

Kom PAUBMEEJ Kev Nojnyob Nyabxeeb

Qhia Txheejtxheem 2



University of California, San Francisco

Txheejtxheem Homphiaj Tsevneeg Nyabxeeb

Citation: The Healthy Family Project (2022). Get INFORMED To Stay Healthy: Session 2. A flipchart for lay health worker-led educational sessions, Hmong version. University of California San Francisco. Updated: 2022-02-22. Available at: <https://covid-informed.org/hmn/resources/downloads>



Hnub no yog sibntsib ua zaum kawg. Peb yuav kawm raws li no:

- Qhia yam koj tau ua los
 - ✓ Npaj Ua
 - ✓ Kuaj & Txhajtshuaj Tivthaiv COVID
 - ✓ Lwmyam lus ntxiv
- Kawm txog tshuaj tivthaiv COVID
- Lus Nug & Teb
- Npaj Ua Rau Yav Pemsuab

Qhia Yam Koj Tau Ua Los...

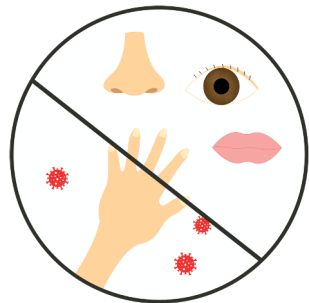
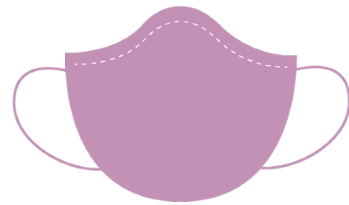
- Npaj Ua
- Kuaj & Txhajtshuaj Tivthaiv COVID
- Yam lus tshiab

Uantxiv Rau Kev Thajyeeb: Koj Txawm Kuaj & Txhajtshuaj Tivthaiv Los

Hnav Daim Npog
Qhovncauj

Ncontsoov Ntxuavtes
Kom Fuv

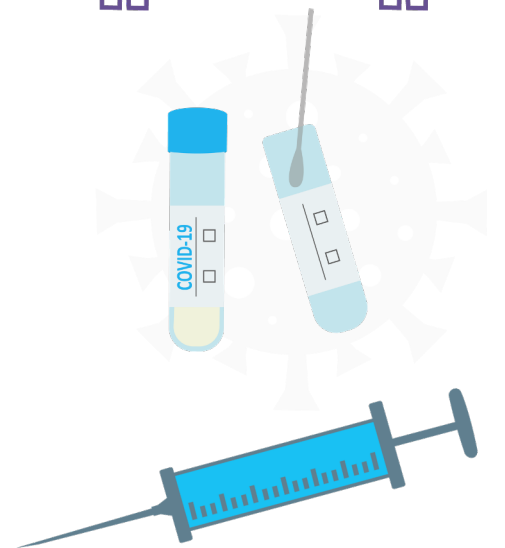
Ncontsoov Xobkov
Ntsejmuag



Siv Nyob Kom Nrug
Deb

Mus Kuaj Kabmob
COVID-19

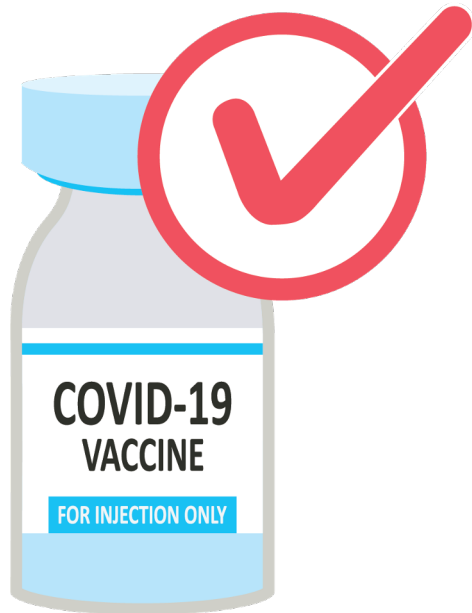
Txhajtshuaj Tivthaiv
Kabmob COVID-19



Hais Txog Tshuaj Tivthaiv COVID

- Txawm koj kis tau mob lawm los, tshuaj tivthaiv yuav pab koj koj xob mob heevheev.
- Tabsis yuav pab tsis tau koj koj xob kis COVID rau lwmtus
- Yuav tau ncontsoov ua raws kevcai nyob thajyeeb tom qab txhawjtshuaj tivthaiv lawm
- Kuaj kabmob yog qhov tseemceeb rau covneeg txhawjtshuaj tivthaiv lawm

