

## Tiv thaiv koj tus menyuam ntawm COVID-19

Koob tshuaj tiv thaiv COVID-19 tam sis no muab tau rau cov menyuam yaus muaj 6 hli rov saud lawm.

Lub Koom Haum Tswj Xyuas thiab Tiv Thaiv Kabmob lossis CDC pom zoo kom cov menyuam muaj 6 hli rov saud tsim nyog mus txhaj koob tshuaj no.

Koob tshuaj tiv thaiv COVID-19 nyab xeeb, txhaj dawb, thiab pab tau zoo rau menyuam yaus. Cov tshuaj tiv thaiv no tau raug tshawb kawm thiab yeej pom hais tias tsis muaj xwm txheej dab tsi ua ntej raug tso cai siv rau cov menyuam yaus thiab menyuam hluas.

Ib yam nkaus li tej neeg laus, cov menyuam yaus thiab menyuam hluas los yeej mob tau hynav heev los ntawm kabmob COVID-19, thiab lawv muaj mob tau rau lub sij hawm luv luv mus rau lub sij hawm ntev mus, ntxiv rau kev kis mob COVID-19 tau rau lwm tus thiab.

Tsis muaj kev paub tau ua ntej hais tias cov menyuam yaus thiab menyuam hluas yuav raug xwm txheej ntau tsawg npaum li cas los ntawm COVID-19. Cov neeg uas muaj mob lwm yam hauv lub cev lossis lub cev tsis muaj zog tiv thaiv kabmob muaj feem siab dua yuav mob tau hnyav heev los ntawm COVID-19. Tab txawm cov menyuam uas lub cev noj qab nyob zoo los yeej mob tau hnyav heev thiab. Yog li ntawd, txoj kev txhaj tshuaj thiaj li tseem ceeb dua plaws.

Tab txawm cov menyuam uas twb mob COVID-19 los dua lawm los yeej tsim nyog mus txhaj tshuaj kom pab txhawb kev tiv thaiv rau lawv lub cev. Kev mob COVID-19, muaj cuab kav mob tau ntau tshaj ib zaug, thiab tab txawm thawj zaug tsis mob hnyav heev los tsis tau txhais tias nws yuav rov zoo li qub dua rau lwm zaus.

Tshuaj tiv thaiv COVID-19 tsis muaj qhov yuav ua kom yus mob COVID-19. Qee yam tsos mob xws li, mob ntawm txhais npab lossis ua npaws me me, puav leej muaj tau tom qab txhaj tshuaj tag thiab li ib ob hnuv xwb ces nws yeej txawj zoo nws mus lawm.

Tshuaj tiv thaiv COVID-19 pab tib thaiv tsev neeg thiab lub zej zog ntawm kabmob COVID-19.

Yuav kom tiv thaiv tau zoo tshaj plaws ces koj tus menyuam yuav tsum txhaj kom txhij txhua txhua koob tshuaj tiv thaiv uas pom zoo rau nws- qhov nov tej zaum suav nrog rau koob tshuaj txhawb thiab.

Koob tshuaj txhaj rau cov menyuam me yuav muaj tshuaj tsawg dua koob tshuaj txhaj rau cov menyuam loj thiab cov laus. Qhov ntau tsawg ntawm ib koob tshuaj ntawd yog ntsuas raws tus menyuam qhov hnuv nyoog, tsis yog raws nws qhov kev loj hnyav ntawm lub cev.

Yog koj tus menyuam muaj ib tug kws kho mob ces tus kws ntawd mam muab xov xwm ntxiv rau koj thiab teem sij hawm txhaj tshuaj kom txhij thaum koj koj koj tus menyuam mus txhaj thawj koob tshuaj. Thooj txhij thaum ntawd, yog xav txhaj lwm yam tshuaj tiv thaiv los yeej tau thiab.

Yog koj tus menyuam tsis muaj ib tug kws kho mob, ces mus saib [mn.gov/vaxforkids](https://mn.gov/vaxforkids) kom paub ntau tshaj qhov no ntxiv thiab nrhiav cov chaw txhaj tshuaj uas nyob ze koj. Tus xov tooj hotline ntawm MN Lub Tuam Tsev Saib Xyuas Kev Noj Qab Haus Huv kuj muaj kev pab teb tau koj cov lus nug, thiab muaj cov neeg txawj ob peb yam lus tham tau nrog koj. Hu rau tus xov tooj hotline ntawm 1-833-431-2053.

Mus saib qhov website ntawm MN Lub Tuam Tsev Saib Xyuas Kev Noj Qab Haus Huv yog xav nrhiav [Kev Kho Mob Pheej Yig los sis Ntawv Pov Hwm Kev Kho Mob \(www.health.state.mn.us/diseases/coronavirus/materials/lowcost.html\)](https://www.health.state.mn.us/diseases/coronavirus/materials/lowcost.html) sau ua lwm yam lus.

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Xav tau cov ntaub ntawv no ua lwm hom, hu rau: 651-201-4989