

## Yam yuav ua yog tias koj kuaj tau muaj kab mob COVID-19 lawm

### Xaus lus txog cov kev hloov pauv Lub Plaub Hlis Ntuj Tim 20, 2022

- Kev hloov pauv fab kev siv hauj lwm txhawm rau kev txuas nkag mus rau Centers for Disease Control and Prevention (CDC, Cov Chaw Lis Hauj Lwm Tswj Hwm thiab Tiv Thaiv Kab Mob) cov lus cob qhia hais txog kev taug kev, Department of Health (DOH, Feem Tuav Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv) qhov cuab yeej suav xam kev cais tus kheej thiab ceev tus kheej cia thiab cov ntaub ntawv muab kev qhia paub hais txog Care Connect Washington.

### Xaus lus txog cov kev hloov pauv thaum Lub Ib Hlis Ntuj 26, 2022

- Lus coj qhia kev cais tus kheej kho dua tshiab kom raug raws li [CDC tsab lus coj qhia Kev Ceev Tus Kheej Cia thiab Kev Cais Tus Kheej](#) siv rau zej tsoom suav daws.
- Cov ntaub ntawv muab kev qhia paub txhab ntxiv hais txog [yam yuav tau ua yog koj kuaj tau tias muaj kab mob uas siv cuab yeej kuaj los ntawm tus kheej](#).

### Lus Qhia

Yog tias koj ntsuam sim pom muaj kab mob COVID-19, koj tuaj yeej pab cheem tau qhov kev sib kis ntawm kab mob COVID-19 mus rau lwm tus. Thov ua raws li cov lus qhia hauv qab no.

- Cov tub ntxhais kawm ntawv thiab neeg ua hauj lwm hauv cov tsev kawm ntawv K-12 tsim nyog coj raws li [K-12 cov kev cai yuav tsum ua raws](#).
- Cov neeg uas sam sim nyob los sis ua hauj lwm rau hauv ib qho chaw kho mob twg yuav tau ua raws li cov ntaub ntawv coj qhia los ntawm CDC [Cov Lus Coj Qhia Uas Tsim Siv Tswj Ua Ntej rau Kev Tswj Hwm Cov Neeg Nyob Rau Hauv Chaw Kho Mob uas muaj Kev Kis Tau Kab Mob SARS-CoV-2 los sis Raug Rau Kab Mob SARS-CoV-2](#) (Ua Lus Askiv xwb) thiab [CDC Cov Lus Tawm Tswv Yim Qhia Uas Tsim Los Siv Ua Ntej Rau Kev Tiv Thaiv thiab Tswj Hwm Kev Sib Kis Kab Mob Rau Cov Neeg Nyob Rau Hauv Chaw Kho Mob Nyob Rau Ncua Sij Hawm Muaj Kev Sib Kis Tus Kab Mob Coronavirus Disease \(Khaus Laus Nas Vais Lav 2019\) \(COVID-19\)](#) (Ua Lus Askiv xwb).

### Cais tus kheej nyob hauv tsev

Cov neeg uas kuaj tau kab mob COVID-19 los sis cov uas muaj cov tsos mob uas yog kab mob COVID-19 thiab sam sim tos cov kev kuaj yuav tsum cais tus kheej nyob rau tom tsev. **Koj tsim nyog cais tus kheej tsis hais koj yuav txhaj tshuaj tiv thaiv kab mob lawm los tsis tau.** Tsis txhob mus ua hauj lwm, mus kawm ntawv, los sis mus rau cov chaw muaj zej tsoom neeg coob. Zam kev siv kev thauj mus los uas siv thauj zej tsoom, koom caij tshab nrog lwm tus, los sis tshab tav xij. Thov kom lwm tus pab koj mus ncig yuav khoom los sis siv lub khw muag khoom li kev pab cuam xa khoom noj tuaj xwb. Yog hais tias koj xav tau khoom noj los sis lwm yam kev txhawb nqa thaum koj cais tus kheej nyob nyob rau tom tsev, muaj [Care Connect Washington](#) pab. Hu Rau Tus Xov Tooj Muab Kev Pab Sai Qhia Txog Kab Mob COVID-19 tau ntawm 1-800-525-0127, tom qab ntawd ces nias #. Muaj kev pab rau kev txhais lus.