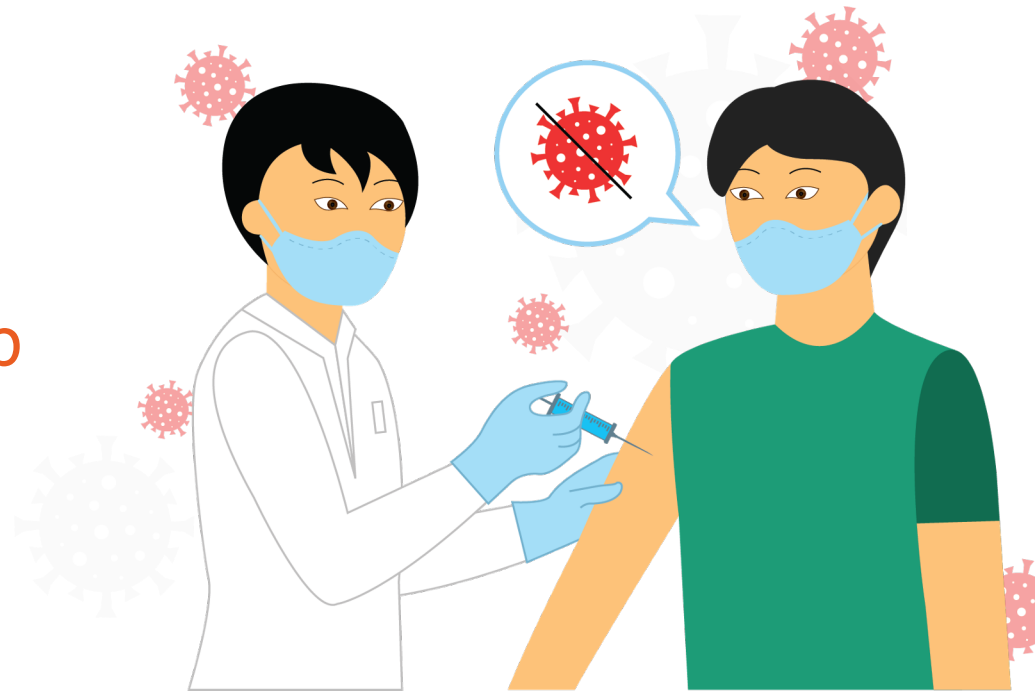
Kev Thajyeeb Rau Tshuaj Tivthaiv



- Tshuaj Tivthaiv COVID Tsis Ua Mob
- Cov Tshuaj Tivthaiv COVID tau tsocai los ntawm Tsoomfwv (U.S. Food and Drug Administration – FDA) cov txheejtxheem tswjfwv kev ua tshuaj khomob kom thajyeeb kawg nkaus
- Txhiab txhiab lab tibneeg twb txhajtshuaj tivthaiv lawm

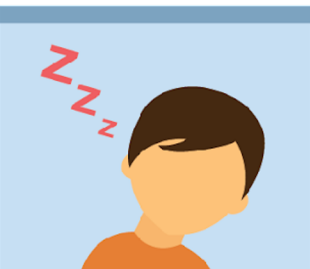
Tshuaj Tivthaiv Limxeeb Heev

- Tshuaj tivthaiv COVID pab kom tus tau kabmob lawm xob mob heevheev.
- Tshuaj Tivthaiv COVID yuav ua haujlwm zoo yog nws yeej txhaj tag nrho raws li hais.
- Yuav siv sijhawm li oblub limtiam rau cov tshuaj ntsu kuab tivthaiv tom qab txhaj kob kawg nkaus.



Ua Puas Muaj Phiv Tau Thiab?

- Txhua tus kuj sibtxawv hais txog txhajtshuaj tivthaiv COVID
- Qhov phiv loj kuj muaj tsawgtsawg xwb
- Homkheev kev phiv tshuaj, yog muaj taus, yuav ntev li ob peb feeb mus rau 1-2 hnuv tom qab ntawd:
 - Mob & o mintsis ntawm lub qhov txhab uas txhaj koob tshuaj
 - Muajntsis kub taubhauv, ua no, nkeesnkees, mob ibce, los siv, mob leeg thoob ibce



