



Yog tias koj muaj [cov tsos mob ntawm Tus Kab Mob COVID-19](#) los sis yog tias koj tau nyob sib ze nrog qee tus neeg muaj Tus Kab Mob COVID-19 hauv 14 hnuv dhau los, koj yuav tsum mus txais kev kuaj xyuas tsis hais txog tias koj qhov xwm txheej kev txhaj tshuaj li. **Thaum uas koj tab tom tos rau cov txiaj ntsig ua tau ntawm koj qhov kev kuaj Tus Kab Mob COVID-19, koj yuav tsum nyob twj ywm hauv tsev thiab nyob kom deb ntawm lwm tus.**

## Kev kuaj Tus Kab Mob COVID-19 yuav raug tus nqi pes tsawg?



- **Xeev Oregon Qhov Phiaj Xwm Kev Noj Qab Haus Huv (Oregon Health Plan, OHP)** – Yog tias koj muaj [OHP qhov kev pab them](#), kev kuaj xyuas yuav yog dawb xwb. Kawm paub ntxiv txog OHP tau ntawm [ONE.Oregon.gov](#).
- **Kev tuav tswj kev kho mob rau ib tug neeg thiab pawg neeg** – Cov tuam txhab muab kev tuav tswj kev kho mob feem ntau yuav zam cov nqi rau kev kuaj Tus Kab Mob COVID-19 yog tias koj muaj cov tsos mob. Tiv tauj koj tus neeg muab kev pab cuam tuav tswj kev kho mob hais txog qhov ntaub ntawv ntxiv.
- **Cov txheej xwm kev kuaj mob rau zej zog pab dawb** – Mus siab [DoINeedACovid19Test.com](#) los tshawb nrhiav rau cov txheej xwm kev kuaj mob thoob plaws Xeev Oregon.

# Kuv tuaj yeem nrhiav tau qhov chaw kuaj mob tau li cas?



- **Puas muaj kev tuav tswj kev kho mob?** Tiv tauj koj tus kws kho mob los nrhiav qhov cahw kuaj mob uas nyob ze ntawm koj.



- **Siv daim duab qhia chaw uas tuaj yeem tshawb nrhiav tau** tau ntawm <https://govstatus.egov.com/or-oha-covid-19-testing> los nrhiav qhov chaw kuaj mob uas nyob ze ntawm koj.



- **Tshawb nrhiav rau qhov txheej xwm kev kuaj mob rau zej zog pab dawb.** Mus saib [DoINeedACovid19Test.com](http://DoINeedACovid19Test.com) los nrhiav rau cov txheej xwm kev kuaj mob thoob plaws Xeev Oregon.



- **Hu rau 211 rau kev pab nrhiav qhov chaw kuaj mob uas nyob ze ntawm koj.**

Thov tsis txhob mus ntsib hauv feem hauj lwm xwm txheej ceev rau kev kuaj mob, tshwj tsis yog koj xav tau kev kho mob xwm txheej ceev rau koj cov tsos mob. Cov feem hauj lwm xwm txheej ceev hauv Xeev Oregon tab tom muaj kev cuam tshuam loj rau kev daws teeb meem tau kev muaj ntau tuaj ntawm Tus Kab Mob COVID-19 tam sim no.