Faib tus kheej tawm ntawm lwm cov neeg kom ntau npaum ua tau nyob rau tom tsev los ntawm kev mus nyob rau hauv ib chav tshwj xeeb deb ntawm lwm cov neeg thiab faib nyias siv nyias chav da dej yog muaj. Looj [daim ntaub npog qhov ncauj qhov ntswg uas haum-zoo](#) thaum uas koj yuav tsum tau mus nyob ib ncig ntawm lwm tus neeg.

Koj tsim nyog nyob twj ywm tom tsev tshwj tsis yog mus thov kev saib xyuas mob. Hu ua ntej koj mus ntsib tus kws kho mob. Qhia rau koj tus kws pab saib xyuas kev noj qab haus huv tias koj muaj kab mob COVID-19 los sis tab tom raug ntsuam xyuas kab mob COVID-19.

### Kuv yuav tsum tau cais kuv tus kheej cia ntev npaum cas?

Kev koj tsim nyog yuav cais tus kheej ntev npaum cas yog nyob rau ntawm seb koj puas tuaj yeem rau tau daim ntaub npog qhov ncauj qhov ntswg uas haum-zoo; seb koj puas muaj mob nyhav rau kab mob COVID-19 los sis muaj qhov kev ua hauj lwm tiv thaiv kab mob hauv nrog cev uas tsis muaj zog; thiab seb puas yog koj nyob los sis ua

hauj lwm nyob rau hauv qhov chaw muaj neeg sib sau nyob coob. Thov mus saib nqi lus hauv qab no qhov uas siv haum rau koj.

Yog koj [tuaj yeem](#) rau ntaub npog qhov ncauj qhov ntswg kom haum-zoo thaum nyob rau ib ncig ntawm lwm cov neeg uas nyob rau tom tsev thiab tom tej chaw muaj zej tsoom nyob coob:

**Yog tias koj kuaj tau kab mob COVID-19 thiab muaj [cov tsos mob tshwm sim](#)**, mus cais tus kheej cia kom tsawg kawg nkaus yog **5 hnuv** tom qab koj cov tsos mob tshwm sim muaj thawj zaug. Mus saib hauv qab no txhawm rau [suav xam ncau sij hawm 5 hnuv siv rau koj qhov kev cais tus kheej](#). Koj tuaj yeem tawm ntawm qhov kev cais tus kheej tom qab 5 hnuv txwm nkaus lawm yog tias:

- Koj cov tsos mob tshwm sim zoo zuj zus tuaj pom meej nyob rau 5 hnuv tom qab pib koj qhov kev cais tus kheej, **THIAB**
- Koj tsis hnov ua npaws rau sij hawm 24 teev yam tsis tau siv tshuaj noj txo kev ua npaws, THIAB
- Koj rau tau [daim ntaub npog qhov ncauj qhov ntswg kom haum-zoo](#) txuas mus ntxiv xwm yeem nkaus thaum nyob rau ib ncig ntawm lwm cov neeg uas nyob rau tom tsev thiab tom tej chaw muaj zej tsoom nyob coob rau sij hawm 5 hnuv ntxiv

Yog koj tseem muaj npaws txuas ntxiv los sis koj cov tsos mob tshwm sim lwm yam tseem tsis tau zoo tuaj kom pom meej tom qab 5 hnuv cais tus kheej, tos kom tag kiag koj qhov sij hawm cais tus kheej kom txog rau thaum koj qhov npaws tu tau rau sij hawm 24 teev yam tsis tag siv tshuaj txo kev ua npaws thiab kom koj cov tsos mob tshwm sim zoo tuaj tso.

**Yog tias koj kuaj tau kab mob COVID-19 tiam sis tsis tau muaj [cov tsos mob tshwm sim](#)**, mus cais tus kheej cia kom tsawg kawg nkaus yog **5 hnuv** tom qab koj kuaj tau muaj kab mob COVID-19. Mus saib hauv qab no txhawm rau [suav xam ncau sij hawm 5 hnuv siv rau koj qhov kev cais tus kheej](#). Koj tuaj yeem tawm ntawm qhov kev cais tus kheej tom qab 5 hnuv txwm nkaus lawm yog tias:

- Koj tsis muaj cov tsos mob tshwm sim tuaj ntxiv lawm, THIAB
- Koj rau tau [daim ntaub npog qhov ncauj qhov ntswg kom haum-zoo](#) txuas mus ntxiv xwm yeem nkaus thaum nyob rau ib ncig ntawm lwm cov neeg uas nyob rau tom tsev thiab tom tej chaw muaj zej tsoom nyob coob rau sij hawm 5 hnuv ntxiv

Yog tias koj pheej muaj cov tsos mob tshwm sim tom qab kuaj tau muaj kab mob, yuav tau pib koj qhov kev cais tus kheej sij hawm 5 hnuv. Ua raws li cov lus muab tswv yim qhia saum toj no los mus siv tsum qhov kev cais tus kheej yog koj muaj cov tsos mob tshwm sim.

