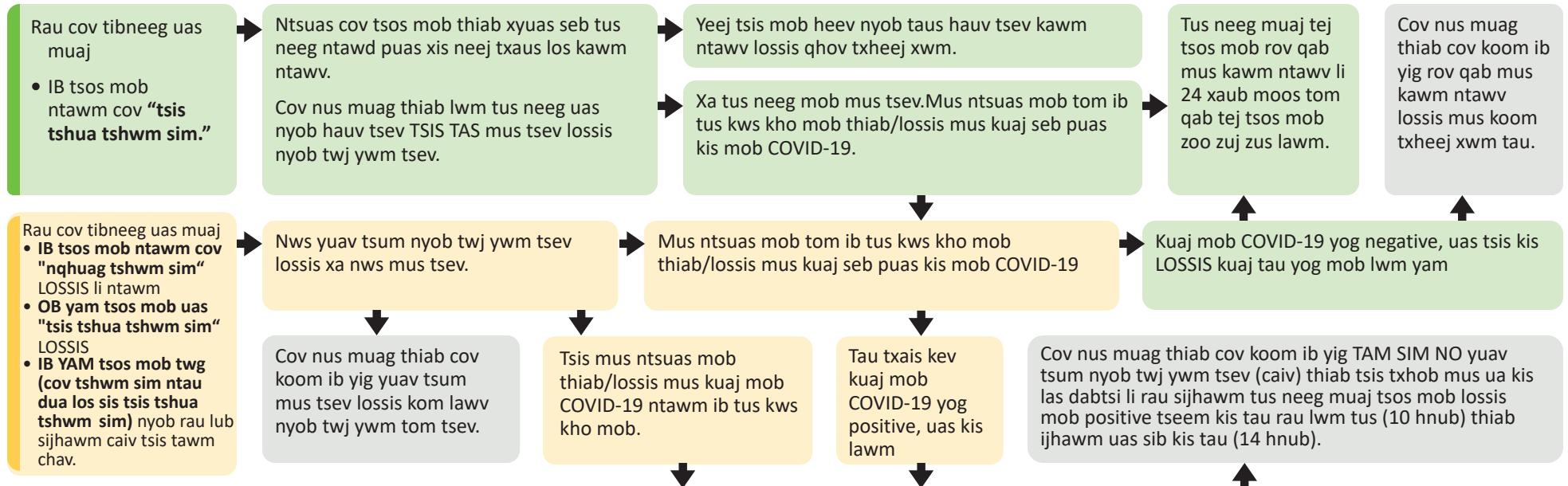


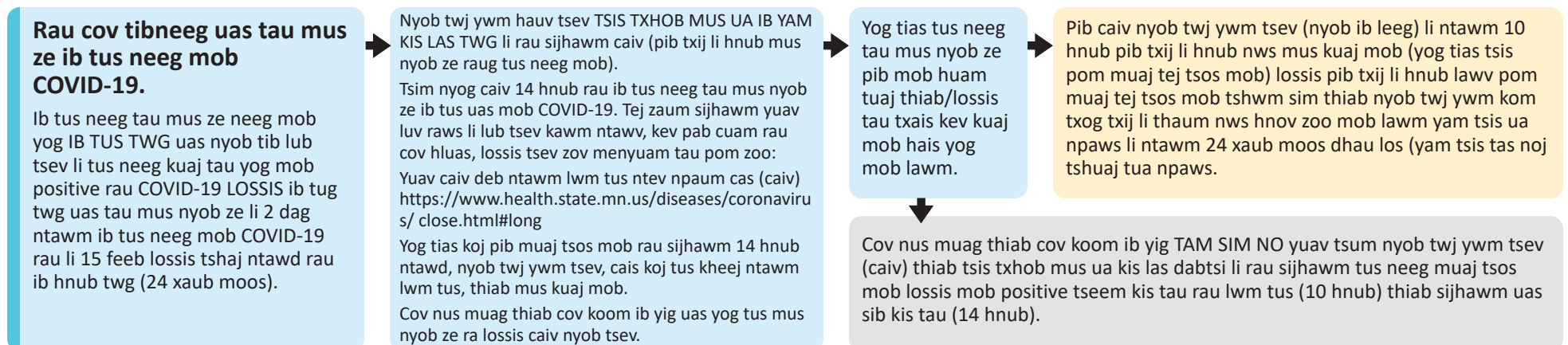
Kev Txiaiv Txim Rau Cov Tibneeg Mob COVID-19 Hauv Tsev Kawm Ntawv, Cov Hluas, thiab Tsev Zov Menyuam

