

**COV CUAB YEEJ, COV  
TSWV YIM THIAB  
HLOOV TSHIAB LOS  
PAB COV NIAM TXIV  
DAWS TAU TXOJ KEV  
COV NYOM NTAWM  
KEV ROV QAB MUS  
KAWM NTAWV**

Ntawv Xov Xwm Tsab 1



**Nyob Hauv Tsab Ntawv No**

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**ROV QAB MUS KAWM NTAWV YAM MUAJ KEV  
NYAB XEEB LUB SIJ HAWM MUAJ COVID-19**



**IB TSAB LUS RAU LUB TSEV KAWM NTAWV COV TSEV NEEG**

Hwm Txog Tsev Kawm Cov Tsev Neeg,

Nov yog lub sij hawm ntxhov siab tshaj plaw. Zoo ib yam li koj, peb yog niam txiv, peb mob siab txog txoj kev noj qab haus huv thiab kev nyab xeeb ntawm cov neeg ua haujlwm thiab cov me nyuam yaus, thiab peb yog ib feem ntawm Nroog Sacramento lub zej zog.

Peb faib tsab ntawv xov xwm no los tshaj tawm ua ib qho cuab yeej los pab koj tsev neeg nrog Sacramento County Public Health COVID-19 li kev taw qhia rau tsev kawm ntawv. Peb cia siab tias cov ntaub ntawv no yog qhov pab tau rau qhov kev txiav txim siab zoo ntawm kev qhia ntawv tim ntsej tim muag, thiab kev kawm nyob ncuva kev deb uas tej zaum yuav ua tau ntawm koj tsev neeg.

Tau ntau lub hli dhau los, Sacramento County Public Health Schools pawg neeg cov tswv cuab tau ntsib nrog cov neeg ua haujlwm hauv tsev kawm, ua tiav tsev mus xyuas lub tsev kawm ntawv, tsim cov ntaub ntawv taw qhia, coj kev mus rau cov txheej txheem kev zam ntawm lub tsev kawm ntawv, nce qib los ntawm lub tsev kawm ntawv cov txheej txheem kev taug qab xyuas/kev tshawb nrhiav tus mob, thiab ntau dua. Peb caw koj kom los saib cov ntaub ntawv no los ntawm koj tus kheej. Muaj tseeb tias, lus taw qhia yuav hloov thaum peb kawm ntxiv txog

COVID-19.

— Sacramento County Cov Tsev Kawm Ntawv Pawg Neeg

**COV TSEV KAWM NTAWV PAWG KWS SAIB MOB**

Sacramento County Public Health tau sib sau ua ke ib pab kws saib mob los pab cov tsev kawm thaum muaj kev kab mob sib kis kub ntxhov loj no.

Cov Thawj Saib Xyuas ntawm Tsev Kawm Ntawv Pab Kws Saib Xyuas Neeg Mob tuaj yeem txhawb nqa tsev kawm ntawv qhov COVID-19 POC (Qhov Chaw Sib Tiv Tauj) kom siv zog los saib xyuas cov ntaub ntawv ntawm kev kis tau tus mob COVID-19 ntawm cov tub ntxhais kawm, feem tsev kawm ntawv lossis cov neeg ua haujlwm thiab ua haujlwm nrog lawv los txiav txim seb leeg twg tau kis mob thiab raug muab kaw cia ib leeg lossis cais tawm mus nyob ib leeg. Pab Pawg Kws Saib Xyuas Neeg Mob Hauv Tsev Kawm kuj taug qab cov teeb meem muaj mob COVID-19 nyob rau hauv cov tsev kawm ntawv thiab saib xyuas kev sib kis. Kev Tshawb Nrhiav Qhov Teeb Meem Mob yog lub luag haujlwm tseem ceeb ntawm pab pawg, suav nrog kev sib sau cov ntaub ntawv ntawm cov tau nyob sib ze, muab cov lus qhia cais tawm nyob ib leeg thiab muab cais tawm mus kaw, nrog rau txuas cov tsev neeg nrog cov kev pab uas xav tau nyob rau lub sijhawm raug cais tawm lossis cais mus kaws nyob ib leeg no. Pab Neeg Saib Xyuas Mob Hauv Tsev Kawm muaj peev xwm mus saib cov tsev kawm yog thaum twg xav tau, kom muab kev pab, kev qhia, thiab cov lus pom zoo rau tsev kawm thaum lub sijhawm lawv rov qhib.



