Cov kev pab rau cov tsev neeg thiab cov tsev kawm ntawv

Puas yog kuv tus menyuam yuav tsum nyob twjywm tom tsev?

Cov tsos mob uas kheev pom thaum muaj COVID-19 yog qhov uas hnoos, kub taub hau, thiab txog siav. Yog tias koj tus menyuam los ntswg xwb ces nws tseem tuaj kawm ntawv los tau.

Ntau lub koog kawm ntawv muaj tsab cai tias tus menyuam yuav tsum tsis muaj kub taub hau tau 24 teev ua ntej nws rov qab tuaj tsev kawm ntawv. Yog tias koj tus menyuam hnoos, kub taub hau thiab txog siav thiab koj txhawj tias tej zaum nws muaj COVID-19, hu rau koj ceg saib xyuas ib tsoom pejxeem kev noj qab nyob zoo nyob ze koj lossis tus kws kho mob. Lawv yuav pab koj txiav txim seb puas tsim nyog teem sijhawm tuaj ntsib. Yog tias yuav tau tuaj ntsib, lawv thiaj pab tau koj npaj yuav ua licas nkag tau lub tsev kho mob yam uas txo kev kis mob rau lwm tus.

Qhia rau koj tus menyuam tej kev ua zoo tu nws tus kheej kom huv, xws li :

- Ntxuav tes siv xub npus thiab dej qhov tsawg kawg yog 20 xekoos, thiab
- ua zoo ua neeg paub cai thaum hnoos thiab txham.

Tu thiab ntxuav cov khoom thiab chaw uas kov tas li thiaj tua kab mob kom tuag. Koj siv tau cov tshuaj tsuag ntxuav lossis cov ntaub ntxuav ua ib txwm siv hauv tsev.

Puas nyabxeeb rau kuv tus menyuam thaum nyob tom tsev kawm ntawd? Lawv puas yuav raug?

Cov ab mob virus sib kis tau hauv tsev kawm ntawv. Twb yog vim li no thiaj tseemceeb uas cov tib neeg uas muaj cov tsos mob (kub taub hau, hnoos, txog siav) nyob twjywm tom tsev. Nov yog ib txojkev zoo tshaj plaws txo kev sib kis. Qhov uas ib tsoom pejxeem noj qab nyob zoo yog yam uas txhua txhia tus yuav tsum lav.

Yog tias koj tus menyuam los ntswg xwb ces nws tseem tuaj kawm ntawv los tau tom qab koj qhia nws kom txawj siv ntawv so ntswg hiab ntxuav tes. Yog tias koj tus menyuam hnoos, kub taub hau lossis txog siav ces koj tus menyuam yuav tsum nyob twjywm tom tsev. Ntxiv rau qhov ntawd mas tiv tauj koj ceg saib xyuas ib tsoom pejxeem kev noj qab nyob zoo nyob ze koj lossis tus kws kho mob. Yog tias yuav tiv tauj koj tus kws kho mob, hu ua ntej. Lawv yuav pab koj txiav txim seb puas tsim nyog teem sijhawm tuaj ntsib. Yog tias yuav tau tuaj ntsib, lawv thiaj pab tau koj npaj yuav ua licas nkag tau lub tsev kho mob yam uas txo kev kis mob rau lwm tus.

Qhia rau koj tus menyuam tej kev ua zoo tu nws tus kheej kom huv cuag ncua, xws li :

- Ntxuav tes siv xub npus thiab dej qhov tsawg kawg yog 20 xekoos, thiab
- ua zoo ua neeg paub cai thaum hnoos thiab txham.

Cov neeg hajyam muaj feem uas yuav muaj mob loj yog:

- Cov neeg laus laus, thiab
- Cov uas twb muaj lwm yam kev mob nkeeg uas ua rau lawv lub cev ntaus kab mob nyuaj.

Leejtwg yuav qhia kuv paub yog tias leetwg tom kuv tus menyuam lub tsev kawm ntawv tau raug lossis muaj COVID-19?

