



# Kev sim kuaj mob txog Tus Kab Mob Khaus Viv-19 (COVID-19) nyob rau ntawm vaj tsev

Cov khoom siv fab kev kho mob uas siv rau kev sim kuaj mob txog Tus Kab Mob Khaus Viv-19 (COVID-19) uas ua rau ntawm vaj tsev thiab tsis muaj daim ntawv sau qhia yuav tshuaj (over the counter, OTC) yog ib qho khoom siv rau kev sim kuaj mob thiab cov khoom siv fab kev kho mob uas siv rau kev muab qauv uas koj muaj peev xwm yuav tau yam tsis tas muaj daim ntawv sau qhia yuav tshuaj los tau. Koj muaj peev xwm yuav tau cov khoom nod nyob rau ntawm ib lub khw muag tshuaj, lub khw muag khoom me, los sis hauv oos lais (online), tab sis mas kuj muaj tej thaum uas lawv tsis tshua muaj cov khoom siv nod txaus.

## Lub sij hawm yuav siv ib qho khoom siv rau kev sim kuaj mob ntawm tsev

Lub Chaw Ua Hauj Lwm Txog Kev Tswj Xyuas thiab Kev Tiv Thaiv Kab Mob (Centers for Disease Control and Prevention, CDC) muab tswv yim qhia kom yuav tsum tau ua kev sim kuaj xyuas txog kab mob rau cov neeg uas muaj [cov tsos mob ntawm Tus Kab Mob Khaus Viv-19 \(COVID-19\)](#), los sis tau nyob sib ze nog ib tus neeg twg uas mob Tus Kab Mob Khaus Khaus Viv-19 (COVID-19), tsis hais yuav yog rau fab twg ntawm txheej xwm kev txhaj tshuaj tiv thaiv kab mob.

- Lub sij hawm rau kev sim kuaj mob uas zoo tshaj plaws tom qab kev raug tau Tus Kab Mob Khaus Viv-19 (COVID-19) uas muaj feem tshwm sim tau mas yog 5 – 7 hnuv tom qab kev sib chww nyob sib ze nrog ib tus neeg kis tau kab mob.
- Txawm hais tias yuav muaj kev pheej hmoo kis tau Tus Kab Mob Khaus Viv-19 (COVID-19) qis rau cov neeg uas txhaj tshuaj tiv thaiv kab mob txhij txhua lawm los xij, txhua tus neeg uas txhaj tshuaj tiv thaiv kab mob txhij txhua lawm uas ntsib [cov tsos mob raug raws li Tus Kab Mob Khaus Viv-19 \(COVID-19\)](#) yeej yuav tsum tau ua ib qho kev sim kuaj mob txog Tus Kab Mob Khaus Viv-19 (COVID-19).

## **Yuav siv ib qho khoom siv rau kev sim kuaj mob ntawm tsev tau li cas**

Ua raws li cov lus qhia txog kev siv qhov khoom siv rau kev sim kuaj mob yam tseeb tiag thiab ua raws li cov kauj ruam ib qho zuj zus uas lawv tau sau qhia ntawd. Tej zaum qhov cuab yeej pab uas siv rau kev sim kuaj mob nws kuj muaj lwm cov kev pab cuam, xws li cov lus qhia sai uas sau ua ntaub ntawv los sis cov vis dis aus muab lus qhia, txhawm rau pab koj ua qhov kev sim kuaj mob kom raug.

## **Puas muaj qee cov hom ntawm cov khoom siv au kev sim kuaj mob ntawm tsev/uas tsis muaj daim ntawv sau qhia yuav tshuaj (over the counter, OTC) uas zoo dua lwm cov?**

Yog hais tias siv raug, ces tag nrho txhua cov khoom siv au kev sim kuaj mob ntawm tsev/uas tsis muaj daim ntawv sau qhia yuav tshuaj (over the counter, OTC) uas siv rau kev sim kuaj Tus Kab Mob Khaus Viv-19 (COVID-19) uas tau txais kev tso cai siv tau los ntawm Teb Chaws Mes Kas Lub Chaw Tswj Xyuas Khoom Noj thiab Tshuaj (Food and Drug Administration, FDA) nyob rau tam sim nod yeej siv hauj lwm zoo tib yam nkaus xwb.

## **Is saws las tuav pov hwm kev noj qab haus huv puas pab them nqi duav (roos) rau cov khoom siv rau kev sim kuaj mob ntawm tsev?**

Lub Oos Kas Saib Xyuas Kev Noj Qab Haus Huv Hauv Xeev Oregon (Oregon Health Authority) thiab xeev Oregon cov koom haum muab kev saib xyuas kho mob uas sib pab dhia txoj hauj lwm (coordinated care organizations) pab them nqi duav (roos) rau cov khoom siv rau kev sim kuaj mob ntawm tsev/uas tsis muaj daim ntawv sau qhia yuav tshuaj (over the counter, OTC) (txog li ntawm plaub zaug ntawm cov khoom siv rau kev sim kuaj mob toj ib lub hlis twg) yam tsis tas muaj daim ntawv sau qhia yuav tshuaj los sis ua ntej yuav tso cai siv tau rau cov tswv cuab ntawm Phiaj Xwm Kev Npaj Rau Fab Kev Noj Qab Haus Huv Hauv Xeev Oregon (Oregon Health Plan) thiab Kev Saib Xyuas Kho Mob Thaum Muaj Xwm Txheej Kub Ntxhov Ceev rau Cov Pej Xeem Uas Tsis Tau Muaj Xam Xaj (Emergency Medical Care for Non-Citizens, CAWEM).