**Txhawm rau nrhiav kom paub ntau ntxiv txog tus txheej txheem Rov Pib Kawm Los Ntawm Tus Kheej Kev Zam Hauv Tsev Kawm Theem Pib Txog COVID-19 mus xyuas [NTAWM NO](#)**

## TSEV KAWM NTAWV COV KEV NPAJ ROV QHIB DUA

Feem ntau cov niam txiv niam nug peb cov lus nug txog kev rov qhib dua lub tsev kawm ntawv. Nws puas nyab xeeb rau kuv tus me nyuam lub tsev kawm ntawv rov qhib dua? Kuv lub tsev kawm ntawv ua dab tsi los tiv thaiv kuv tus me nyuam? Kuv yuav paub tau li cas tias kuv tus menyuam lub tsev kawm tau npaj tau txhij? Kev txiav txim siab xa ib tug me nyuam rov qab mus kawm ntawv rau kev kawm los ntawm tus kheej tsis yog ib qho yooj yim thiab txhua tsev neeg yuav tau txiav txim siab kom zoo. Ib qho chaw zoo rau pib yog koj lub tsev kawm ntawv txoj kev npaj rov qhib dua. Ua ntej yuav caw cov tub ntxhais kawm rov qab mus kawm ntawv, cov tsev kawm ntawv yuav tsum tau sau txoj kev npaj rau kev rov qab qhib dua kom muaj kev nyab xeeb.

Daim phiaj xwm ntawd yuav tsum nthuav tawm kom meej, tias lub tsev kawm ntawv cov kev npaj yuav ua li cas thiab li txo tau qhov kev pheej hmoo ntawm COVID-19 kis mus rau hauv lub tsev kawm hauv lub zej zog thiab yuav tsum muab tso rau hauv online kom nkag tau yooj yim rau cov tsev neeg thiab cov neeg ua haujlwm. Tsawg kawg, nws yuav tsum hais txog cov cheeb tsam nram qab no:

- **Kev Tu Kom Huv thiab Tua Kab Mob** – Cov tsev kawm yuav tsum muaj kev saib xyuas nruj thiab tu huv si.
- **Cais ua pawg raws hnuv nyoog** – Cov tub ntxhais kawm yuav tsum raug ceev cia rau hauv cov pawg ruaj khov nrog kev sib xyaw kom tsawg, ua qhov siv tau.
- **Kev Nkag, Tawm, thiab Txav Mus Los Hauv Tsev Kawm Ntawv** – Cov tsev kawm ntawv yuav tsum muaj phiaj xwm los tiv thaiv neeg coob lossis cov tuaj sib sau ua ke thaum cov tub ntxhais kawm thiab cov neeg ua haujlwm tuaj tom tsev kawm, tawm hauv tsev kawm mus, lossis txav mus los ntawm chav kawm.
- **Kev Npog Ntsej Muag** – Yuav tsum muaj kev npog ntsej muag kom haum nrog [CDPH kev taw qhia](#), uas pom zoo kom muab lawv rau cov menyuam hnuv nyoog 2 txog qib ob siv thiab yuav tsum muaj lawv rau qib 3 thiab siab dua. Txhua tus neeg laus yuav tsum tau looj daim npog ntsej muag nrog cov kev zam tshwj xeeb.
- **Kev Tshuaj Xyuas Kev Noj Qab Haus Huv rau Tub Kawm Ntawv thiab Neeg Ua Haujlwm** – Cov tub ntxhais kawm thiab cov neeg ua haujlwm yuav tsum raug kuaj xyuas cov tsos mob ntawm COVID-19 ua ntej nkag mus hauv tsev kawm ntawv.
- **Cov Kev Xyaum Kev Noj Qab Haus Huv Kom Huv Si** – Kev ntxuav tes yuav tsum tau ua tas li txhua hnuv thiab yuav tsum muaj tshuaj ntxuav tes nyob rau hauv cov chaw tsis muaj lub dab dej ntxuav tes.