Kev siv ntaub npog qhov ncauj qhov ntswg xwm yeem yog kev rau ib daim [ntaub npog qhov ncauj qhov ntswg kom haum-zoo](#) tsis hais thaum twg nrog lwm cov neeg nyob rau sab hauv tsev los sis sab nraud thiab txhob lam mus koom rau tej hauj lwm uas muaj lwm cov neeg nyob rau ncau sij hawm uas koj tsis tuaj yeem rau ntaub npog qhov ncauj qhov ntswg, xws li mus pw tsaug zog, noj mov, los sis ua luam dej. Tej zaum yuav tsis muaj kev xaiv siv ntaub npog qhov ncauj qhov ntswg (xws li, daim iav npog thaiv ntsej muag uas muaj daim ntaub txuas thaiv) los hloov rau nyob rau ncau sij hawm 5 hnuv uas yuav tau rau ntaub npog qhov ncauj qhov ntswg.

Yog koj tau txais kev kuaj antigen, koj tuaj yeem yuav txo rau koj qhov kev muaj feem yuav kis tau kab mob rau lwm tus los ntawm kev kuaj rau hnuv 5 uas tseem cais tus kheej. Tsuas khaws qauv kuaj yog koj tsis muaj npaws rau sij hawm 24 teev uas tsis tau siv tshuaj txo npaws thiab koj cov tsos mob zoo tuaj lawm (tsis hnov khoom qab los sis txhiab tsw tej zaum yuav muaj mus ntau lim tiam los sis hli tom qab zoo rov los thiab tsis tag yuav ncau sij hawm ntxiv rau kev cais tus kheej). Yog koj kuaj tsis muaj kab mob, koj tuaj yeem xaiv qhov kev cais tus kheej tom qab hnuv 5, tiam sis yuav tau rau ntaub npog qhov ncauj qhov ntswg txuas mus ntxiv thaum nyob ze rau lwm cov neeg rau sij hawm 5 hnuv ntxiv. Yog tias koj kuaj tau muaj kab mob, koj yuav tau cais tus kheej cia txuas mus ntxiv kom txog 10 hnuv tau dhau mus suav txij thawj zaum uas muaj cov tsos mob tshwm sim (los sis kom txog 10 hnuv tau dhau mus suav txij thawj zaum kuaj tau muaj kab mob COVID-19 yog tias koj tsis tau muaj dua cov tsos mob tshwm sim).

**Ntawm no yog cov lus coj qhia ntxiv hais txog 10 hnuv tom qab koj tau muaj cov tsos mob tshwm sim (los sis kuaj tau muaj kab mob, yog koj tsis hnov muaj cov tsos mob tshwm sim):**

- Nyob rau sij hawm 10 hnuv tseem ntawv, zam cov neeg uas [muaj kev tiv thaiv kab mob hauv lub cev tsis zoo los sis muaj kev phom sij yuav muaj kab mob nyhav](#), thiab tsis txhom mus rau cov chaw muab kev pab kho mob (suav nrog rau cov tsev tu neeg mob) thiab lwm cov chaw uas muaj kev yuav kis tau kab mob zoo.
- Nyob rau sij hawm 10 hnuv ntawv, tsis txhob mus rau ntawm cov chaw uas koj tsis tuaj yeem rau tau ntaub npog qhov ncauj qhov ntswg, xws li tsev noj mov thiab qee cov tsev qoj kom ib ce muaj zog, thiab zam kev noj mov nrog lwm cov neeg nyob rau tom tsev thiab tom hauj lwm.
- Mus saib [Kev Taug Kev | CDC](#) txhawm rau muab kev paub ntxiv hais txog kev taug kev.