Txiaiv txim raws li cov duab hauv qab no taw qhia yog tias ib tus menyuam, tub ntshais kawm, lossis neeg ua haujlwm muaj tej tsos mob mentsis xws li yog mob COVID-19:

- **Nqhuag tshwm sim:** ua npaws kub taubhau yog 100.4o F lossis siab dua, pib hnoos thiab/lossis hnoos phem zuj zus tuaj, ua pa nyuaj, saj tsis hnov qab thiab tsis hnov ntshiab tsw.
- **Tsis tshua tshwm sim:** mob qa, xeev siab, ntuv, raws plab, ib ce txias, mob leeg nqaij, qaug zog, pib mob taubhau heev, pib txhaws ntswg lossis los ntswg.



Pib caiv nyob twj ywm tsev (nyob ib leeg) li ntawm 10 hnuv uas koj xub thawj muaj cov tsos mob thiab nyob twj ywm kom txog txij li thaum koj hnov zoo mob lawm yam tsis tau ua npaws li ntawm 24 xaub moos (yam tsis tas noj tshuaj tua npaws).Yog tias tsis pom nws muaj tej tsos mob tiam sis kuaj tau yog mob positive, lawv yuav tsum nyob twj ywm tsev li ntawm 10 hnuv, suav txij hnuv lawv mus kuaj mob.



STAY SAFE MN

Cov Lus Piav Rau Daim Duab Txiaiv Txim Rau Cov Tibneeg Mob COVID-19 Hauv Tsev Kawm Ntawv, Cov Hluas, thiab Tsev Zov Menyuam

12/21/2020

Xov xwm tshiab: Cov ntaub ntawv qhia txog kev caiv tau muab kho tshiab thiab ntshiv kom muaj yam lus tshiab txog kev sijhawm caiv uas luv dua qub.

Cov Lus Qhib

Daim Duab Txiaiv Txim Rau Cov Tibneeg Mob COVID-19 Hauv Tsev Kawm Ntawv, Cov Hluas, thiab Tsev Zov Menyuam thiab cov ntaub ntawv hauv qab no muaj feem rau cov menyuam, cov tub ntshais kawm, thiab cov neeg ua haujlwm uas muaj tej tsos mob xws li yog COVID-19 lossis tau mus nyob ze ib tus neeg mob COVID-19. Cov tsos mob muab faib ua ob pawg li no:

- Cov tsos mob uas **nqhuag tshwm sim** yog ua npaws kub taubhau yog 100.4o F lossis siab dua, pib hnoos thiab/lossis hnoos phem zuj zus tuaj, ua pa nyuaj, saj tsis hnov qab thiab tsis hnov ntshaiab tsw.
- Cov tsos mob uas **tsis tshua tshwm sim** yog mob qa, xeev siab, ntuav, raws plab, ib ce txias, mob leeg nqaij, qaug zog, pib mob taubhau heev, pib txhaws ntswg lossis los ntswg.

Pab txhawb cov neeg muaj tej tsos mob COVID-19

Tom qab cim tau tej tsos mob COVID-19 tas lawm, xaiv ib ntawm ob txoj kev taug no.

