

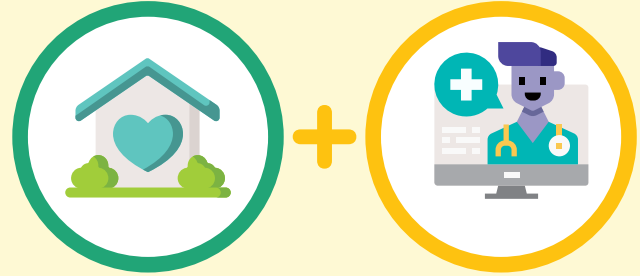
Yuav ua li cas yog Ib Tus Neeg Muaj Tsos Mob Tshwm Sim



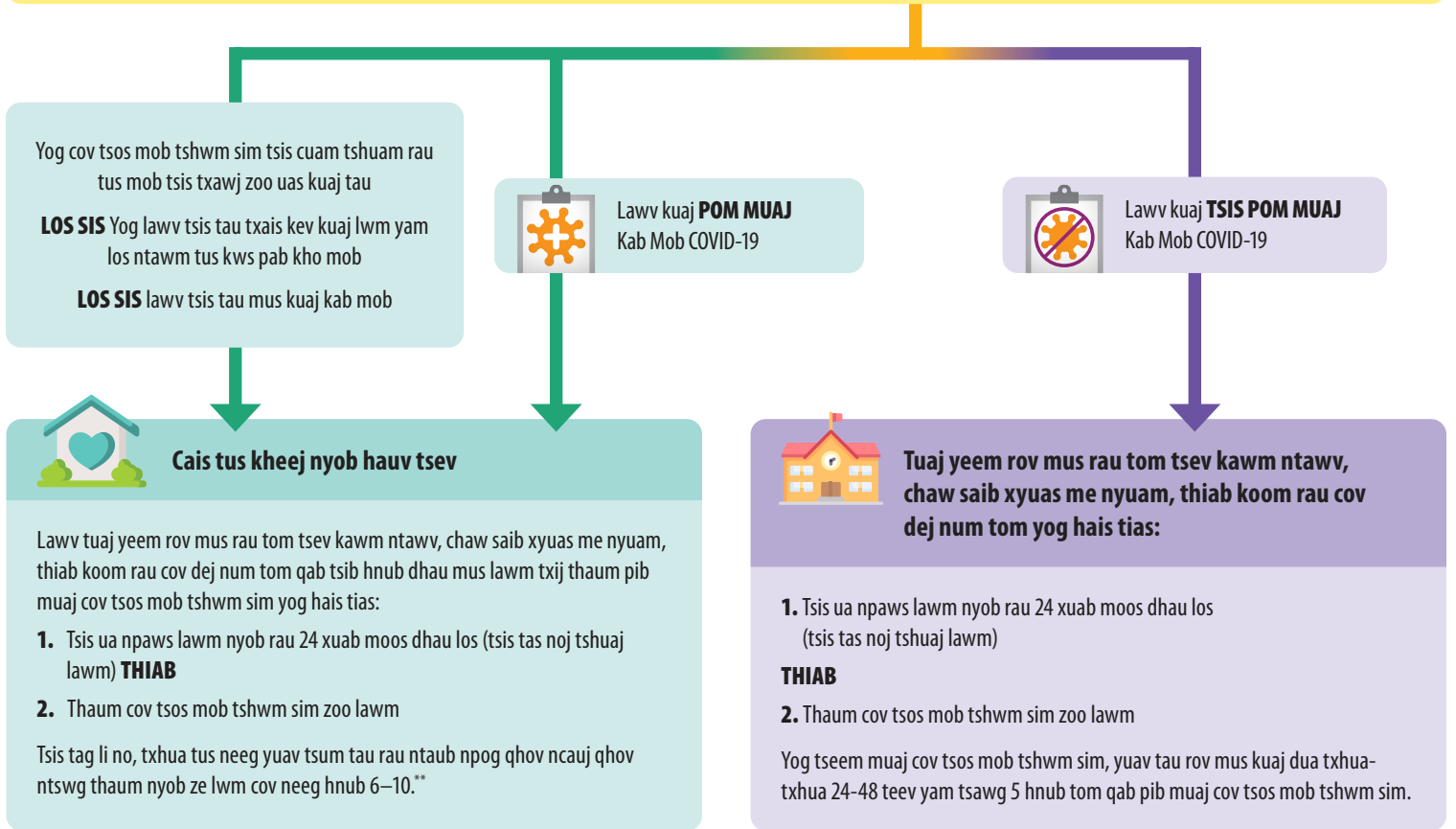
Daim phiaj teev kev khiav hauj lwm no yog siv rau cov tsev kawm ntawv K-12, chaw pab saib xyuas me nyuam, thiab cov dej num kawm paub sab nraud uas cuam tshuam.