Yog koj [tsis tuaj yeem](#) rau ntaub npog qhov ncauj qhov ntswg kom haum-zoo thaum nyob rau ib ncig ntawm lwm cov neeg uas nyob rau tom tsev thiab tom tej chaw muaj zej tsoom nyob coob:

**Yog tias koj mus kuaj tau muaj kab mob COVID-19 thiab muaj cov tsos mob tshwm sim**, koj yuav tso tseg tau koj qhov kev cais tus kheej tom tsev tom qab **10 hnuv** dhau mus suav txij hnuv koj cov tsos mob tshwm sim tshwm muaj thawj zaug yog hais tias:

- Koj tsis hnov ua npaws rau sij hawm 24 teev yam tsis tau siv tshuaj noj txo kev ua npaws, **THIAB**
- Koj cov tsos mob tshwm sim twb zoo kiag lawm.

Yog koj tseem muaj npaws txuas ntxiv los sis koj cov tsos mob tshwm sim lwm yam tseem tsis tau zoo tuaj tom qab 10 hnuv cais tus kheej, tos kom tag kiag koj qhov sij hawm cais tus kheej kom txog rau thaum koj qhov npaws tu tau rau sij hawm 24 teev yam tsis tag siv tshuaj txo kev ua npaws thiab kom koj cov tsos mob tshwm sim zoo tuaj tso.

**Yog tias koj tau mus kuaj muaj kab mob COVID-19, tiam sis tsis muaj cov tsos mob tshwm sim dab tsi li**, koj yuav tso tseg tau koj qhov kev cais tus kheej tom qab **10 hnuv** tau dhau mus suav txij hnuv koj kuaj tau muaj kab mob COVID-19 yog hais tias:

- Koj tsis muaj cov tsos mob tshwm sim tuaj lawm

Yog koj pheed muaj cov tsos mob tshwm sim tom qab kuaj tau muaj kab mob, yuav tau pib koj qhov kev cais tus kheej rau sij hawm 10 hnuv. Ua raws li cov lus muab tswv yim qhia saum toj no los mus siv tsum qhov kev cais tus kheej yog koj muaj cov tsos mob tshwm sim.

Yog hais tias koj xav tau khoom noj los sis lwm yam kev txhawb nqa thaum koj cais tus kheej nyob nyob rau tom tsev, muaj [Care Connect Washington](#) pab. Hu Rau Tus Xov Tooj Muab Kev Pab Sai Qhia Txog Kab Mob COVID-19 tau ntawm 1-800-525-0127, tom qab ntawd ces nias #. Muaj kev pab rau kev txhais lus.

Yog tias koj puas muaj mob nyhav rau kab mob COVID-19 los sis muaj qhov kev ua hauj lwm tiv thaiv kab mob hauv nrog cev uas tsis muaj zog:

Cov neeg uas muaj mob nyhav rau kab mob COVID-19 (suav nrog rau cov tau mus pw kho hauv tsev kho mob los sis yuav tau muaj kev saib xyuas mob nyhav los sis txhawb kev ua kom muaj cua nkag mus los) thiab cov neeg uas muaj [cov kev ua hauj lwm tiv thaiv kab mob hauv lub cev tsis zoo](#) yuav tsum tau cais tus kheej cia tom tsev kom ntev zog. Tej zaum kuj tseem yuav tsum tau ua [kev kuaj kab mob vais lav](#) rau lawv txhawm rau taug xyuas seb thaum twg lawv thiaj tuaj yeem nyob tau nrog lwm cov neeg. CDC xav kom muab lub sij hawm cais tus kheej yam tsawg 10 hnuv ntawv nce mus ua 20 hnuv rau cov neeg uas muaj mob nyhav rau kab mob COVID-19 thiab rau cov neeg uas muaj [cov kev ua hauj lwm tiv thaiv kab mob hauv nrog cev tsis muaj zog](#). Mus sab laj rau koj tus kws kho mob seb thaum twg koj mam rov nyob tau nrog lwm cov neeg.

Yog koj sam sim nyob los sis ua hauj lwm rau hauv ib qho chaw twg ntawm cov chaw muaj neeg sib sau nyob ua ke coob no:

Cov neeg uas nyob los sis ua hauj lwm rau hauv qhov chaw uas muaj neeg sib sau nyob ua ke coob li hauv qab no yuav tsum tau ua raws li cov lus muab tswv yim qhia hais txog kev cais tus kheej raws li tau teev tseg hauv qab no.