Drowsiness



Chills



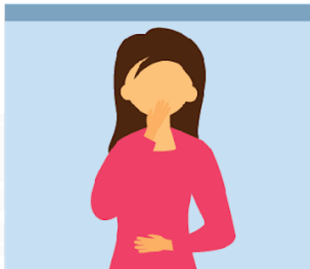
Pain at the injection site



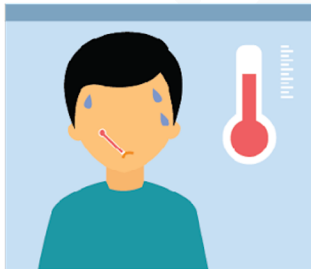
Headache



Muscle Pain



Nausea



Low grade fever



Fatigue

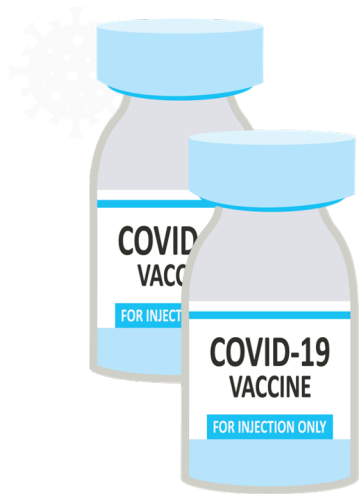
Leejtwg Yuavtau Txhajtshuaj Tivthaiv?



- Cov coob ntawm tibneeg muaj 5 xyoo rov saud
- Tsheejxeeb, cov neeg yuav kis tau yoojyim*

*Cov neeg yuav kis tau yoojyim vim nyob sibze losis yuav mob heev yog tau kabmob COVID: ua haujlwm kho mob, cov laus muaj 65 xyoos rov saud, neeg rog, neeg muaj mob tsis zoo neej, losis haus luamyem.

Yuav Xaiv Hom Tshuajtshaj Tivthaiv Twg?



**Pfizer and
Moderna**



**Johnson
& Johnson**

- Muaj 3 hom tshuajtshaj tivthaiv siv rau tebchaws U.S.: Pfizer, Moderna, thiab Johnson & Johnson
- Tagnrho 3 hom tshuajtshaj tivthaiv no puavleej zoo
- Qhov txawv kiag ces yog yuav txhaj pestsawg zaus
 - Pfizer thiab Moderna ces txhaj 2 zaug.
 - Johnson & Johnson ces txhaj 1 zaug.
 - Txhaj ntxiv koobtshuaj losis txhajtshuaj tivthaiv txhawb kom txog 3 koob tshuaj.

Qhov tseemceeb tshajplaws yog txhajtshuaj tivthaiv kom sai li sai tau.

Qhovchaw Kuv Mus Txhajtshuaj Tivthaiv Kabmob COVID Nyobtwg?

- Nug koj tus kws khomob chaw ua haujlwm.
- Nruamxyuas hauv rojhmab yeebyaj duab (Online):
 - [Myturn.ca.gov](https://myturn.ca.gov)
 - Tsoomfwv Nroog lub hauvpaus yeebyaj duab cov chaw tshajtawm (websites)
 - <https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-vaccine-information> (Hmong)
- Fu xovtooj rau MyTurn ntawm **1-833-422-4255** (muaj tus peslus pab)
- Xa koj tus zauvnroog (zipcode) rau **438829**
- Tshawb kuaj xyuas nrog koj lub khw muag tshuaj thiab cov chaw khomob hauv koj zejzog.



Tej Lus Neeg Homkheev Nug Txog COVID

1. Ua kuv kuaj puas tau COVID tomtsev?

2. Kuv qhov kuaj tias tsis tau COVID, tabsis kuv nov li mob, vim licas?

3. Vim licas neeg haus luamyeeb homkheev yuav tau COVID?

4. Ua tibneeg puas kis tau COVID uas nyob ze nrog neeg haus luamyeeb?

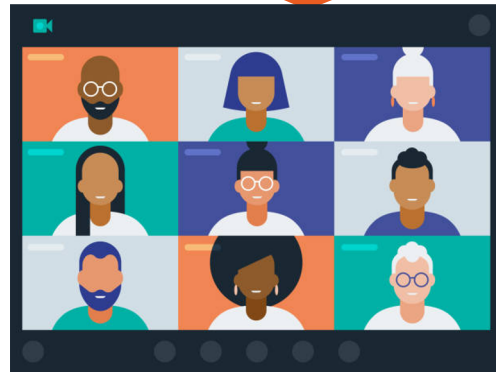
5. Peb yuav ua licas txog tej kev nyuajsiab & ntxhawjxeeb thiaj yuav dhau kabmob thoo nriajteb?



Yuav Nug Licas Txog COVID

6. Kuv tseem tsis tau paub meej tseeb seb kuv puas xav mus txhaj tshuaj. Yog kuv caiv zoozoo kuv tus kheej xwb kuv puas yuav tiv thaiv tau tus kab mob no es tsis toob kaas kev txhaj tshuaj?

10. Kuv muaj COVID. Ua kuv puas yuav kis COVID tamsim no? Kuv yuav uacas thiaj tsis mob yog txhawj txog COVID? Kuv xob txhawj txog COVID kom xob mob puas tau?