Yog tias muaj li no, koj ceg saib xyuas ib tsoom pejxeem kev noj qab nyob zoo nyob ze koj thiab lub koog kawm ntawv yuav koom tes ua ke qhia koj paub. Lawv yuav ua li no raws li cov cai uas koog kawm ntawv tsa cia thiab ceg saib xyuas ib tsoom pejxeem kev noj qab nyob zoo nyob ze koj. Yog tias koj muaj tej kev txhawj ces nug koj tus menyuam lub tsev kawm ntawv seb lawv npaj licas tu qab txog kev tiv thaiv cov kab mob sib kis.

Kuv yuav tsum ua licas thaum kuv tus menyuam muaj mob?

Yog tias koj tus menyuam kub taub hau, hnoos, lossis txog siav ces koj yuav tsum:

- Kom koj tus menyuam nyob twjywm tom tsev, thiab
- Tiv tauj koj ceg saib xyuas ib tsoom pejxeem kev noj qab nyob zoo nyob ze koj lossis tus kws kho mob. Lawv yuav pab koj txiav txim seb puas tsim nyog teem sijhawm tuaj ntsib. Yog tias yuav tau tuaj ntsib, lawv thiaj pab tau koj npaj yuav ua licas nkag tau lub tsev kho mob yam uas txo kev kis mob rau lwm tus.

Tseemceeb uas cov neeg muaj tej tsos mob nyob twjywm tom tsev. Nov yog ib txojkev zoo tshaj plaws txo kev sib kis. Ntau lub koog kawm ntawv muaj tsab cai tias tus menyuam yuav tsum tsis muaj kub taub hau tau 24 teev ua ntej nws rov qab tuaj tsev kawm ntawv. Yog kuaj pom tias koj tus menyuam muaj COVID-19, tej zaum koj tus menyuam yuav tau nyob twjywm tom tsev ntev zog.

Qhia rau koj tus menyuam tej kev ua zoo tu nws tus kheej kom huv cuag ncua, xws li :

- Ntxuav tes siv xub npus thiab dej qhov tsawg kawg yog 20 xekoos, thiab
- ua zoo ua neeg paub cai thaum hnoos thiab txham.

Tu thiab ntxuav cov khoom thiab chaw uas kov tas li thiaj tua kab mob kom tuag. Koj siv tau cov tshuaj tsuag ntxuav lossis cov ntaub ntxuav ua ib txwm siv hauv tsev.

Yog vim licas cov tsev kawm ntawv ho tsis tau raug kaw?

Lub sijhawm no muaj ob peb tus neeg muaj COVID-19 hauv lub xeev Oregon. Yog leejtwg muaj COVID-19 tom koj tus menyuam lub tsev kawm ntawv, lub tsev kawm ntawv thiab ceg saib xyuas ib tsoom pejxeem kev noj qab nyob zoo nyob ze koj yuav txiav txim ua ke seb puas tsim nyog kaw lub tsev kawm ntawv.

1]Cov kws tu neeg mob, cov thaj khu, thiab lwm cov neeg ua haujlwm ua raws li OHA thiab ODE Cov Cai Tswj Txog Tej Kab Mob Txawj Sib Kis (Communicable Disease Guidelines).

Puas yuav sib kis tau tus kab mob no yog tias ib tug menyuam kawm

ntawv tuaj mus koom lub tsev kawm ntawv ces nws caij npav mus lwm lub tsev kawm ntawv txais kev tu tom qab.

