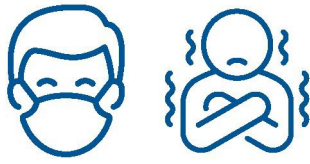
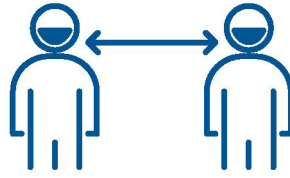


Cov Lus Qhia Txog Rau Kev Rau Ib Daim Ntaub Npog Qhov Ncauj Qhov Ntswg

Thaum twg koj yuav tsum tau rau ib daim ntaub npog qhov ncauj qhov ntswg:



Koj los sis ib tus neeg twg nyob rau hauv koj lub vaj tsev tau kuaj pom tias muaj Tus Kab Mob Khaus Viv-19 (COVID-19) los sis tau nyob sib ze nrog ib tus neeg twg uas tau kuaj pom tias muaj Tus Kab Mob Khaus Viv-19 (COVID-19) lawm.



Nyob rau hauv cov chaw rau kev ua si sab nraum zoov uas muaj neeg coob sib txiv pes daws.



Nyob rau hauv cov chaw sab hauv tsev rau zej tsoom sawv daws siv.

Thaum tab tom rau los sis tab tom hle ib daim ntaub npog qhov ncauj qhov ntswg tawm:

- Ntxuav los sis siv tshuaj ntxuav koj ob txhais tes kom huv si ua ntej kev los sis kev hle ib daim ntaub npog qhov ncauj qhov ntswg tawm.
- Thaum tab tom hle daim ntaub npog qhov ncauj qhov ntswg tawm, yuav tsum tsis txhob lab tuav rau ntawm sab hau ntej ntawm daim ntaub ntawd.



Cov ntaub npog qhov ncauj qhov ntswg hom N95 thiab KN95

Muab peev xwm siv tau cov ntaub npog qhov ncauj qhov ntswg hom N95 thiab KN95 (uas kuj tseem hu tau tias cov looj npog qhov ncauj qhov ntswg pab ua pa tib si) rau ntau xuab moos toj ib hnuv ntev txog li ib lim piam los sis kom txog ntua rau thaum nws paug av tag lawm los sis lawv tsis haum rau raws seem ua ntsug mus ntxiv lawm. Khaws cov ntaub npog qhov ncauj qhov ntswg hom N95 thiab KN95 cia rau hauv ib qho chaw qhuav qhawv xws li ib lub hnab ntawv.

Kev rau ib daim ntaub npog qhov ncauj qhov ntswg hom N95

- Muab daim ntaub npog qhov ncauj qhov ntswg ntawd tso rai ntawm koj lub qhov ntswg thiab qhov ncauj kom haum raws seem rau lub qhov ntswg uas yog siv koj li ntsis ntiv tes pab rau.
- Nrog rau koj lwm txhais tes, pab rub cov pluaj npog rau ntawm koj lub taub hau. Qhov pluaj npog sab hauv qab kawg nkaus yuav dhos rau hauv qab ntawm ob sab pob ntseg, ib cheeb tsam puang ncig ntawm lub caj dab. Sab saum toj kawg nkaus yuav dhos rau ntawm sab nrob qaum saum toj kawg nkaus ntawm koj lub taub hau.
- Nias ob sab ntawm qhov dhos rau ntawm qhov ntswg kom nws zuav haum raws li koj tus caj ntswm.
- Muab ob txhais tes los mus tso rau ntawm lub looj npog qhov ncauj qhov ntswg pab ua pa. Nqus pa kom ceev tsawv thiab tom qab ntawd ho ua pa tawm. Yog hais tias koj hnob tau tias muaj chaw khoob dim pa nyob rau ntawm thaj tsam qhov ntswg, ces rov qab khom txav qhov dhos rau ntawm qhov ntswg kom haum; yog hais tias muaj chaw khoob dim pa nyob rau ntawm cov npoo ntawm lub looj npog qhov ncauj qhov ntswg pab ua pa, ces rov qab khom txav cov pluaj npog kom haum. Rov ua dua li ntawd kom txog ntua rau thaum koj hnob tau tias tsis muaj chaw khoob dim pa uas haum zoo lawm.



Kev rau ib daim ntaub npog qhov ncauj qhov ntswg hom KN95:

1. Muab daim ntaub npog qhov ncauj qhov ntswg ntawd tso rai ntawm koj lub qhov ntswg thiab qhov ncauj kom haum raws seem rau lub qhov ntswg uas yog siv koj cov ntsis ntiv tes pab rau.
2. Muab cov pluaj npog ob sab tso rau ntawm ob sab pob ntseg.
3. Nias ob sab ntawm qhov dhos rau ntawm qhov ntswg kom nws zuav haum raws li koj tus caj ntswm.

Cov ntaub npog qhov ncauj qhov ntswg uas siv rau kev phais mob



- Cov ntaub npog qhov ncauj qhov ntswg uas siv rau kev phais mob yuav tsum muaj khub nrog rau ib daim ntaub npog qhov ncauj qhov ntswg hom ua ntaub siv rau kev pov thaiv tshwj xeeb.
- Muab daim ntaub npog qhov ncauj qhov ntswg uas siv rau kev phais mob tso rau ua ntej tshaj plaws, tom qab ntawd mam li rau daim ntaub npog qhov ncauj qhov ntswg hom ua ntaub.
- Tsis txhob muab ob cov ntaub npog qhov ncauj qhov ntswg uas siv rau kev phais mob coj los sib tshooj ua ke.

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 tooj 1-971-673-2411, 711 TTY los sis COVID19.LanguageAccess@dhsosha.state.or.us

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