Medicare thiab lwm cov phiaj xwm kev npaj txog is saws las tuav pov hwm kev noj qab haus huv feem ntau yeej tsis pab them nqi duav (roos) rau cov khoom siv rau kev sim kuaj mob ntawm tsev/uas tsis muaj daim ntawv sau qhia yuav tshuaj (over the counter, OTC), tab sis mas yuav tsum tau pab them nqi duav (roos) rau cov khoom siv rau kev sim kuaj mob txog Tus Kab Mob Khaus Viv-19 (COVID-19) ua txib yuav los ntawm ib tus kws muab kev saib xyuas kho mob rau fab kev noj qab haus huv.

Yog hais tias koj muaj ib [tus as khauj rau kev siv nyiaj ywj siab \(flexible spending account\)](#) uas siv rau cov nuj nqis ntawm feem kev saib xyuas kho mob rau fab kev noj qab haus huv, tej zaum koj kuj yuav muaj peev xwm siv tau tus as khauj ntawd los mus yuav cov khoom siv rau kev sim kuaj Tus Kab Mob Khaus Viv-19 (COVID-19) ntawm tsev/uas tsis muaj daim ntawv sau qhia yuav tshuaj (over the counter, OTC).

## **Yam uas yuav tsum tau ua yog hais tias koj sim kuaj mob nyob rau ntawm tsev es pom tias muaj mob**

[Caiv tus kheej](#) kom txog li 10 hnuv, tiv tauj rau koj tus kws muab kev saib xyuas kho mob rau fab kev noj qab haus huv hais txog ntawm koj qhov kawg uas tau los ntawm kev kuaj pom tias muaj tus mob huam tuaj, thiab yuav tsum nyob rau tej qho chaw uas lawv tuaj yeej tiv tauj tau rau koj nyob rau lub sij hawm uas koj muaj mob khaub thuas nod. Yog hais tias koj qhov mob khaub thuas mob loj tuaj, nrhiav kev pab tshwj xeeb txog fab kev kuaj mob.

Cov kawg uas pom tias tsis muaj tus kab mob los ntawm kev sim kuaj tsis raug ntawd tsis yog tej yam uas tsis tshua muaj.

Yog hais tias koj sim kuaj mob es pom tias tsis muaj tus kab mob, tab sis mas ho muaj cov tsos mob zoo sib thooj li Tus Kab Mob Khaus Viv (COVID), yuav tsum tiv tauj rau koj tus kws muab kev saib xyuas kho mob rau fab kev noj qab haus huv vim hais tias qhov kawg uas pom tias tsis muaj tus kab mob nod nws tsis tau txhais hais tias koj tsis muaj kev sib kis mob los ntawm Tus Kab Mob Khaus Viv-19 (COVID-19).

## **Kawm paub ntau ntxiv txog kev sim kuaj mob txog Tus Kab Mob Khaus Viv-19 (COVID-19) nyob rau ntawm vaj tsev**

[Mus saib rau ntawm Lub Chaw Ua Hauj Lwm Txog Kev Tswj Hwm thiab Kev Tiv Thaiv Kab Mob \(Centers for Disease Control and Prevention, CDC\) lub vas sab \(website\)](#) rau kev paub ntau ntxiv thiab mus nrhiav saib cov vis dis aus hais txog kev yuav ua kev sim kuaj mob nyob rau ntawm tsev tau li cas.

Mus saib tau rau ntawm Lub Chaw Tswj Xyuas Khoom Noj thiab Tshuaj (Food and Drug Administration, FDA) lub vas sab (website) txhawm rau nrhiav saib cov khoom siv fab kev kho mob uas siv rau kev sim kuaj mob ntawm tsev thiab kev muab qauv txog ntawm [hom roj ntsha tiv thaiv lub cev](#) thiab [maus les koos \(molecular\)](#) uas tau txais kev tso siv tau nyob rau tam sim no. Tsis tas li ntawd koj kuj tseem muaj peev xwm tshawb nrhiav tau cov khoom siv fab kev kho mob uas siv rau kev sim kuaj mob ntawm tsev thiab kev muab qauv uas tau txais kev tso cai siv tau uas muaj raws li hauv daim ntawv sau qhia yuav tshuaj.

## Cov Hauv Paus Ntaub Ntawv

<https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-authorizes-additional-otc-home-test-increase-access-rapid-testing>

<https://www.fda.gov/consumers/consumer-updates/coronavirus-disease-2019-testing-basics>

<https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html>

<https://www.nytimes.com/2021/10/07/well/live/covid-rapid-at-home-test.html?referringSource=articleShare>

**Kev muaj peev xwm nkag cuag tau rau daim ntaub ntawv:** Rau cov tib neeg uas muaj kev xiam oob qhab los sis cov tib neeg uas hais tau ib hom lus uas tsis yog 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 lus qhia paub sau ua lwm hom ntaub ntawv xws li muab txhais ua lwm hom lus, muab sau ua tus tsiaj ntawv loj, los sis muab sau ua cov ntawv su uas cov neeg tsis pom kev siv tau. Tiv tauj rau Feem Saib Xyuas Hauj Lwm Txog Cov Kev Sib Txuas Lus Ntsig Txog Tus Kab Mob Khaus Viv-19 (COVID-19 Communications Unit) ntawm tus xov toj 1-971-673-2411, 711 TTY los sis [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us).