- Tsev kaw neeg los sis ceev neeg cia
- Chaw nyob rau cov neeg tsis muaj vaj tse nyob los sis vaj tse nyob uas hloov pauv mus los
- Chaw khiav lag luam nyob puas ntug hiav txwv (xws li, nkoj thauj xa khoom noj hiav txwv rau kev ua lag luam, nkoj thauj xa khoom, nkoj xa khoom hla hiav txwv)
- Cov chaw muaj neeg ua hauj lwm coob uas tsis muaj chaw txaus rau kev nyob sib nrug deb yeeb vim yuav tsum tau siv ua hauj lwm, xws li nyob rau hauv tsev khaws khoom, khw muag khoom, thiab cov chaw qhwv khoom noj khoom haus thiab nqajj
- Tsev nyob ua ntej rau neeg ua hauj lwm

**Yog tias koj mus kuaj tau muaj kab mob COVID-19 thiab muaj cov tsos mob tshwm sim**, koj yuav tso tseg tau qhov kev cais tus kheej ntawm qhov chaw muaj neeg nyob coob tom qab **10 hnuv** dhau mus suav txij hnuv koj cov tsos mob tshwm sim tshwm muaj thawj zaug yog hais tias:

- Koj tsis hnov ua npaws rau sij hawm 24 teev yam tsis tau siv tshuaj noj txo kev ua npaws, **THIAB**
- Koj cov tsos mob tshwm sim tau zoo tuaj lawm

Yog koj ua hauj lwm tiam sis tsis nyob rau hauv qhov chaw muaj neeg sib sau nyob coob, tsis txhob mus tom chaw hauj lwm kom txog rau 10 hnuv txwm nkaus, tiam sis yuav tsum tau ua raws li cov ntsiab lus coj qhia kev cais tus kheej tom tsev uas tau hais lus saum toj no xyuas seb koj puas tuaj yeem los sis tsis tuaj yeem rau tau ib [daim ntaub npog qhov ncauj qhov ntswg uas haum-zoo](#).

**Yog tias koj tau mus kuaj muaj kab mob COVID-19, tiam sis tsis muaj cov tsos mob tshwm sim dab tsi li**, koj tuaj yeem tso tseg tau qhov kev cais tus kheej ntawm qhov chaw ua hauj lwm uas muaj neeg sib sau nyob coob tom qab **10 hnuv** tau dhau mus suav txij hnuv koj kuaj tau muaj kab mob COVID-19 yog hais tias:

- Koj tsis muaj cov tsos mob tshwm sim tuaj lawm

Yog koj pheed muaj cov tsos mob tshwm sim tom qab kuaj tau muaj kab mob, yuav tau pib koj qhov kev cais tus kheej ntawm qhov chaw ua hauj lwm no rau sij hawm 10 hnuv. Ua raws li cov lus muab tswv yim qhia saum toj no los mus siv tsum qhov kev cais tus kheej yog koj muaj cov tsos mob tshwm sim. Yog koj ua hauj lwm tiam sis tsis nyob rau hauv qhov chaw muaj neeg sib sau nyob coob, tsis txhob mus rau tom qhov chaw hauj lwm kom txog rau 10 hnuv txwm nkaus, tiam sis yuav tsum tau ua raws li cov ntsiab lus koj qhia kev cais tus kheej tom tsev uas tau hais los saum toj no xyuas seb koj puas tuaj yeem los sis tsis tuaj yeem rau tau ib [daim ntaub npog qhov ncauj qhov ntswg uas haum-zoo](#).

Nyob rau cov ncau sij hawm uas tsis muaj neeg ua hauj lwm tseem ceeb, cov chaw kaw neeg, cov chaw ceev neeg, cov chaw rau cov neeg tsis muaj vaj tse nyob, cov vaj tse nyob uas hloov pauv nyob mus los, thiab cov chaw ua hauj lwm uas tseem ceeb tej zaum yuav tau xyuas txo ncau sij hawm cais tus kheej rau cov neeg ua hauj lwm kom muaj neeg khiav hauj lwm tau txuas mus ntxiv. Cov kev txiav txim siab rau kev txo ncau sij hawm cais tus kheej nyob rau hauv cov chaw ua hauj lwm no yuav tsum sab laj nrog rau qhov chaw saib xyuas kev kho mob nyob hauv zos.

