaw Zov Me Nyuam Yaus yuav tsum:

- Tshuaj xyuas thiab siv [Cov Lus Qhia Txog Txhua Yam \(Thuaj Pais\) rau Cov Neeg Ntiav Neeg Ua Hauj Lwm](#).
- Muab kev saib xyuas txuas ntxiv rau cov neeg ua hauj lwm tshwj xeeb thiab kuj pab rau txhua tsev neeg uas rov qab mus ua hauj lwm rau thaum zeeg sij hawm Oregon rov qab qhib mus ua hauj lwm tau.
- Ua raws li Cov Cai Kev Nyab Xeeb ntawm [ELD-OHA COVID-19 thiab ELD Feem Pauv Hloov Ib Ntus rau Cov Cai Zov Me Nyuam Yaus txhawm rau Kev Tiv Thaiv Tus Kab Mob Khaus Viv-19 \(COVID-19\) Qhov Xwm Txheej Kub Ntxhov Ceev Hauv Lub Xeev txhua lub sij hawm](#).
- Ua raws li txoj cai tswj kav ntawm OHA-ELD [cov txheej theem kev tu ntxuav](#) rau tej npoo los yog ntug, cov ntaub pua, cov khoom siv electronics, cov khoom ua si txhawm rau tiv thaiv kev sib kis ntawm Tus Kab Mob Khaus Viv-19 (COVID-19).
- Muab kev cob qhia tas li rau cov neeg ua hauj lwm txog cov txheej txheem kev tu ntxuav thiab cov cai kev nyab xeeb tiv thaiv rau Tus Kab Mob Khaus Viv-19 (COVID-19).
- Tso cai rau cov neeg ua hauj lwm siv cov ntaub npog ntsej muag, cov ntawv los sis daim thaiv ntsej muag yog lawv xav siv.

- Yuav tsum siv daim ntaub npog ntsej muag rau cov neeg zov me nyuam thiab cov neeg ua hauj lwm kuaj xyuas kev noj qab haus huv ntawm cov me nyuam yaus.
- Khaws cov ntaub ntawv teev tseg rau txhua pawg me nyuam yaus kom ua raws li cov cai soj qab xyuas tus neeg tau nyob ze nrog tus neeg raug tus kab mob yog ua tau.
 - Tus me nyuam lub npe
 - Lub sij hawm nqis tsheb/mus tos tus me nyuam
 - Lub chaw cov neeg loj nqi tsheb/nyob tos
 - Txhua tus neeg ua hauj lwm uas sib tham nrog pawg neeg ntawm cov me nyuam (suav txog tus neeg zov)
 - Cov sij hawm teev zov cov me nyuam yaus

Lwm cov ntaub ntawv hais txog kev npoj ntsej muag:

- Cov me nyuam uas muaj hnuv nyoog siab dua 2 xyoos yuav tau siv daim ntaub npog ntsej muag yog muaj ib tus neeg laus saib ntsoov.
- Cov me nyuam yaus tsis hais txhua hom hnuv nyoog tsim nyog yuav tsum tsis txhob rau ib daim ntaub npog ntsej muag:
 - Yog hais tias lawv muaj zwj ceeb fab kev kuaj mob uas ua rau nws nyuaj rau lawv uas yuav ua taus pa nrog daim ntaub npog ntsej muag;
 - Yog hais tias lawv muaj kev xiam oob qhab uas ua rau lawv rau tsis tau daim ntaub npog ntsej muag;
 - Yog hais tias lawv tsis muaj peev xwm yuav hle tau daim ntaub npog ntsej muag tawm los ntawm lawv tus kheej; los sis
 - Thaum lawv tseem tab tom pw tsaug zog.
- Kev rau cov ntaub npog ntsej muag nws tsis yog ib qho uas cov me nyuam yaus yuav tsum tau rau thiab tsim nyog yuav tsum tsis txhob txwv los sis tiv thaiv tsis pub lawv nkag cuag tau rau cov lus qhia los sis cov dej num (hauj lwm los sis kiv cab kas).

Kev Npaj Saib Xyuas Lwm Yam:

Cov lus qhia no kuj siv tau rau lwm cov kev pab qhia ntawv kawm ntawv rau cov me nyuam yaus me xws li kev zov, kev qhia ntawv rau thaum lub caij ntuj sov, kev pauv hloov rau cov me nyuam me, thiab cov kev pab txhawb. Cov kev pab txhawb no yuav tsum ua raws li cov lus qhia ntawm kev zov cov me nyuam yaus uas raug sau tseg rau hauv phau ntawv no, tab sis yuav tsis npaj rau cov tsev neeg vim kev pab lso ntawm lawv tus kheej.

Cov chaw muab kev pab cuam ntau ntxiv:

- [Cov paib qhia uas koj muaj peev xwm tshaj tawm tau](#)
- [Cov Lus Qhia Siv Thoob Plaws Lub Xeev Txog Daim Ntaub Npog Qhov Ncauj Qhov Ntswg, Daim Thaiv Ntsej Muag, Daim Npog Ntsej Muag](#)
- [OHA Cov Lus Qhia rau Tsoom Neeg Sawv Daws](#)
- [OHA Cov Lus Qhia rau Cov Tswv Num](#)

- [Lub Chaw Ua Hauj Lwm Txog Kev Tswj Hwm thiab Kev Tiv Thaiv Kab Mob \(Centers for Disease Control and Prevention, CDC\) Cov Lus Qhia rau Cov Kws Tuav Tswj Txoj Cai hauv Cov Chaw Ua Si thiab Cov Chaw Ua Si Lom Zem](#)

Rau cov tib neeg uas muaj kev xiam oob qhab los sis cov tib neeg uas hais tau ib hom lus uas tsis Lus As Kiv, Lub Oos Kas Saib Xyuas Kev Noj Qab Haus Huv Hauv Xeev Oregon (Oregon Health Authority, OHA) muaj peev xwm muab tau cov ntaub ntawv uas hloov sau ua lwm cov qauv ntaub ntawv xws li muab txhais ua lwm hom lus, muab sau ua kom tus tsiaj ntawv loj, muab sau ua cov ntawv su uas cov neeg tsis pom kev siv tau los sis muab sau ua ib hom ntaub ntawv uas koj xav tau. Tiv tauj rau Mavel Morales ntawm 1-844-882-7889, 711 TTY los sis OHA.ADAModifications@dhsaha.state.or.us.