Thawj txoj kev taug

1. Thawj txoj kev taug no yog rau cov tibneeg uas muaj ib yam tsos mob ntawm cov tsos mob uas **tsis tshua tshwm sim**.
2. Tom ntej, ces ntsuas cov tsos mob thiab xyuas seb tus neeg ntawd puas xis neej txaus los mus kawm ntawv los yog koom txheej xwm kev pab. Cov nus muag thiab lwm tus koom ib yig TSIS TAS mus tsev lossis nyob twj ywm tev.
3. Yog tias yeej xis neej, ces mus tau thiab nyob tau tom tsev kawm ntawv lossis koom txheej xwm kev pab tau.
4. Yog tsis xis neej, ces nyob twj ywm tsev lossis xa mus tsev.

5. Yog tias nws mus tsev thiab tsis pom muaj tej tsos mob ntawv, lawv rov qab mus kawm ntawv lossis koom qhov txheej xwm tau yog tias tom qab 24 xaub moos nws cov tsos mob pib zoo tuaj lawm. Yog tias nws mus tsev, nws yuav tsum mus ntsuas mob tom ib tus kws kho mob thiab/lossis mus kuaj seb puas kis mob COVID-19.
6. Yog tias nws tau mus kuaj thiab/lossis ntsuas mob lawm, mus raws kauj ruam tom tej no.

Txoj kev thib ob

1. Siv xoj kev thib ob no rau tus neeg uas muaj ib yam tsos mob ntawm **cov nqhuag tshwm sim** lossis li ntawm ob yam ntawm cov **tsis tshua tshwm sim**, thaum ib tug neeg **muaj yam tsos mob twg los xij** thaum nws tab tom caiv, lossis thaum ib tus neeg uas xub pib taug thawj txoj kev txiav txim mus ntsib ib tus kws kho mob thiab/lossis kuaj mob rau COVID-19.
2. Tus neeg ntawd yuav tsum nyob tsev lossis tau xa nws mus tsev, thiab xa nws cov nus muag lossis cov koom ib yig mus tsev lossis kom lawv nyob twj ywm tsev.
3. Yog tias tus neeg ntawd tsis mus kuaj mob li lossis muaj kuaj mob COVID-19, lawv yuav tsum caiv nyob tsev (nyob ib leeg) li ntawm 10 hnub pib li thawj hnub pib muaj tej tsos mob mus txog thaum zoo zuj zus tuaj thiab yeej tsis ua npaws li ntawm 24 xaub moos dhau los yam tsis noj tshuaj tua npaws. Cov nus muag thiab cov koom ib yig yuav tsum nyob tsev (caiv) tsis txhob mus ua kis las sab nraud li ntawm 14 hnub. Thawj hnub caiv pib rau thaum tus neeg ntawd tau mus (Hnub 0) nyob ze ib tus neeg muaj tsos mob COVID-19. Rau tsev neeg uas muaj ib tug neeg mob COVID-19, kev caiv pib rau tom qab tus neeg mob COVID-19 nyob tas nws sijhawm cais nyob ib leeg. Yog tias muaj coob leej ntau tus neeg mob COVID-19 tom tsev, sijhawm caiv 14 hnub yuav pib tom qab tus neeg mob kawg nkaus tau cais nyob ib leeg tag. Qhov no txhais tau tias lwm tus neeg hauv tsev neeg yuav tau caiv nyob tom tsev rau li ntawm 24 hnub lossis tshaj ntawd.
4. Yog tias tus neeg mob yeej mus kuaj tias yog mob lwm yam (kuaj lwm yam mob), thiab tsis yob mob COVID-19, ces lawv rov qab mus kawm ntawv los tau yog tias tom qab 24 xaub moos lawv cov tsos mob zoo zuj zus tuaj lossis mus raws li kws kho mob hais. Cov nus muag thiab cov koom ib yig tsis tas nyob tsev lossis caiv nyob tsev ntawv lawm thiab rov qab mus kawm ntawv tau lossis rov mus koom txheej xwm kev pab tau.
5. Yog tias tus neeg ntawd kuaj tau yog negative uas tsis mob COVID-19, ces lawv rov qab mus kawm ntawv tau yog tias tom qab 24 xaub moos lawv cov tsos mob zoo zuj zus tuaj. Cov nus muag thiab cov koom ib yig tsis tas nyob tsev lossis tsis tas caiv nyob tsev ntawv lawm thiab rov qab mus kawm ntawv tau lossis rov mus koom txheej xwm kev pab tau.
6. Yog tias tus neeg ntawd kuaj tau yog positive uas mob COVID-19, lawv yuav tsum caiv nyob tsev (nyob ib leeg) li ntawm 10 hnub, nrog rau cov koom nws ib yig, yog ua tau, suav txij li hnub uas lawv xub muaj cov tsos mob thiab nyob twj ywm kom txog txij li thaum lawv hnub zoo mob lawm yam tsis tau ua npaws li ntawm 24 xaub moos yam tsis tas noj tshuaj tua npaws. Cov nus muag thiab cov koom ib yig yuav tsum nyob tsev (caiv) tsis txhob mus ua kis las sab nraud li ntawm 14 hnub pib li thawj hnub uas lawv tau mus ze raug ib tus neeg muaj cov tsos mob COVID-19.