Nyob ntawm seb tus menyuam kawm ntawv caij npav ntev licas thiab seb nws puas muaj peevxwm npog zoo thaum hnoos thiab txham. Cov kws tshaj lij ntawm kev noj qab nyob zoo ntseeg tias tus kab mob yog ib tug neeg kis rau lwm tus neeg thaum:

- Ob tug neeg nyob sib deb li 3 txog 6 fij (feet), lossis
- Raug cov teev ntawm ib tug neeg twb kis tau los thaum hnoos lossis txham.
- Thaum chwv cov chaw lossis khoom uas muaj cov kab mob nyob saud. Tej zaum ib tug neeg kis tau tus kab mob COVID-19 los thaum chwv cov chaw lossis khoom muaj cov kab mob nyob saud ces mam kov lawv lub qhov ncauj, qhov ntswg, lossis qhov muag tom qab. Tiamsis cov kws tshaj lij ntawm kev noj qab nyob zoo ntseeg tias feem ntau cov neeg tsis kis los li no.

Ua zoo saib koj tus menyuam seb puas muaj cov tsos mob (kub taub hau, hnoos, lossis txog siav).

Qhia rau koj tus menyuam tej kev ua zoo tu nws tus kheej kom huv cuag ncua, xws li :

- Ntxuav tes siv xub npus thiab dej qhov tsawg kawg yog 20 xekoos, thiab
- ua zoo ua neeg paub cai thaum hnoos thiab txham.

Tu thiab ntxuav cov khoom thiab chaw uas kov tas li thiaj tua kab mob kom tuag. Koj siv tau cov tshuaj tsuag ntxuav lossis cov ntaub ntxuav ua ib txwm siv hauv tsev.

Cov tsev kawm ntawv twg thiaj raug cuam tshuam thiab lawv nyob qhov twg?

Yuav kawm tau tej xov xwm tawm tshiab tshaj mus saib https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/COVID19.aspx.

Puas tsim nyog kuv qhia kuv tus menyuam paub txog?

Qhia rau koj tus menyuam tej kev ua zoo tu nws tus kheej kom huv cuag ncua, xws li :

- Ntxuav tes siv xub npus thiab dej qhov tsawg kawg yog 20 xekoos, thiab
- ua zoo ua neeg paub cai thaum hnoos thiab txham.

Nug koj ceg saib xyuas ib tsoom pejxeem kev noj qab nyob zoo nyob ze koj lossis koog kawm ntawv xwv thiaj tau lwm cov kev pab nrog koj tus menyuam tham txog cov kab mob uas lawv kis tau, xws li mob khaub thuas thiab flu.

Ua zoo qhia cov hauv paus ntsiab lus tias yuav tsum saib taus luag thiab txhob xaiv ntsejmuag. Ua zoo qhia rau koj tus menyuam tias lawv yuav tsum txhob txiav txim licas rau lwm tus vim lawv yog haiv neeg twg lossis yug lub tebchaws twg.

Ib lub tsev kawm ntawv kaw lawm. Kuv tus menyuam tsis mus koom lub tsev kawm ntawv tiamsis nyuam qhuav mus lub ntawd ib zaug. Kuv yuav tsum ua licas xwb?

Cov kws tshaj lij ntawm kev noj qab nyob zoo ntseeg tias feem tau tus kab mob yog ib leeg kis rau ib leeg thaum:

- Ob tug neeg nyob sib deb li 3 txog 6 fij (feet), lossis
- Raug cov teev ntawm ib tug neeg twb kis tau los thaum hnoos lossis txham.
- Thaum chwv cov chaw lossis khoom uas muaj cov kab mob nyob saud. Tej zaum ib tug neeg kis tau tus kab mob COVID-19 los thaum chwv cov chaw lossis khoom muaj cov kab mob nyob saud ces mam kov lawv lub qhov ncauj, qhov ntswg, lossis qhov muag tom qab. Tiamsis cov kws tshaj lij ntawm kev noj qab nyob zoo ntseeg tias feem ntau cov neeg tsis kis los li no.

Ua zoo saib koj tus menyuam seb puas muaj cov tsos mob (kub taub hau, hnoos, lossis txog siav).

Qhia rau koj tus menyuam tej kev ua zoo tu nws tus kheej kom huv cuag ncua, xws li :

- Ntxuav tes siv xub npus thiab dej qhov tsawg kawg yog 20 xekoos, thiab
- ua zoo ua neeg paub cai thaum hnoos thiab txham.