## **Thaum twg thiaj yog thaum kev yuav kis tau kab mob rau lwm tus thiab tej zaum ua rau lwm tus raug rau kab mob?**

Cov neeg muaj kab mob COVID-19 tuaj yeem kis tau tus vais lav mus rau lwm tus neeg nyob rau ob hnuv ua ntej lawv pib muaj cov tsos mob (los sis 2 hnuv ua ntej hnuv tim lawv mus kuaj tau paub tias muaj mob lawm yog tias lawv tsis muaj cov tsos mob li) mus txog 10 hnuv tom qab lawv muaj cov tsos mob (los sis 10 hnuv tom qab hnuv tim lawv kuaj tau paub tias muaj mob lawm yog tias lawv tsis muaj tsos mob li). Yog hais tias tus neeg muaj kab mob COVID-19 ncau sij hawm cais tus kheej ntau tshaj 10 hnuv, cov neeg ntawv tseem tuaj yeem kis tau kab mob nyob rau ncau sij hawm cais tus kheej tas.

Yog tus neeg muaj kab mob COVID-19 tau cais tus kheej sij hawm 5 hnuv dhau ntawv tseem siv ntaub npog qho ncauj qhov ntswg ntxiv 5 hnuv xwm yeem tom qab tawm ntawm kev cais tus kheej yeeb vim lawv cov tsos mob tshwm sim zoo lawm los sis tsis muaj rau hnuv 5 lawm, cov neeg nyob ze rau tus neeg mob rau hnuv 6-10 yuav tsis xam tias yog cov neeg nyob ze rau tus neeg muaj kab mob tsuav yog tus neeg mob tseem rau [daim ntaub npog qhov ncauj qhov ntswg kom haum-zoo](#). Yog tias tus neeg mob tsis rau ntaub daim ntaub npog qhov ncauj qhov ntswg haum zoo, cov neeg mus nyob ze rau tus neeg mob ntawv rau hnuv 6-10 tseem xam tias yog cov neeg nyob ze rau tus neeg mob.

## **Kuv yuav suav xam kuv ncau sij hawm siv rau kev cais tus kheej 5 hnuv los sis 10 hnuv li cas?**

Yog tias koj muaj cov tsos mob tshwm sim, hnuv 0 yog thawj hnuv xam tias muaj cov tsos mob tshwm sim. Hnuv 1 yog thawj hnuv kiag tom qab koj cov tsos mob tshwm sim pom meej tuaj.

Yog tias koj tsis muaj cov tsos mob tshwm sim dab tsi, hnuv 0 yog hnuv kuaj tau koj tus kab mob vais lav (hnuv uas kuaj koj). Hnuv 1 yog thawj hnuv kiag tom qab tau khaws qauv mus kuaj tau koj tus kab mob.

Mus siab DOH lub cuab yeej [Suav Xam Kev Cais Tus Kheej thiab Kev Ceev Tus Kheej Cia](#) txhawm rau muab kev pab.

## **Nov yog yam yuav tau ua nyob rau ncau sij hawm ceev tus kheej**

- **Soj taug xyuas cov tsos mob tshwm sim.** Nrhiav kev pab fab kev kho mob tam sim ntawd yog tias koj cov tsos mob tshwm sim huam loj tuaj. Yog hais tias koj muaj kev kho mob xwm txheej ceev thiab yuav tsum hu rau 911, qhia rau tus neeg ua hauj lwm thauj xa tias koj muaj cov tsos mob tshwm sim uas yog kab mob COVID-19. Yog hais tias ua tau, rau lub looj ntsej muag ua ntej cov kev pab cuam kev kho mob xwm txheej ceev tuaj txog.
- **Faib tus kheej tawm ntawm lwm cov neeg,** uas yog cov tswv cuab thiab tsiaj yug hauv cuab yim neeg, kom ntau li ua tau. Nyob hauv chav sib cais tawm thiab siv chav dej sib cais, yog tias ua tau. Yog tias koj yuav tsum tau saib xyuas ib tug tswv cuab hauv tsev neeg los sis ib tug tsiaj, koj lub looj ntsej muag thiab ntxuav koj ob txhais tes ua ntej thiab tom qab koj kov cov lawv tag. Muaj ntaub ntawv muab kev qhia paub ntxiv hais txog [Kab Mob COVID-19 thiab Cov Tsiaj Txhu](#) nyob rau ntawm lub vas sab uas tau txuas rau.
- **Rau ib [daim ntaub npog qhov ncauj qhov ntswg kom haum-zoo](#)** thaum koj nyob ib puang ncig ntawm lwm cov neeg thiab ua ntej koj nkag mus rau hauv tus kws pab saib xyuas kev noj qab haus huv lub chaw ua hauj lwm. Yog tias koj tsis tuaj yeem rau daim ntaub npog qhov ncauj qhov ntswg uas haum-zoo, cov tib neeg nyob rau hauv koj tsev tsis tsim nyog nyob tib chav nrog koj lawm, los sis lawv tsim nyog rau daim