Txoj kev rau cov mus nyob ze kis

1. Cov neeg uas tau mus nyob ze ib tus neeg mob positive rau COVID-19 yuav tsum ua raws li TXOJ KEV no qhia. Ib tus neeg tau mus ze neeg mob yog IB TUS TWG uas nyob tib lub tsev li tus neeg kuaj tau yog mob positive rau COVID-19 LOSSIS ib tug twg uas tau mus nyob ze li 2 dag ntawm ib tus neeg mob COVID-19 rau li 15 feeb lossis tshaj ntawd rau ib hnuv twg (24 xaub moos).
2. Yog tias ib tus twg yog tau mus nyob ze tus neeg mob lawm, nws yuav tsum nyob twj ywm tsev TSIS TXHOB TAWM ROOJ MUS UA DABTISI LI kom txwm 14 hnuv (caiv nyob tsev). Hnuv 1 ntawm kev caiv nyob tsev yog hnuv tom qab (Hnuv 0) uas nws tau mus nyob ze tus neeg mob positive rau COVID-19. Rau tsev neeg uas muaj ib tug neeg mob COVID-19, kev caiv pib rau tom qab tus neeg mob COVID-19 nyob tas nws sijhawm cais nyob ib leeg. Yog tias muaj coob leeg ntau tus neeg mob COVID-19 tom tsev, sijhawm caiv 14 hnuv yuav pib tom qab tus neeg mob kawg nkaus tau cais nyob ib leeg tag. Qhov no txhais tau tias lwm tus neeg hauv tsev neeg yuav tau caiv nyob tom tsev rau li ntawm 24 hnuv lossis tshaj ntawd.
3. Cov neeg tau mus nyob ze ib tug neeg mob COVID-19 tsim nyog rau nws mus caiv tus kheej rau li ntawm 14 hnuv. Rau tej tug, tej zaum sijhawm caiv yuav luv dua no. Tej tsev kawm ntawv, kev pab cuam rau cov hluas, thiab tsev zov menyuam mam li txiaiv txim seb yuav txiaiv sijhawm caiv ntev luv li cas thiab yuav mus ua raws li tej txheem lus hauv cov ntaub ntawv no qhia.

- [Close Contacts and Tracing: COVID-19 \(kev soj qab kev sib kis mob\)](http://www.health.state.mn.us/diseases/coronavirus/close.html)
(www.health.state.mn.us/diseases/coronavirus/close.html)
- [Quarantine Guidance for COVID-19 \(lus taw qhia txog kev caiv\)](http://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf)
(www.health.state.mn.us/diseases/coronavirus/quarguide.pdf)
- Cov nus muag thiab txhua tus uas nyob koom ib yig nrog tus mus nyob ze lwm tus neeg mob tsis tas nyob tsev lossis mus ua tau lawv tej kis las.