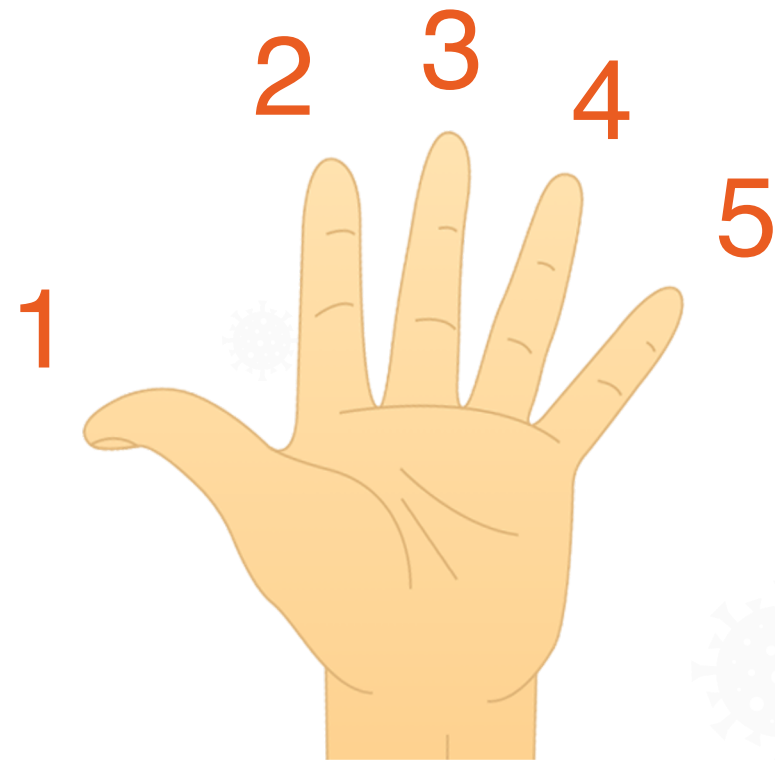


7. Tag nrho cov koob tshuaj tiv thaiv kab mob no puas ua hauj lwm hauv yus lub nrog cev tib yam?

9. Kuv txhajtshuaj tivthaiv! Ua kuv puas txhajtshuaj tivthaiv COVID?

8. Kuv txhajtshuaj tivthaiv lawm! Ua kuv tsis hnav daim npog qhovncauj puas tau?

Koj Nojnyob Licas los, Ua 5 Yam Kom Nyob
Nyabxeeb Thaum Muaj Kabmob Thoob Nriajteb

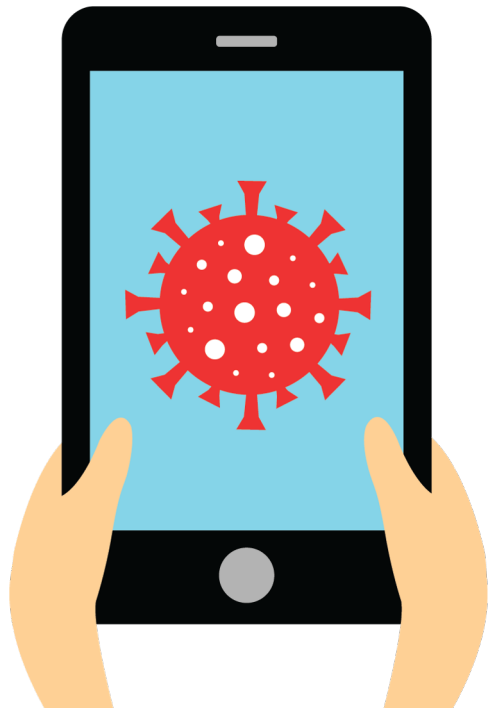


Ua Nqe 1: Nrog Koj Tsevneeg & Phoojywg Sibtham



- Qhia txog kabmob COVID sibkis thoob ntiajted ua tau raug rau koj tsevneeg, koj cov phoojywg, & tejneeg lub zejzog
- Tham txog koj li kev tivthaiv & xav paub txog kev kuaj kabmob & txhajtshuaj
- Koj qhov kev npaj yuav kuaj kabmob & txhajtshuaj licas
- Yam koj kawm/hnov los yog mus kuaj kabmob los siv txhajtshuaj tivthaiv

Ua Nqe 2: Mus Nrhiav Kom Paub Yam Uas COVID Tabtom Muaj Tshwm Tshiabtshiab



- Kabmob COVID thiab yam nws txawj txia
- Qhia kom siv txhua yam kev tivthaiv
- Paub txog cov kevcai txheejtxheem yuav mus kuaj & txhajtshuaj tivthaiv kabmob COVID
- Tej chaw rau neeg kuaj & txhajtshuaj tivthaiv COVID
- Yog koj los sis koj tsevneeg muaj tus haus luamyeeb, kom paub seb luamyeeb puas yuav ua tau rau neeg mob COVID heevheev