ntaub npog qhov ncauj qhov ntswg kom haum-zoo los sis lub cuab yeej pab ua pa yog tias lawv yuav tsum tau nkag los rau hauv koj chav.

- **Siv cov kauj ruam los mus [txhim kho kev tso cua nkag mus los nyob rau tom tsev](#)**, yog hais tias ua tau.
- **Tsis txhob koom siv cov khoom ntiag tug nrog rau leej twg li**, suav nrog cov tais, cov khob iav haus dej, cov khob, cov khoom siv noj haus, cov phuam da dej, los sis pam pua chaw nrog rau cov neeg los sis cov tsiaj nyob rau hauv koj tsev.

## Koom nrog qhov kev xam phaj ntawm chaw saib xyuas zej tsoom kev noj qab haus huv

Tej zaum tus neeg xam phaj los ntawm chaw saib xyuas zej tsoom kev noj qab haus huv yuav txuas lus rau koj yog tias koj ntsuam sim pom muaj kab mob COVID-19, feem ntau los ntawm xov tooj. Tus neeg xam phaj yuav pab koj kom nkag siab txog tej yam uas yuav tau ua mus ntxiv thiab tej yam kev pab txhawb uas muaj. Tus neeg xam phaj yuav nug cov npe thiab cov ntaub ntawv sib txuas lus ntawm cov neeg uas koj tau nyob ze nrog tsis ntev los no los qhia rau lawv paub txog qhov npHAV tau kab mob. Lawv nug cov ntaub ntawv no txhawm rau kom lawv tuaj yeem ceeb toom qhia tau rau cov neeg uas tej zaum tau npHAV raug kab mob lawm. Tus neeg xam phaj yuav tsis faib qhia tawm koj lub npe rau koj cov neeg nyob ze rau tus neeg mob.

## Yog koj kuaj tau pom muaj kab mob uas siv cuab yeej kuaj los ntawm tus kheej

Thov mus saib [Cov Lus Coj Qhia Siv Ua Ntej Rau Kev Kuaj Los Ntawm Tus Kheej Rau Kab Mob SARS-CoV-2 \(wa.gov\)](#) (Ua Lus Askiv xwb) txhawm rau muab lus qhia paub ntxiv.

## Dab tsi yog qhov sib txawv ncau ntawm kev cais tus kheej thiab kev ceev tus kheej tseg?

- **Kev cais tus kheej** yog tej yam uas koj ua yog tias koj muaj cov tsos mob tshwm sim uas yog kab mob COVID-19, uas tab tom tos cov kev kuaj tau los, los sis tau kuaj pom muaj kab mob COVID-19 lawm. Kev cais tus kheej yog koj nyob twj ywm ntawm tsev thiab nyob nrug deb lwm cov neeg (suav nrog cov neeg hauv tsev neeg) rau ib [ncua sij hawm](#) (Ua Lus Askiv xwb) xav kom cais tus kheej txhawm rau zam kev sib kis mob.
- **Kev ceev tus kheej tseg** yog tej yam koj ua yog tias koj tau npHAV raug kab mob COVID-19. Kev ceev tus kheej cia yog thaum koj nyob twj ywm ntawm tsev thiab nyob nrug deb lwm cov neeg rau ib [ncua sij hawm](#) (Ua Lus Askiv xwb) xav kom ceev rau thaum koj tau kis kab mob thiab tau kis tau rau lwm tus. Kev ceev tus kheej cia yuav dhau mus ua kev cais tus kheej yog tias koj mus kuaj tau muaj kab mob COVID-19 tom qab los sis muaj cov tsos mob tshwm sim ntawm kab mob COVID-19.