Yog muaj ib tus neeg los sis coob leej muaj cov tsos mob tshwm sim no:

- Ua npaws ($\geq 100.4^{\circ}\text{F}/38^{\circ}\text{C}$) los sis ua daus no
- Kev ua pa nyuaj los sis txog siav
- Mob leeg los sis mob ib ce
- Tsis qab los noj los sis tsis hnov ntxhiab tsw
- Hnoos (tshiab, hloov lawm los sis heev tshaj qub)
- Xeev siab, ntuav los sis zawv plab
- Nkees-nkees
- Mob qa
- Txhaws ntswg los sis los ntswg*



Kev Cais Tus Kheej nyob rau tom tsev thiab mus kuaj kab mob COVID-19



Cov chaw muab kev saib xyuas me nyuam yuav tau tshab xyuas lawv Washington Administrative Code (WAC, Tsab Kev Cai Lij Choj Tswj Hwm Hauv Xeev Vos Sees Tas) thiab cov kev cai tawm ntawv tso cai thiab ua raws li cov kev cai tswj uas yuav tsum tau muaj.



DOH 820-229 August 4, 2022 Hmong Xav thov cov ntaub ntawv no sau ua lwm tus qaav ntawv, hu rau 1-800-525-0127. Cov neeg thov kev pab uas tsis hnov los sis hnov lus tsis zoo, thov hu rau 711 (Washington Relay) los sis sau email rau civil.rights@doh.wa.gov.

* Yog tus me nyuam muaj hnuv nyooq qis dua 2 xyoos thiab TSUAS MUAJ kev txhaws ntswg/los ntswg uas tsis muaj lwm yam tsos mob tshwm sim, tsis tag mus kuaj mob thiab cais tus kheej cia los tau. Yog tus me nyuam cov tsos mob tshwm sim loj zuz zus tuaj los sis nyob ntev tshaj 5 hnuv, ua raws li cov sij hawm teev siv rau cov me nyuam uas muaj hnuv nyooq 2 xyoos nce thiab xav kom tiv tauj rau tus kws pab kho mob.

** Yog tias koj tsis tuaj yeem rau daim ntaub npog qhov ncauj qhov ntswg kom haum tau: Koj yuav tsum cais tus kheej hauv tsev kom puv 10-hnuv. Mus saib [cov lus coj qhia kev saib xyuas me nyuam yaus/qib kawm K-12](#) txhawm rau muab kev qhia paub ntiv.