Ua Nqe 3: Nrog Koj Tuskwis Khomob Sibtham

- Txog yam koj txhawj yog tau COVID, kuaj tus kabmob & txhajtshuaj tivthaiv
- Nug seb nws puas hais kom mus kuaj & txhajtshuaj tivthaiv
- Nug txog kabmob COVID, xws li cov neeg haus luamyeeb los siv muaj mob nyob tsis zoo
- Koj los yog koj tsevneeg muaj tus haus yeeb haus tshuaj, nug kom paub txiav xob haus lawm. Nco ntsoovtias, koj tus kws khomob yeej paub pab nrhiav seb yog haus luamyeeb puas yuav muaj tau teebmeem ua ntej xob cia paub thaum liglig lawm



Ua Nqe 4: Sojntsuam Koj Tuskheej

Xavnug Tuskheej:

- Ua kuv puas paub zoo txog kev kuaj & txhajtshuaj tivthaiv COVID?
- Ua kuv puas paub kev zoo & kev phomsij txog kuaj & txhajtshuaj tivthaiv COVID?
- Ua kuv puas paub tivthaiv kuv tuskheej, cov phoojywg & tsevneeg?
- Ua kuv puas muaj txhua yam & kev txhawb tsis cheemtsum kom kuv tau kuaj & txhajtshuaj tivthaiv?



Ua Nqe 5: Uakiag

Do what you can to protect yourself, your family, and friends!



- Teem caij & npaj mus kuaj & txhajtshuaj tivthaiv COVID
- Ua raws txhua yam zoo, xws li khwb qhovncauj, ntxuavtes, & txav kom deb lwmtus
- Thov koj tsevneeg & phoojywg pab yog muaj kev cheemtsum
- Yog koj los siv muaj tus hauv tsegneeg haus yeeb haus tshuaj, xyaum los siv, fu xotooj mus rau Asian Smokers' Quitline

Npaj Txheejtxheem Kev Nyabxeeb Kom Paubmeej Kev Nojnyob Nyabxeeb

**Txheejtxheem Npaj Nyabxeeb
Kom PAUBMEEJ Kev Nojnyob Nyabxeeb**

Npe: _____ Hnubtim: _____

NQE 1: Qhia Txog Koj Tamsim Njajnuv No...
Nug: Tamsim no kuv yuav ua lcas los tivthaiv kuv tuskheej thiab kuv tsevneeg rau COVID-19?

Tsis xav txog yuav
 Kuaj kabmob
 Txhajtshuaj Tivthaiv

Xav tau ...
 Kuaj kabmob
 Txhajtshuaj Tivthaiv

Twb tau...
 Kuaj kabmob
 Txhajtshuaj Tivthaiv lawm

NQE 2: PXAIV 1 los siv Ntau Tshaj Yuav Ua

1. Nrog Koj Tsevneeg & Phoojywg Sibtham
2. Mus Nrhiav Kom Paub Yam Uas COVID Tabtom Muaj Tshwm Tshiabtshiab
3. Nrog Koj Tuskws Khomob Sibtham
4. Sojntsuam Koj Tuskheej
5. Uakiag (xws li teem caij & npaj mus kuaj & txhajtshuaj tivthaiv COVID, ua raws bhuua yam zoo, tsis txhob haus luam yeeb)

NQE 3: Txaus siab yuav ua lb los siv Ua Ntau Tshaj lb
Xaiv ib yam ntauw cov txws nrog yam yuav ua thiab sau rau hauvqab YUAV UA & UA LICAS kom tas cov koj tau xaiv.

KUV TXAUS SIAB "UA NYABXEEB" KOM NYOBZOO LUB LIMTIAM TOMNTEJ NO

1. Sibtham nrog tsevneeg los siv cov phoojywg
Txog: _____
2. Nrhiav kom paub yam uas COVID tabtom muaj tshwm tshiabtshiab
Yuav Nrhiav Los Ntauw: _____
3. Tham nrog tus kws khomob
Txog: _____
4. Sojntsuam koj tus kheej
Nug Cov Lus No: _____
5. Ua Klag
Kuv yuav: _____

1. Nrog Koj Tsevneeg & Phoojywg Sibtham

2. Mus Nrhiav Kom Paub Yam Uas COVID Tabtom Muaj Tshwm Tshiabtshiab

3. Nrog Koj Tuskws Khomob Sibtham

4. Sojntsuam Koj Tuskheej

5. Uakiag (xws li teem caij & npaj mus kuaj & txhajtshuaj tivthaiv COVID, ua raws txhua yam zoo, tsis txhob haus luam yeeb)

Iblub Limtiam tomntej no, ua koj yuav npaj siab ua tsawg yam koj nyob nyabxeeb?