4. Yog tias tus neeg uas mus nyob ze lwm tus neeg mob pib huam mob tuaj lossis kuaj tias mob positive rau COVID-19, ces tus neeg no YUAV TSUM nyob tsev kom txwm li 10 hnuv (nyob ib leeg), pib txij li hnuv uas lawv mus kuaj (yog tias tsis muaj tej tsos mob) lossis pib txij li lawv huam mob tuaj thiab kom txog txij lawv zoo mob tso thiab tsis ua npaws li ntawm 24 xaub moos yam tsis noj tshuaj tua npaws.

Cov nus muag thiab txhua tus uas nyob koom ib yig YUAV TSUM tau nyob tsev thiab tsis txhob mus ua tej kis las rau li ntawm 14 hnuv (caiv). Lub sijhawm 14 hnuv caiv pib rau hnuv uas lawv mus nyob ze tus neeg mob thiab cia li pib huam mob tuaj lossis tau kuaj tias yog mob positive rau COVID-19.

Ntaub ntawv ntxiv txog kev txiaiv txim

Daim duab txiaiv txim no ua raws li cov txheem lus hauv cov ntaub ntawv no:

- [2020-2021 Planning Guide for Schools \(hom phiaj rau xyoo kawm ntawv 2020-2021\)](http://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf)
(www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf).
- [COVID-19 Prevention Guidance for Youth and Student Programs \(lus taw qhia pab cheem kom cov hluas thiab tub ntxhais kawm txhob kis mob COVID-19\)](http://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf)
(www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf).
- [COVID-19 Prevention Guidance for Overnight Camps \(lus taw qhia pab cheem kev kis mob COVID-19 thaum mus pw hav zoov\)](http://www.health.state.mn.us/diseases/coronavirus/schools/overnightcamp.pdf)
(www.health.state.mn.us/diseases/coronavirus/schools/overnightcamp.pdf).

Tsos mob

- Cov tsos mob uas muab sau hauv no yog cov uas feem ntau pom tshwm sim ntawm cov neeg mob positive rau COVID-19.
 - Cov tsos mob uas **nqhuag tshwm sim** feem ntau yeej yog cov uas yeej mob COVID-19. Thiab tej zaum yuav yog tib co tsos mob uas nws pom muaj xwb.
 - Cov tsos mob uas **tsis tshuaj tshwm sim** uas muaj feem rau cov mob COVID-19, tiamsis tsis tshua yog ntsig txog tus kab mob COVID-19. Cov tsos mob uas tsis tshuaj tshwm sim kuj txuam nrog lwm yam mob uas tsis tshua pom muaj thiab.
- Kev ua npaws kub taubhau 100.4°F lossis siab dua yog lub cim qhia tau tias tus neeg ntawd yuav tsum nyob tsev lossis xa nws mus tsev tej zaum yog mob COVID-19. Yog ua npaws kub taubhau qis tshaj 100.4°F, lossis ua npaws mentsis xwb, ces kuj tsim nyog tus menyuam, tus tub ntxhais kawm, lossis neeg ua haujlwm yuav tsum nyob tsev lossis xa nws mus tsev. Tej txheej xwm yuav ua raws li cov kev cai ua ntej muaj tus kab mob COVID-19 txog kev rov qab mus kawm ntawv rau cov ua npaws mentsis xwb los tau. Tsev kawm ntawv thiab tsev zov menyuam yuav tsum ua raws li lawv cov kev cai uas twb teeb tseg lossis mus xyuas phau ntawv [Infectious Diseases in Childcare Settings and Schools Manual \(kev tswj mob hauv tsev zov menyuam thiab tsev kawm ntawv\) \(www.hennepin.us/daycaremanual\)](http://www.hennepin.us/daycaremanual). Qhov kub taubhau 100.4°F yog raws kuaj ntawm qhov ncauj mus.
- Ib yam tsos mob "tshiab" yog ib yam tsos mob uas tus neeg ntawd yeej ib txwm tsis tau pom muaj dua los li lossis tsis txuam nrog tej yam mob nkeeg nws twb muaj ua ntej lawm. Cov twb muaj mob nkeeg yav tag los (pre-existing) lawm lossis ib yam mob rau lub cev uas tus neeg ntawd tau mus kho dua los, tau kev taw qhia mus kho mob, lossis tau noj tshuaj rau li ntawm 12 lub hlis ua ntej nws pib mob.
- Siv daim duab los pab txiav txim ntsuas cov tsos mob (rau txhua txoj kev) rau txhua tus menyuam, nrog rau cov uas twb yeej muaj ib yam mob nkeeg ntev los lawm. Nyob raws yam tsos mob ntawd yog li cas tiag, tus neeg tu mob tom tsev kawm ntawv lossis kws zov menyuam, nrog rau cov niamtxiv lossis tus saib xyuas hais li cas ntxiv, mam li txiav txim seb yam mob ntawd yog yam tshiab lossis pib huam mob tuaj thiab seb puas zoo coj mus rau kws kho mob saib.
- Vim cov tsos mob COVID-19 thiab tej tsos mob ntawm nws yam mob nkeeg yuav mob sib raws, cov tibneeg uas tu xyuas cov menyuam yuav tsum kwv yees tias tej zaum yog mob COVID-19 thiab tsis txhob xam tias yog mob tus menyuam ntawd yam mob xwb. Yog xam raws kev sib kis kab mob hauv zej zog, kev mus kuaj mob qis heev yog tias kev sib kis kab mob pheej kis ntau zuj zus lossis ntau heev. Qhov no yuav ua rau kev soj qab taug kab mob ib tug dhau ib tug zuj zus mus.
- Feem ntau, "tej tsos mob uas zoo tuaj lawm" txhais tau tias nws tsis hnov mob lawm, lawv ua tej lawv tej dej num li qub, thiab tej tsos mob uas tseem seem xws li hnoos los ntsws, yog mob mentsis lawm xwb, lossis tsis muaj ceem thiab tsis cuam tshuam nws txoj kev ua haujlwm.
- MDH yuav soj qab tej ntaub ntawv txog tus kab mob COVID-19 seb tej tsos mob yog li cas tiag thiab mam li kho tshiab daim ntawv no raws li nws txoj kev tshawb fawb pom.