- **Kev Cim Qhia thiab Kev Taug Qab Cov Nyob Sib Ze** Cov tsev kawm ntawv yuav tsum xaiv cov neeg ua haujlwm taug qab cov neeg nyob ze hauv tsev kawm thiab sib txuas lus nrog Sacramento County Public Health cov Neeg Ua Haujlwm txog kev tshaj qhia cov teeb meem thiab kev tshawb nrhiav.
- **Kev Sib Nrug Deb Ntawm Lub Cev** – Cov tub ntxhais kawm thiab cov neeg ua haujlwm raug yuav tsum nyob kom sib nrug deb ntawm lwm tus li 6 feet thaum nyob hauv tsev kawm ntawv, tshwj xeeb tshaj yog nyob hauv cov chaw nyob ruaj (piv txwv li cov chav kawm).
- **Kev Cob Qhia Neeg Ua Haujlwm thiab Kev Kawm Rau Tsev Neeg** – Cov tsev kawm ntawv yuav tsum cob qhia cov neeg ua haujlwm txog cov txheej txheem COVID-19 thiab qhia cov tsev neeg txog lawv ib yam nkaus.
- **Kev Kuaj Cov Neeg Ua Haujlwm thiab Tub Ntxhais Kawm** – Cov neeg ua haujlwm yuav tsum raug kuaj ua ntu zus rau COVID-19 (kwv yees txhua 2 lub hlis ib zaug). Cov neeg ua haujlwm yuav tsum paub cov kev pabcuam uas muaj rau cov tub ntxhais kawm thiab cov tsev neeg.
- **Lub Hauv Paus Txhawb rau Kev Hloov mus rau Qhov Kev Kawm Nyob Ncuva Kev Deb** – Cov tsev kawm ntawv yuav tsum txheeb xyuas cov kev tshwm sim uas yuav ua rau muaj kev kaw cia ntawm ib phaum lossis ib chav kawm lossis tag nrho lub tsev kawm ntawv.

Cov niam txiv yuav tsum saib lawv lub tsev kawm ntawv daim phiaj xwm rov qhib kawm ntawv. Yog tias txoj kev npaj ntawd zoo tsis txaus lossis yog tias lub tsev kawm ntawv tsis ua raws li lawv txoj kev npaj uas tau sau cia, peb pom zoo tiv tauj cov thawj coj hauv tsev kawm ntawv thiab qhia koj cov kev txhawj xeeb rau.

## KOJ PUAS MUAJ LUS NUG LOS SIS KEV TXHAWJ XEEB DAB TSI?

Yog tias koj muaj lus nug txog Sacramento County Public Health lossis koj xav xa koj cov kev txhawj xeeb mus rau Chaw Saib Xyuas Kev Noj Qab Haus Huv thov siv lossis siv tus e-mail COVID19: [COVID19@saccounty.net](mailto:COVID19@saccounty.net). Tus email no teb lus tsis tu ncuva thiab thaum twg muaj lus nug lossis kev txhawj xeeb uas sau ua ntawv xa tuaj peb muaj peev xwm qhia cov ntaub ntawv nrog Tsev Kawm Ntawv Pab Neeg los ua kom koj tau txais lus teb sai thiab muaj ntsiab lug.

Cov Tsev Kawm Ntawv Tus Xov Tooj Xwm Ceev yuav tsum raug siv tshwj xeeb los ntawm tsev kawm ntawv cov neeg ua haujlwm los mus qhia cov xwm txheej thiab kev sib cuag lossis tau sij hawm piav qhia meej txog kev muab kaw cia nyob ib leeg, cais tawm thiab kaw tsev kawm ntawv.