Txoj Kev Noj Qab Nyabxeeb Nyob Ntawm Koj Txhaistes

- Kev sibntsib zaum no yog kawg ntawm peb tuaj sibntsib 2 zaug lawm.
- Uatsaug rau koj kev koomtes & qhia yam koj paub los kom nyob nyabxeeb.
- Kuv yuav fu nrog koj tham li iblub limtiam tomntej no ntxiv txog koj yam kev npaj kom nyob nyabxeeb.



ACKNOWLEDGEMENT



Project INFORMED

Development Team

Ching Wong; Edgar Yu; Rianna Garcia; Feng Ming Li; Nikita Madan; JiWon Choi, RN, PhD; Minji Kim, PhD; Tung T. Nguyen, MD; and Janice Tsoh, PhD

Graphic Design

Nancy Wu

Translation

Chinese Community Health Resource Center, Immigrant Resettlement and Cultural Center, The Fresno Center

Advisors

Nancy Burke, PhD; Christy Calhoun; KongJey Cha, PsyD; Eunice Cheng, MPM, PMP; Joyce Cheng, MS; Mina Li; Dao Lor; Fiona Ng, MPH; Tony Nguyen; Mai Pham; Susan Stewart, PhD; Marta Sylvia; Chia Thao, PhD; Lee Vang; Alan Wu, PhD; Jennifer Xiong, MPH, CHES; Joey Zhao

This flipchart entitled 'Get INFORMED to Stay Healthy' was jointly developed and published by the University of California, San Francisco, Chinese Community Health Resource Center, and the Asian American Research Center on Health. INFORMED is supported by the National Institutes of Health under Award Number 3R01DA036749-05S1. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health. UCSF IRB Approval Number 20-32933. All rights reserved. February 2022.

1. Mus kuaj kab mob COVID hauv tsev puas tau?

- Tau. Nws muaj cov kuaj tau tus kab mob uas koj siv tau rau nram tsev yog hais tias koj tau daim ntawv mus nqa los sis mus yuav.
- Muaj kev kuaj xws li PCR thiab antigen.
- Kev kuaj PCR kuaj tau zoo dua tam sis nws kim dua thiab siv sij hawm ntev dua (1 mus rau 3 hnuv) mam li paub seb koj puas mob. Tus nqis rau kev kuaj PCR kim mus txog li \$100 thiab tej zaum koj lub insurance pab them los sis nom tswv kuj muaj nyiaj pab them. Thaum koj kuaj tag qee zaum lawv xav kom koj muab xa mus rau qhov chaw tshawb fawb.
- Kev kuaj Antigen pheej yig dua thiab ceev dua tiam sis kuaj tau tsis zoo heev. Tus nqis rau qhov kev kuaj no yog \$25 mus rau \$40 ntawm tsev muab tshuaj lo sis mus yuav hauv online.
- Yog yuav nres txoj kev kis kab mob COVID-19, kev mus kuaj mob yog ib lub luag hauj lwm tseem ceeb.

2. Kev kuaj qhia hais tias kuv tsis muab kab mob COVID (negative), tias sis kuv hnov mob. Yog vim li cas?

- Txawm hais tias koj tau kuaj tag tsis muaj COVID, ib txhia neeg muaj lwm yam mob xws li tau txais tus kab mob khaub thuas (flu or cold) thiaj li ua rau lawv tseem hnov mob.
- Tab sis xyuam xim vim tej zaum kev kuaj yuam kev los kuj muaj: Qhov kuaj mob hais tias koj tsis muaj COVID, tab sis koj yeej kis tau tus kab mob COVID lawm.
- Nug koj tus kws kho mob seb koj puas yuav tau rov mus kuaj dua yog hais tias koj tseem mob.
- Rau siab xyau cov kev cai caiv kom nyob nyab xeem txawm hais thias koj muaj los sis tsis muaj tus kab mob thiaj li tsis ua rau tus kab mob COVID mus kis tau rau lwm tus tib neeg: Yuav tsum ntxuav tes tas li, siv ntaub npog ntsej muag, thiab nyob tsev deb ntawm lwm tus neeg yog hais tias koj tseem hnov mob.