Kev ntsuas mob los ntawm ib tus kws kho mob

- Kev mus kuaj mob rau ntawm ib tus kws kho mob nyob ntawm yus xav mus kuaj xwb, tiamsis tsis mus kuaj los tau. Kev mus ntsuas mob thiab/lossis kuaj mob COVID-19 kuj mus kuaj los tau yog tias pom MUAJ tej tsos mob muab sau hauv no, raws li kws kho mob pom zoo thiab muaj kev kuaj mob txaus. Thaum muaj kev phom sij tias muaj kev sib kis mob ntau heev vim yog nyob rau hauv tsev kawm ntawv lossis tsev zov menyuam, ces kuj yeej txhawb heev kom mus kuaj. Kev mus ntsuas mob kuj muaj xws li mus kuaj tim ntsej tim muag, tham hauv xov tooj lossis siv twj thaj vis dis aus nrog kws kho mob, mus rau chav kho mob ceev emergency, tsev kuaj mob, thiab/lossis chav kho mob

ceev urgent. Kev ntsuas mob kuj pab txia txim seb puas tsim nyog mus kauj seb puas tau kis tus kab mob COVID-19 lossis puas muaj lwm yam los qhia vim li nws thia muaj cov tsos mob ntawd.

- **Rau cov tsev kawm ntawv xwb:** Thaum muaj kev phom sij tias muaj kev sib kis mob ntau heev vim yog nyob rau hauv tsev kawm ntawv, nws yuav tsum mus ntsuas thiab kuaj mob tab txawm tias nws tsuas pom muaj cov tsos mob tsis tshua tshwm sim xwb. Vim li no, kev kis mob hauv tsev kawm ntawv kuj yuav sib kis tshaj 10 npaug rau txhua 10,000 leej. Cov tsev kawm ntawv siv tau [Data for K-12 Schools \(ntaub ntawv rau cov kawm qib K-12\): 14-day COVID-19 Case Rate by County \(kev ntsuas 14 hnuv ntawm qhov kis mob COVID-19 raws nras, PDF\)](#) (www.health.state.mn.us/diseases/coronavirus/stats/wschoool.pdf) thiab tiv tauj tau lawv Pab Pawg Saib Xyuas Koog lossis chaw ua haujlwm saib xyuas kev noj qab nyob zoo hauv zos seb yuav nqis tes ua raws li cov lus taw qhia no li cas.
- Thaum ib tug kws kho mob nrhiav pom tias cov tsos mob tsis yog mob COVID-19 (lwm yam kev kuaj), txhais tau tias yeej tau mus kuaj ntawm ib tus kws kho mob lawm thiab/lossis qhov kev kuaj mob ntawd (xws li yog mob caj pas qawj, mob npaws loj, respiratory syncytial virus (tus mob zoo li yog khaub thuas) (RSV)). Chaw haujlwm saib xyuas kev kawm ntawv raws koog, tej tsev kawm ntawv, tej kev zov menyuum, txheej xwm rau cov hluas, thiab lwm yam kuj yuav hais kom muaj ntawv sau ua pov thawj (tom qab mus kuaj mob tag, kws kho mob sau ib daim ntawv) rau tus menyuum, tus tub ntshais kawm lossis neeg ua haujlwm hais tias nws rov qab mus kawm ntawv lossis mus rau qhov txheej xwm los tau.

Tus neeg mus nyob ze ib tus neeg mob