Tu thiab ntxuav cov khoom thiab chaw uas kov tas li thiaj tua kab mob kom tuag. Koj siv tau cov tshuaj tsuag ntxuav lossis cov ntaub ntxuav ua ib txwm siv hauv tsev.

Yuav ua licas yog kuv txiav txim kom kuv tus menyuam nyob twjywm tom tsev txawm tias lub tsev kawm ntawv kaw lawm? Kuv yuav ua licas nrhiav tau kev pab lawv ua lawv cov ntaub ntawv kawm?

Nrog koj tus menyuam tus xibhwb qhia ntawv thiab tus thaj khu ntawm koj lub koog kawm ntawv. Lawv nog koj tham tau txog tsab cai tuaj koom tsev kawm ntawv thiab piav tau cov txheej txheem uas lawv muaj txhawb kev kawm tom tsev.

Kuv tus menyuam puas khwb tau daim npog thaum nyob tom tsev kawm ntawv?

Lub CDC tsis pom zoo rau qhov uas tibneeg khwb daim npog ntsej muag tiv thaiv lawv tus kheej ntawm cov kab mob cuam tshuam txog txoj hlab oa thiab lub ntsws, suav nrog rau COVID-19. Lub xeev tsis muaj tsab cai txwv kev khwb daim npog yam uas siv hauv tsev kho mob thaum nyob tom tsev kawm ntawv. Tiamsis koj yuav tsum nug koj lub tsev kawm ntawv txog tias lawv muaj tsab cai licas.
Cov npog ntsejmuag **yuav tsum** yog cov neeg muaj cov tsos mob ntawm COVID-19 siv thiaj pab tiv thaiv kev kis rau luag. Yeej tseem ceeb rau cov neeg no siv cov npog ntsej muag thiab:

- Cov neeg ua haujlwm tu kev mob nkeeg, thiab
- Cov neeg uas tu cov neeg muaj mob hauv cov chaw nyob ti (pem tsev lossis hauv ib lub tsev tu mob).

Yog koj tus menyuam muaj mob, nws yuav tsum nyob twjywm tom tsev es txhob xa nws tuaj koom tsev kawm ntawv npog ntsej muag.

Yog tias kaw tsev kawm ntawv, kuv tus menyuam yuav ua licas thiaj tau pluas su thiab tshais?
Nug koj lub tsev kawm ntawv. Cov khooskas no yog cov lub tsev kawm ntawv dhia.

Yog kuv so haujlwm tsis tau, kuv yuav ua licas thiaj tau kev pab zov menyuam?

Pib nrog luag tham tamsim no seb puas muaj kev pab dabtsi. Pivxam li:

- Cov txheeb ze
- Cov tswvcuab ntawm tshawj, lossis
- Cov koomhaum zej zog.

Puas yog kuv yuav tsum txhawj txog txoj cai uas lub tseemfwv tsis lav yus? Kuv txhawj txog ntawm qhov uas yog neeg tuaj txawv tebchaws tuaj.

Koj thiab koj tsev neeg thiab cov neeg zej zog li kev kaj huv tseemceeb heev. Txoj cai uas lub tseemfwv tsis lav yus tsis yog cuam tshuam rau txhua yam kev tu mob lossis txhua tus neeg tuaj txawv tebchaws tuaj. Muaj ntau yam kev pab saib xyuas ib tsoom pejxeem kev noj qab nyob zoo uas txoj cai uas tseemfwv tsis lav yus tsis cuam tshuam rau, suav nrog rau:

- Kev duav los ntawm Oregon Health Plan rau cov hluas tsis tau nto 21 xyoos (xws li Medicaid thiab qhov Children's Health Insurance Program, lossis CHIP)
- Kev duav Oregon Health Plan rau cov neeg xeeb menyuam suav nrog rau 60 hnub uas tau so lawm (xws li Medicaid and Citizen-Alien Waived Emergent Medical Plus, lossis CAWEM Plus)
- Qhov khooskas Oregon MothersCare (OMC)
- Kev duav Emergency Oregon Health Plan rau cov neeg txhua hnub nyoog (xws li CAWEM)
- Qhov khooskas Oregon's Cover All Kids
- Cov kev pab kawm ntawv tshwjxeeb uas yog tau nyiaj los ntawm Txoj Cai Disabilities Education Act (IDEA) uas Medicaid duav
- Cov kev pab tu mob tom tsev kawm ntawv rau cov menyuam muaj hnub nyoog kawm ntawv
- Cov kev pab nyiaj rau cov nqi them isalas duav kev kho mob los ntawm lub Oregon's Health Insurance Marketplace

- Medicare Part D Low-Income Subsidy (LIS)
- Lwm cov khooskas ntawm kev kho mob, kawm ntawv, thiab kev pab ua neej nyob uas tsis teev cia ntawm no.

Thov mus saib lub OHA lub vevxaij txog txoj cai uas tseemfwv tsis lav yus, Daim Ntawv Qhia ua (Lus Mev), thiabCov Lus Kheev Nug (ua Lus Mev) for more information.

Kuv yuav ua licas kawm tau tej xov xwm tawm tshiab txog tej no?

Centers for Disease Control and Prevention (CDC)
Lub vevxaij no muaj cov xov xwm tawm tshiab tshaj plaws txog COVID-19 hauv lub tebchaws United States.

Oregon Health Authority (OHA)
Lub vevxaij no muaj cov lus qhia ntsig txog COVID-19 hauv lub xeev Oregon.

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Hu rau 211 hauv lub xeev Oregon, yog tias tsis yoojyim rau koj tau tej xovxwm no hauv istawnej. Lawv qhia tau cov ntsiab loj ntsig txog COVID-19.

Mus saib koj lub tsev kawm ntawv lub vevxaij vim tej zaum lawv yuav muaj tej xov xwm tshiab. Tsis tas li ntawd, koj kuj saib tau cov tshooj xov xwm nyob ze koj thiab cov vevxaij uas neeg sib tham uas tso siab tau.

Peb muaj cov menyuam nyuam qhuav ya hla hiav txwv mus lwm lub tebchaws uas muaj coronavirus los lawm. Puas yog cov tsev kawm ntawv yuav tsum tiav tauj rau cov kws saib xyuas ib tsoom pejxeem kev noj qab nyob zoo, thiab pab tswvyim rau cov tsev neeg, thiab ntxiv?

Cov tsev kawm ntawv tsis tas yuav “qhia tawm” txog cov neeg uas nyuam qhuav mus qhov twg los[2] Cov menyuam kawm ntawv thiab cov tsev neeg uas txhawj txog lawv li kev kaj huv yuav tsum siv xovtooj tiv tauj rau lawv thawj tus kws kho mob thiaj tau nrog lawv sib tham txog lawv cov tsos mob thiab tham kom sib pom zoo txog tias yuav tuaj ntsib licas thiaj txo tau kev kis rau luag.

Yog tias muaj ib tug hauv tsev neeg raug caiv lossis uas nrug kom deb hauv peb tsev neeg, puas yog kuv tus menyuam kuj yuav tsum nyob twjywm tom tsev txog thaum lub sijhawm caiv kawg xwv thiaj txo tau qhov uas kis tau mob rau luag tom tsev kawm ntawv?