3. Vim li cas tib neeg uas siv luam yeeb muaj feem kis tus kab mob COVID ntau dua?

- Tus neeg uas haus luam yeeb yuav ntsib teeb meem loj dua thiab yuav muaj feem nruam sim ntau dua yog lawv kis tau tus kab mob COVID. Kev haus luam yeej rhuav tshem tau lub ntsws thiab ua rau lub cev tsis muaj zog los mus tawm tsam tus kab mob.
- Kev siv luam yeeb fais fab rhuav tshem tau lub ntsws thiab lub cev tib yam thiab. Cov kua ntawm cov luam yeeb fais fab muaj tshuaj phem, hlau, thiab tej yam khoom uas qhov muag tsis pom. Cov luam yeeb fais fab tsis zoo thiab muaj kev phom sij rau tib neeg.
- Kev haus luam yeeb thiab luam yeeb fais fab yuav nyuab rau ib tug twg los mus raws kev caiv thiab kev ceev faj ntawm kab mob xws li kev siv ntaub npog ntsej muag. Kev haus luam yeeb fais fab muaj kev siv tes los kov ntsej muag thiab qhov ncauj tas mus li. Yog li ntawv, yuav tau tsum txiav txoj kev siv los sis haus luam yeeb thib luam yeeb fais fab.

4. Tib neeg puas yuav kis tau tus kab mob COVID los ntawm kev nyob ze cov neeg haus luam yeeb?

- Kws tshawb fawb tau ceeb toom hais tias cov tib neeg uas nyob ze cov neeg haus luam yeeb, tshwj xeeb, cov menyuam yaus, yuav muaj feem mob hnyav dua yog hais tias lawm kis tau tus kab mob COVID.
- Txawm hais tias kev tshawb fawb txog kev kis kab mob COVID los ntawm kev nyob ze rau ntawm cov neeg haus luam yeeb tsis tau paub tseeb, peb paub tau hais tias nws tuaj yeem ua rau kom lub nrog cev tsis muaj zog, ua mob rau lub caj pas, thiab ua rau kom kev ua pa nyuaj thiab muaj kab mob rau lub plawv – tag nrho muaj feem ua kom koj tus mob loj zuj zus nrog rau kev mob los ntawm tus kab mob COVID.
- Tiv thaiv koj tsev neeg, tej phooj ywg, thiab tej menyuam – Tsis txhob haus luam yeeb los sis cov luam yeeb fais fab (Vape) ze rau lawm.
- Siv lub hwj tsam los mus txiav txoj kev haus luam yeeb los yog luam yeeb fais fab! Yog hais tias koj nyob nrog ib leej neeg haus luam yeeb los sis luam yeeb fais fab, pab kom lawm txiav tau.

5. Peb yuav ua li cas thiaj li yuav daws tau txoj kev ntxhov siab rau thaum lub caij muaj kab mob no?

- Peb paub zoo thiab nkag siab tias koj yuav muaj kev txhawj xeeb rau lub caij no. Tiam sis, nco qab ntsoov tias koj yuav tsum saib xyuas koj tus kheej ua ntej. Thaum koj saib xyuas tau koj tus kheej lawm, koj yuav muaj feem pab tau cov neeg koj hlub.
- Saib xyuas koj lub nrog cev. Noj zaub mov kom zoo rau ib ce. Mus dhia los sis mus taug kev. Teem sij hawm mus pw txhua txhua hnuv thiab yuav tsum ua raws li.
- Yuav tsum nrhiav kev so hlwb los ntawm kev saib, nyeem, lossis mloog xov xwm nrog rau kev mus koom kev sib nug moo thiab sib tham los ntawm kev nyob nruab ntug (social media).
- Txhob siv dej caws, luam yeej, los sis lwm yam los mus pab tswj kev ntxhov siab. Nrog koj tus kws kho mob tham yog hais tias koj xav tau kev pab los mus txwv kev siv luam yeej los yog siv uas huaj sim.
- Tsis txhob cia lus paj lus cua los mus raug rau koj txoj kev noj qab haus huv. Ntawm no yog ib co kev los mus nrhiav kom paub tseeb txog tej lus paj lus cua:
 - Koj yuav tsum ceev faj txog teb yam koj pom los saib rau sau internet. Feem ntau, tib neeg tham txog tej yam uas tsis muaj tseeb thiab yog cuav.
 - Koj yuav tsum mus tshawb seb cov xov xwm puas yuav tseeb tiag. Cov websites xws li CDC.gov thiab WHO.int yuav muaj cov ntaub ntawv uas thiaj li yog tseeb txog tus kab mob COVID.
- Nug txog koj cov phooj ywg thiab tej txheeb tej ze moo. Kev nug moo thiab kev tham txog kev nyuaj siab rau cov neeg yus hlub yog ib yam uas tseem ceeb heev. Lawv kev nyob deb tsuas deb li lub xov tooj hu xwb.
- Nrog koj tus kws kho mob tham txog tej yam uas koj txhawj txog, nrog rau koj tej kev nyuaj siab ntxhov plawv.

6. Kuv tseem tsis tau paub meej tseeb seb kuv puas xav mus txhaj tshuaj. Yog kuv ceev faj kom cov kab mob dhau tag es tsis txhaj tshuaj tiv thaiv puas tau?