- Ib tus neeg tau mus ze neeg mob yog IB TUS TWG uas nyob tib lub tsev li tus neeg kuaj tau yog mob positive rau COVID-19 LOSSIS ib tug twg uas tau mus nyob ze li 2 dag ntawm ib tus neeg mob COVID-19 rau li 15 feeb lossis tshaj ntawd rau ib hnuv twg (24 xaub moos). Tiamsis, txawm tsis mus nyob ze ntev lossis twb nyob deb lawm los kuj ua rau tus kab mob sib kis tau thiab.

Kev kuaj mob COVID-19

Yog tias ib tug twg yog **asymptomatic (tsis muaj tej tsos mob COVID-19)** thiab mus kuaj mob rau COVID-19, txhua tus menyuum lossis neeg ua haujlwm uas nyob nrog lawv thiab yog lawv tsis mus kuaj mob ces lawv tsis tas nyob twj ywm tsev lossis mus kawm ntawv tau thiab mus rau tsev zov menyuum tau. Yog tias ib tus twg yeej **symptomatic (muaj tej tsos mob COVID-19)** thiab tseem mus kuaj mob, ces txhua tus menyuum lossis neeg ua haujlwm uas nyob nrog lawv yuav tsum nyob twj ywm tsev (tsis txhob mus kawm ntawv, mus rau tsev zov menyuum, lossis txheej xwm pab rau cov hluas) kom txog txij paub tias kuaj tau yog li cas tiag tso.

- Yog tias tus neeg muaj cov tsos mob ntawd txais tau kev kuaj mob hais tias negative, uas nws tsis mob, ces tom qab 24 xaub moos uas lawv cov tsos mob zoo zuj zus tuaj, lawv rov qab mus koom txhua yam li qub los tau. Txhua tus menyuum lossis neeg ua haujlwm uas koom lawv ib yig rov qab mus kawm ntawv lossis mus rau tsev zov menyuum tau yog tias nws kuaj tau yog negative, uas tsis mob.
- Yog tias tus neeg ntawd kuaj tau yog mob positive, lawv yuav tsum nyob twj ywm tsev thiab deb ntawm lwm tus (nyob ib leeg) raws li nws ua tau kom txog txij 3 yam hauv qab no muaj tseeb:
 - Lawv pib zoo tuaj (tej tsos mob zoo zuj zus), thiab;
 - Twb tau li 10 hnuv txij li hnuv lawv xub pom (lossis txij li hnuv lawv mus kuaj yog tias nws tsis muaj tej tsos mob), thiab;
 - Nws tsis tau ua npaws li ntawm 24 xaub moos, yam tsis tas noj tshuaj tua npaws.
- Txhua tus neeg uas nyob nrog nws uas tau kuaj yog mob positive rau COVID-19 yuav tsum nyob twj ywm tsev li ntawm 14 hnuv (caiv), suav txij li hnuv lawv tau mus nyob ze tus neeg uas mob COVID-19. Yog tias muaj lwm tus hauv nws tsev neeg uas cais tsis tau ntawm tus neeg mob COVID-19, lawv lub sijhawm 14 hnuv suav txij li hnuv tom qab tus neeg mob COVID-19 zoo tuaj thiab tawm rooj tau lawm. Qhov no txhais tau tias lwm tus hauv tsev neeg yuav tsum nyob twj ywm tsev kom txog txij li 24 hnuv.