## COVID-19: KEV MUAB KAW CIA NYOB IB LEEG PIV RAU.KEV CAIS TAWM

**KEV MUAB KAW CIA NYOB IB LEEG** tswj ib tug neeg uas tau nyob ze nrog ib tus neeg uas tau muaj mob COVID-19 kom nyob deb ntawm lwm tus.

Yog tias koj tau nyob ze nrog ib tug neeg uas muaj mob COVID-19

- Nyob twj ywm hauv tsev kom txog 14 hnuv tom qab hnuv kawg nkaus uas koj tau nyob ze.
- Saib rau cov tso mob ntawm COVID-19.
- Yog tias ua tau, nyob kom deb ntawm cov neeg uas muaj kev pheed hmoo siab yuav mob hnyav heev los ntawm COVID-19.

**KEV CAIS TAWM** tswj ib tug neeg mob lossis kuaj pom tus mob COVID-19 uas tsis tau pom muaj tsos mob kom tawm ntawm lwm tus, txawm tias nyob hauv lawv lub tsev.

Yog tias koj muaj mob thiab xav lossis paub tias koj muaj mob COVID-19:

### Nyob hauv tsev kom txog thaum tom qab

- Tsawg kawg yog 10 hnuv txij li thaum pom cov tsos mob tshwm sim tuaj thawj zaug thiab
- Tsawg kawg yog 24 teev yam tsis muaj kev kub taub hau yam tsis tas noj tshuaj zoo npaws thiab
- Cov tsos mob tau zoo tuaj lawm

Yog tias koj tau kuaj pom muaj kab mob COVID-19 tab sis tsis muaj tsos mob:

### Nyob hauv tsev kom txog thaum tom qab

- 10 hnuv tau dhau mus lawm suav txij li hnuv koj qhov kev kuaj pom muaj tus mob

Yog tias koj nyob nrog lwm tus, nyob hauv "chav mob" tshwj xeeb lossis thaj chaw thiab nyob deb ntawm lwm tus neeg lossis tsiaj, suav nrog tsiaj yug. Siv chav dej nyias muaj nyias, yog tias muaj.

## TAU TXAIS KEV KUAJ

Npaj kom txhij yog tias koj tus menyuam tau nyob ze nrog ib tus neeg uas muaj mob COVID-19 (xws li, kev kawm ntawv ntawm tus neeg hauv tsev kawm ntawv). Yog tias lawv tau nphav raug, tswj lawv cia hauv tsev thiab coj mus kuaj. Txhua tus neeg nyob hauv lub nroog uas muaj 2 xyos thiab laus dua tuaj yeem mus kuaj ntawm qhov kev kuaj raws lub zej zog 11 hauv tsev kawm hauv Nroog Sacramento. Nrhiav cov chaw kuaj mob [NTAWM NO](#)



## COV TSWV YIM PAB TAU ZOO RAU COV NIAM TXIV THIAB COV NEEG SAIB XYUAS

Yog tias ib tug neeg, uas nyob hauv tus menyuam lub tsev muaj cov tsos mob ntawm COVID-19 lossis raug kis tau COVID-19 thiab tab tom raug kuaj:

- Cov menyuam yuav tsum nyob hauv tsev kom txog thaum paub cov txiaj ntsig kev kuaj tau.

Yog tias ib tus neeg hauv tsev neeg tab tom raug kuaj rau COVID-19, tab sis tsis muaj cov tsos mob los yog kev chwm ze (kev ntsuas rau ceev faj):

- Cov menyuam tuaj yeem mus kawm ntawv lossis mus rau tom chaw zov menyuam.

Nyob rau hauv ob qho no:

- Yog tias qhov kuaj tau los pom tias muaj mob, menyuam yuav tsum nyob hauv tsev 14 hnuv (cais tawm), suav txij hnuv kawg lawv tau nyob ze nrog tus neeg uas raug kuaj pom tus mob.



Cov kev pab ntxiv muaj nyob rau ntawm peb lub tsev kawm ntawv lub vev xaib [NTAWM NO](#)