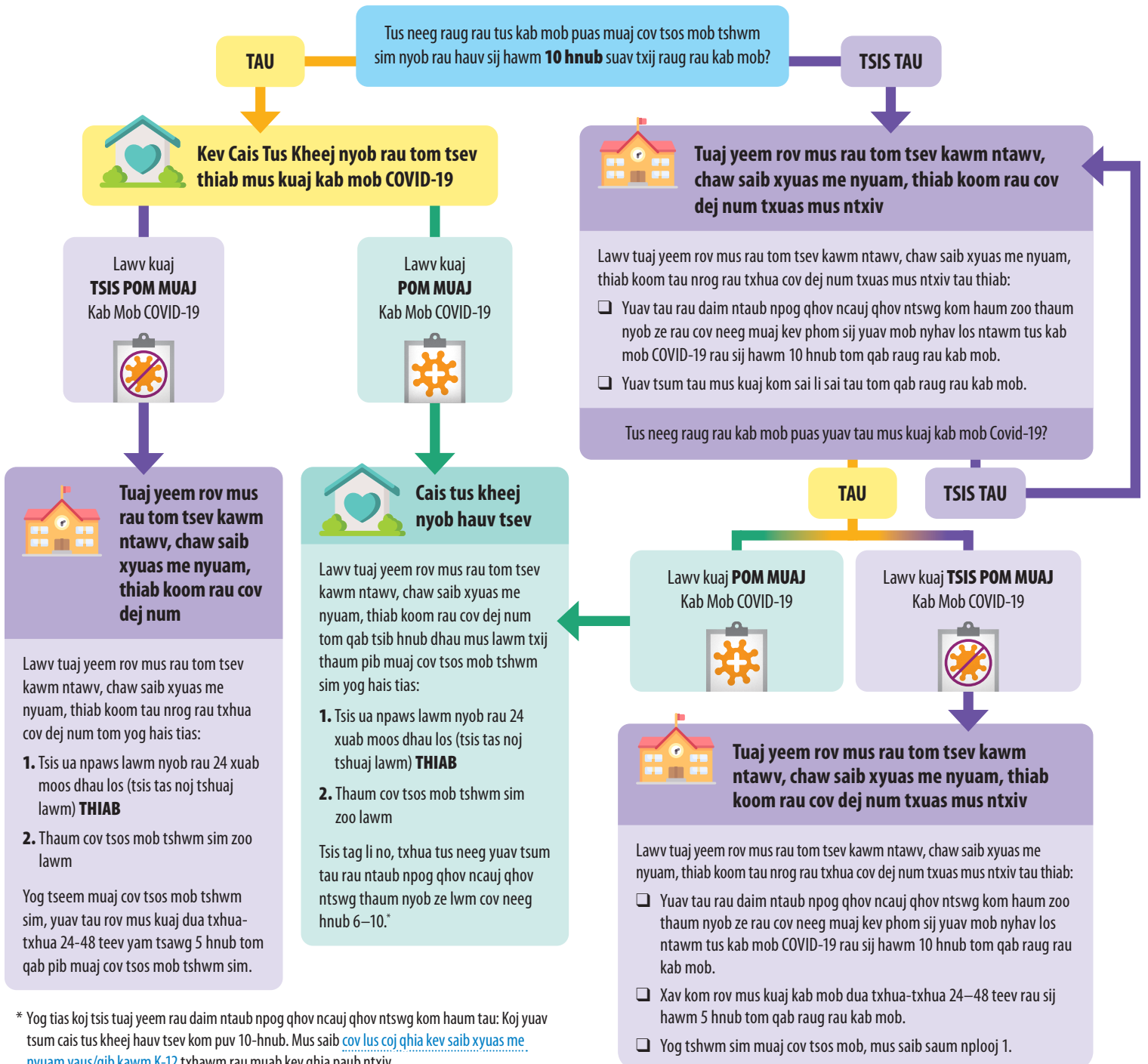
Yam yuav tau ua yog tias Koj Tau Txais Kev Ceeb Toom Qhia Tias Raug Tau Kab Mob los sis xav tias koj yog tau raug rau kab mob COVID-19



Daim phiaj teev kev khiav hauj lwm no yog siv rau cov tsev kawm ntawv K-12, chaw pab saib xyuas me nyuam, thiab cov dej num kawm paub sab nraud uas cuam tshuam.

Tsis hais yuav txhaj tshuaj tiv thaiv kab mob tag lawm los tsis tau, yuav tau siv cov lus koj qhia hauv qab no:

- Tuaj yeem rov mus kawm rau tom tsev kawm ntawv, chaw saib xyuas me nyuam, thiab koom rau cov dej num tom yog hais tias txuas mus ntxiv.
- Saib cov tsos mob tshwm sim ntev li 10 hnuv tom qab raug tau kab mob.
- Yuav tsum tau mus kuaj kom sai li sai tau tom qab raug rau kab mob.
- Yuav tau rau daim ntaub npog qhov ncauj qhov ntswg kom haum zoo rau sij hawm 10 hnuv tom qab raug rau kab mob



* Yog tias koj tsis tuaj yeem rau daim ntaub npog qhov ncauj qhov ntswg kom haum tau: Koj yuav tsum cais tus kheej hauv tsev kom puv 10-hnuv. Mus saib [cov lus koj qhia kev saib xyuas me nyuam yaus/qib kawm K-12](#) txhawm rau muab kev qhia paub ntxiv.