## Ntaub ntawv muab lus qhia paub thiab cov chaw teev ntaub ntawv ntxiv hais txog kab mob COVID-19

**Yog tias qee leej neeg tsis muaj tus kws kho mob los sis tus kws pab saib xyuas kev noj qab haus huv:** muaj ntau qhov chaw uas ua kev ntsuam sim pub dawb los sis tus nqi qis, yam tsis quav ntsej txog qib kev nkag teb chaws. Saib [Department of Health Cov Lus Nug Uas Nquag Nug Txog Kev Kuaj Kab Mob](#) los sis hu rau [WA State Tus Xov Tooj Hu Thov Kev Pab Tau Ceev Uas Muab Kev Paub Txog Kab Mob COVID-19](#).

Kom tau txais lus qhia-tshiab-tshiab hais txog [xwm txheej kab mob COVID-19 tam sim no nyob hauv Xeev Vos Sees Tas, Thawj Tswj Xeev Inslee cov ntawv tshaj tawm](#) (Ua Lus Askiv xwb), [cov tsos mob tshwm sim](#) (Ua Lus Askiv xwb), [txoj hauv kev nws sib kis](#) (Lus Askiv xwb), thiab [txoj hauv kev thiab thaum twg tib neeg tsim nyog mus kuaj kab mob](#) (Ua Lus Askiv xwb). Mus saib pab [Cov Lus Nug Uas Nquag Nug](#) (Ua Lus Askiv xwb) txhawm rau muab lus qhia paub ntxiv.

Cov haiv neeg/taub neeg los sis xam xaj ntawm tib neeg, nws tus kheej, tsis lam yuav ua rau muaj kev pheed hmoos siab dua txog kab mob COVID-19. Txawm li cas los, ntaub ntawv qhia tias cov zej zog uas muaj ntau haiv neeg nyob yeej muaj kab mob COVID-19 tsis xwm yeem. Qhov no vim los ntawm kev sib cais haiv neeg, thiab tseem ceeb yog kev sib ntxub txog haiv neeg uas ua rau muaj qee cov pab pawg neeg muaj hauv kev tsawg dua los pov thaiv lawv tus kheej thiab lawv cov zej zog. [Kev ntxub ntxaug yuav tsis pab tawm tsam qhov kab mob](#) (Ua Lus Askiv xwb). Qhia tej ntaub ntawv muaj tseeb kom pab tswj tau tej kev xyav thiab tej ntaub ntawv tsis muaj tseeb los ntawm kev sib kis kab mob.

- [WA State Department of Health 2019 Cov Ntaub Ntawv Qhia Txog Kab Mob Khaus Laus Nas Vais Lav Sib Kis \(COVID-19\)](#)
- [WA Sate Qhov Kev Saib Xyuas Kab Mob Khaus Laus Nas Vais Lav \(COVID-19\)](#)
- [Nrhiav Koj Lub Chaw Ua Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv Hauv Zos los sis Hauv Cheeb Tsam](#) (Ua Lus Askiv xwb)
- [CDC Qhov Chaw Qhia Paub Txog Kab Mob Khaus Laus Nas Vais Lav \(COVID-19\)](#) (Lus Askiv xwb)
- [Qhov Chaw Pab Rau Txo Kev Ntxub Ntxaug Cov Chaw Muab Ntaub Ntawv Qhia Paub](#) (Ua Lus Askiv xwb)

**Puas muaj cov lus nug ntxiv?** Hu rau peb tus xov tooj qhia ceev txog kab mob COVID-19: **1-800-525-0127**

Hnub Monday 6 teev sawv ntxov txog 10 teev tsaus ntuj, hnub Tuesday Sunday thiab [cov hnub so ntawm lub xeev uas tab tom taug xyuas kab mob](#), 6 teev sawv ntxov txog 6 teev tsaus ntuj. Rau cov kev pab cuam txhais lus, **nias rau #** thaum lawv teb xov tooj thiab **hais kom hom lus**. Rau cov lus nug txog ntawm koj tus kheej li kev noj qab haus huv, kev kuaj tus kab mob COVID-19, los sis cov tshwm sim tau los ntawm kev kuaj, thov txuas lus nrog koj tus kws pab saib xyuas kev noj qab haus huv.

Xav thov cov ntaub ntawv no sau ua lwm tus qauv ntawv, hu rau 1-800-525-0127. Cov neeg thov kev pab uas tsis hnov lus los sis hnov lus tsis zoo, thov hu rau 711 ([Washington Relay](#)) los sis sau email rau [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).