

Tiv thaiv kev sib kis ntawm Tus Kab Mob COVID-19 txia thaum mus ncig

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Cov kab mob COVID-19 txia shiab yuav sib kis mus yooj yim thiab ceev sai dua thiab kuj ua tau rau koj mob heev. Cov tshuaj tiv thaiv, cov kev kho mob, los sis qhov zoo los ntawm kev mob tus kab mob COVID-19 yav tag los kuj yuav tsis pab tiv thaiv koj ntawm ib txhia kab mob txia shiab, yog li qhov pab cheem kom tus kab mob txia tshiab tsis txhob kis mus rau hauv tej zej zog yog qhov tseem ceeb heev.



Txog thaum koj paub txog cov tshuaj tiv thaiv tus kab mob COVID-19, tsis txhob mus ncig txawb teb chaws thiab ncuu kev mus ncig hauv Teb Chaws Mes Kas.

Tsis txhob mus ncig yog tias:

- Koj tau nyob ze ib tus neeg uas muaj Tus Kab Mob COVID-19.
- Koj muaj mob.
- Koj tab tom tos cov txiaj ntsig ntawm qhov kev kuaj Tus Kab Mob COVID-19.

Pab tiv thaiv kev sib kis ntawm tus kab mob COVID-19 los ntawm kev ncuu sij hawm mus ncig kom txog thaum koj paub txog koj cov tshuaj tiv thaiv tus kab mob COVID-19. Txawm li cas los xij, yog tias koj yuav tsum tau mus ncig thiab tsis tau txhaj tshuaj tiv thaiv, ua raws li cov lus qhia txog kev noj qab haus huv hauv qab no.

Ua ntej koj mus ncig: Tau kuaj 1-3 hnuv ua ntej koj mus ncig. Yog tias mus ncig thoob ntiag teb, tshuaj xyuas nrog koj lub dav hlau thiab qhov chaw uas koj yuav mus ncig tom ntej kom pom seb yuav tsum tau kuaj xyuas ua ntej ntev npaum cas.

Ua ntej rov qab mus rau Teb Chaws Mes Kas: Qhov kev kuaj tias tsis mob yuav tsum tsis pub ntau tshaj ib hnuv (24 teev) ua ntej rov qab mus rau Teb Chaws Mes Kas.

Cov txiaj ntsig kuaj feem ntau tau txais rov qab li ntawm 24-72 teev, tab sis qee zaum tuaj yeem siv sij hawm ntev dua. Nco ntsoov cia sij hawm txaus ntawm qhov kev kuaj thiab tau txais koj cov txiaj ntsig rov qab. Qee qhov chaw kuaj yuav tuaj yeem tau txais koj cov txiaj ntsig kev kuaj rau koj sai dua, hu nug ua ntej kuaj.

[Nrhiv Cov Chaw Kuaj Mob \(mn.gov/covid19/get-tested/testing-locations/index.jsp\)](https://mn.gov/covid19/get-tested/testing-locations/index.jsp) hauv Minnesota.

Tiv thaiv kev sib kis ntawm tus kab mob COVID-19 thaum mus ncig.

Txhua zaus koj tawm mus ncig teb chaws, koj kis tau tus kab mob COVID-19 tshiab mus rau lub zej zog ntawd thaum koj rov qab los. **Yog tias koj mus ncig, looj lub npog qhov ncauj qhov ntswg ntxuav tes kom ntau. Tsis txhob tawm mus ncig teb chaws yog tias koj muaj mob khaub thuas.**

Tom qab taug kev, ua cov kauj ruam no.

Txhua tus neeg taug kev yuav tsum saib xyuas cov tsos mob ntawm tus kab mob COVID-19 tom qab rov qab los ntawm kev mus ncig. Yog tias koj pib mob, nyob hauv tsev thiab nyob deb ntawm lwm tus (cais tawm nyob ib leeg) thiab mus kuaj.

Yog tias koj tsis tau txhaj tshuaj tiv thaiv los sis TSIS paub txog cov tshuaj tiv thaiv tus kab mob COVID-19.

- Mus kuaj mob li ntawm 3-5 tom qab koj los tsev.
Koj tuaj yeem mus ntsib tau ib qho chaw kuaj mob uas pub dawb xwb, ib lub tsev kuaj mob los sis tsev kho mob loj, los sis xaj ib pob khoom kuaj mob tom tsev los tau. Mus nrhiv tej chaw kuaj mob ntawm [Kev Kuaj Tus Kab Mob COVID-19 \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](http://www.health.state.mn.us/diseases/coronavirus/testsites/index.html).
- Nyob twj ywm tsev thiab cais deb ntawm lwm tus tom qab koj los tsev.
Koj yuav tsum cais tawm 5 hnuv tom qab taug kev txawm tias koj tau kuaj pom tias tsis mob ntawm 3-5 hnuv thiab tsis muaj tsos mob.
- Mus txhaj koob tshuaj.
[Nrhiv Chaw Txhaj Tshuaj \(mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp\)](http://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp) txhawm rau teem caij los sis tsis tas teem caij li!

Yog tias koj nyuam qhuav zoo los ntawm tus kab mob COVID-19:

- Koj tsis tas yuav kuaj los sis cais tawm yog tias koj rov zoo los ntawm tus kab mob COVID-19 hauv 90 hnuv dhau los. Koj tseem yuav tsum ua raws li tag nrho lwm cov lus qhia txog kev mus ncig. Yog tias koj muaj cov tsos mob ntawm tus kab mob COVID-19 tom qab taug kev, cais tawm thiab nrog koj tus kws kho mob tham txog kev soj ntsuam cov lus qhia.



Minnesota Department of Health | health.mn.gov | 651-201-5000
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

Tiv tauj health.communications@state.mn.us txhawm rau thov lwm hom ntawv. (Hmong)