Tsis muaj cai txwv cov hauv tsev neeg thaum ib tug muab nws tus kheej caiv. Cov menyuam nyob hauv tib lub tsev nrog ib tug uas muab nws tus kheej caiv tseem mus koom tsev kawm ntawv tau. Yog tias tus neeg uas

caiv nws kub taub hau tuaj, hnoos, lossis txog siav, ces ceg saib xyuas ib tsoom pejxeem kev noj qab nyob zoo nyob ze koj thiab tus thawj saib xyuas ib tsoom pejxeem kev noj qab nyob zoo yuav nrog lub cuab yig raug cuam tshuam koom tes ua ke pab txiav txim seb tus menyuam puas tau nyob ze tus neeg muab mob tau ntev thaum tus neeg ntawd muaj tsos mob. Yog tias tau lawd, tus menyuam yuav tsum tsis txhob nyob ze tus neeg muaj mob ntawd ntxiv thiab nyob twjywm tom tsev 14 hnub tom qab zaum kawg nkaus uas nyob ze tus neeg ntawd. Cov tsev kawm ntawv yuav tsum pab cov menyuam kawm ntawv kom lawv thiaj tau kawm ntawv tsis tu ncua yog tias COVID-19 cuam tshuam rau lawv.

Cov koog kawm ntawv yuav tsum hloov tej yam twg ntsig txog kev cais cov menyuam kawm ntawv vim muaj kab mob sib kis ziag no?

Cov tswvyim cais tawm twg txawv licas ntawm ODE/OHA cov cai qub yuav yog qhia tawm los ntawm ceg saib xyuas ib tsoom neeg kev noj qab nyob zoo lossis lub Oregon Health Authority. Tamsim no mas cov dhia cov koog kawm ntawv nrog rau cov kws tshaj lij saib xyuas ib tsoom pejxeem kev noj qab nyob zoo yuav sab laj ua ke es txiav txim txog kev cais tawm. Thov mus saib ODE lub vevxaij txog COVID-19, suav nrog rau cov kev pab qhia tias yuav ua licas thiaj paubmuab luj seb puas muaj feem raug tau, thiab tiv tauj ceg saib xyuas ib tsoom pejxeem kev noj qab nyob zoo nyob ze koj thiab muab luj seb puas tsim nyog hloov cov kev dhia haujlwm licas. Peb kuj yaum cov koog kawm ntawv kom lawv nrog ib tug kws tu mob lav ntawv povthawj sab laj ua ke txog kev tshuaj xyuas cov menyuam kwm ntawv ib tug rau ib tug.

Cov kws tu mob uas ua haujlwm hauv lub tsev kawm ntawv yuav tsum ua licas?

Peb paub tias cov kws tu mob hauv tsev kawm ntawv ris lub nra loj heev, thiab hajyam mauj li ntawd thaum ib tug kab mob sib kis heev. Thaum muaj li no, tseemceeb uas cov kws tu mob hauv cov tsev kawm ntawv koom tes ua haujlwm ua ken rog cov dhia cov koog kawm ntawv thiab cov kws tshaj lij saib xyuas ib tsoom pejxeem kev noj qab nyob zoo thiaj tso siab tau tias yuav ua raws li lub tseemfwv, lub xeev, thiab lub nrrog cov cai, thiab zam kev txheeb xyuas raws li kev xaiv ntsej xaiv muag. Cov kws tu mob hauv tsev kawm ntawv muaj lub luag haujlwm tseemceeb heev pab lub tsev kawm ntawv taug qab, suav nrog rau qhov uas yaum cov neeg ua haujlwm thiab cov menyuam kawm ntawv kom ua raws li cov cai tswj txog kev sib kis kab mob (ua raws li ODE/OHA cov cai tswj txog cov kab mob txawj sib

kis) thiab kom txawj ua ub no tiv thaiv. Cov kws tu mob lav ntawv povthawj (RN) tseem ua haujlwm tu mob tau, tab txawm tias muaj kab mob sib kis. Yuav tsum lees tias tus dhia tsev kawm ntawv yog tus muaj hwjchim txiav txim tau txog kev cais ib tug tawm, hos tus kws tu mob yog tus muaj hwjchim txiav txim ntawm kev tu mob, kev tshuaj xyuas cov menyuam kawm ntawv thiab npaj cov kev tu.

Yuav tau tswvyim ntxiv, **thov mus saib cov ncauj lus ntawm lub National Association of School Nurses.**