Tej kev kuaj mob COVID-19

Yog tias ib tug menyuam lossis neeg ua haujlwm twg muaj tej tsos mob COVID-19 thiab tau txais ntau yam kev kuaj (Antigen lossis PCR) los ntsuas mob COVID-19, lawv yuav tsum tsis txhob mus kawm ntawv lossis mus rau tsev zov menyuam kom txog txij kuaj tau yog li cas tiag tso, tab txawm thawj txoj kev kuaj hais tias yog negative uas tsis mob thiab nws twb pib zoo mob mentsis lawm.

PCR

- Polymerase chain reaction (PCR) yog ib yam kev kuaj mob mus xyuas seb lub cev puas muaj yam kab mob SARS-CoV-2 uas yog tus tsim tus kab mob COVID-19. Kuj muab hu tias molecular test thiab. Yuav siv ib tug pas yas los ntxig qhov ntswg lossis qhov qa, lossis ib tug neeg nti qaub ncaug los ua qauv kuaj. Txoj kev kuaj ntawd mam li qhia seb tus neeg ntawd puas kis mob tam sim no. Yuav siv sijhawm ob peb hnub mam li paub seb kuaj tau yog li cas tiag. Txoj kev kuaj no **siv tau** los txiav txim seb ib tug neeg yuav caiv sijhawm ntev los luv.

Antigen

- Kev kuaj cov keeb antigen mus xyuas tau tej plhaus thees (protein) uas nyob hauv tus kab mob. Kuj muab hu tias rapid test, tiam sis ib txhia kev kuaj PCR los kuj muab hu tias rapid test thiab. Siv ib tug pas yas los ntxig qhov ntswg lossis qhov qa. Yuav siv sijhawm 15 feeb mam li kuaj tiav. Txoj kev kuaj no yog siv los kuaj seb ib tug neeg twg puas mob COVID-19 rau tam sim no. Txoj kev kuaj no **siv tsis tau** los txiav txim seb ib tug neeg yuav caiv sijhawm ntev los luv.

LUS NCO TSEG: Kev kuaj keeb antibody yog kuaj ntshav mus xyuas seb cov plhaus thees nyob hauv lub cev puas tawm tsam tus kab mob COVID-19 li cas. Tej kev kuaj no mam li qhia koj seb koj puas tau kis kab mob COVID-19 rau yav tag los; yuav tsis qhia koj seb koj puas kis mob rau tam sim no. Tsis yog siv los kuaj ntsuas kab mob COVID-19 thiab tsis yog siv los txo lub sijhawm tau caiv nyob tsev lossis txo sijhawm caiv tsis mus kawm ntawv, tsev zov menyuam, lossis txheej xwm pab cov hluas. Lub cev muaj keeb antibodies tsis txhais tau tias yuav tiv thaiv ib tus neeg twg kom nws tsis txhob kis kab mob COVID-19 rau yav tom ntej.

Ntaub Ntawv Pab Ntxiv

- Yog xav paub ntxiv txog kev muaj kuaj, mus xyuas hauv [COVID-19 Testing \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html).
- Yog xav paub ntxiv txog tej chaw mus kuaj mob, mus xyuas hauv [Find Testing Locations \(mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp\)](https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp).



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 yog xav tau cov ntaub ntawv no ua lwm hom. (Hmong)