- Tsis tau. Kev “ceev faj” tsis tuaj yeem tiv thaiv leej twg los ntawm kev tau txais kab mob COVID.
- Mus txhaj tshuaj tiv thaiv kab mob yog qhov uas yuav pab tau koj tus kheej kom tsis txhob mob hnyav los ntawm COVID.
- Muaj ntau hom kab mob COVID, cov neeg uas tsis tau nkaug tshuaj yuav muaj feem kis tau kab mob COVID thiab ntsib kev nruam sim.
- Nrog koj tus kws kho mob tham txog koj cov kev txhawj xeeb.
- Yog koj mus nkaug tshuaj ntxov, koj yuav ntxov pab tiv thaiv koj tus kheej thiab koj tsev neeg sai.

7. Tag nrho cov tshuaj txhaj tiv thaiv kab mob puav pab tau sib npaug?

- Tag nrho cov tshuaj uas lawv tso cai pab tau thiab tiv thaiv tau rau cov tib neeg ua nkaug tshuaj puv.
- Txij thaum lub 6 hli, xyoo 2021, muaj peb lub tuam txhab tau kev tso cai los ntawm FDA los siv tau haum teb chaws Meskas: Pfizer, Moderna, thiab Johnson & Johnson.
- Ib co tshuaj nkaug yuav siv ob koob, uas yuav tau tos li 3 mus rau 4 lub aas thiv, kuj muaj ib co ua yuav hno ib koob xwb. Nws tseem ceev heev uas yuav tau ua raws li cov kev txheej txheem kom tiv thaiv tau siab tshaj plawv, yog li thov xyuas kom koj lub sijhawm teem tseg.
- Tag nrho cov tshuaj nkaug yeej tiv thaiv tau zoo thiab pab kom tsis txob mob hnyav los ntawm COVID.

8. Kuv tau txhaj tshuaj los mus tiv thaiv COVID! Kuv puas yuav tau siv ntaub npog qov ncauj?

- CDC tseem xav kom cov neeg nkaug tshuaj tag siv ntaub npog qhov ncauj thaum nyob cov chaw uas muaj feem kis tau kab mob siab. Tseem muaj tej co chaw ua xav kom txhua tus neeg tseem siv ntaub npog qov ncauj, xws li chaw caij npav, tsev kawm ntawv, thiab chaw kho mob tsis hais txog koj txaj tshuaj li cas.
- Kev txhaj tsuaj tiv thaiv kab mob no yuav siv sij hawm ntev li ob peb lub lim tiam koj lub cev thiaj li mam tsim tau kev tiv thaiv. Lub sij hawm ntawv koj tseem muaj feem kis tau kab mob. Txuas ntxiv, kev tshawb fawb qhia hais tias tib neeg uas nkaug tshuaj tag tseem kis tau tub kab mob COVID rau lwm tus. Yog li ntawd, peb xav kom:
 - Tseem siv ntaub npog qhov ncauj txuas ntxiv, tshwj xeeb tshaj yog koj nrog lwm tus uas tseem nkaug tshuaj tsis tau tag.
 - Ntxuav koj txhais tes tas mus li, tsis txhob kov koj lub ntsej muag, thiab txwv kev mus rau tej chaws uas muaj cov neeg uas tsis nyob nrog koj.
 - Tsis txhob hnov qab mus kuaj yog thias koj mob.
- Siv ntaub npog qov ncauj yog ib qho kev uas pab tau lwm tus thiab pab tau koj tus kheej zoo tshaj.

9. Kuv txhaj tshuaj tiv thaiv kab mob COVID! Kuv puas yuav tau mus kuaj kab mob COVID?

- Yeej tseem tau mus, yog hais tias koj tau nyob ze nrog ib leej neeg muaj tus kab mob COVID thiab koj muaj tus yam ntxwv li mob COVID, koj yuav tsum mus kuaj thiab nyob hauv tsev. Koj qhov chaw ua hauj lwm los sis tsev kawm ntawv kuj yuav toob kaas kom koj mus kuaj ntxiv los kuj muaj.
- Ua raws li cov lus qhia.
- Koob tshuaj tiv thaiv tus kab mob COVID yuav muaj pab los txhawb yus lub cev kom yus txhob mob hnyav los sis ntsib kev nruam sim los ntawm tus kab mob COVID.
- Yuav tsum muaj kev tshawb fawb txog tus kab mob no ntxiv peb thiaj li yuav paub txog seb koob tshuaj tiv thaiv kab mob yuav pab tiv thaiv tib neeg ntev npaum li cas.
- Nrog koj tus kws kho mob tham yog koj muaj lus nug txog kev kuaj mob tom qab koj nkaug tshuaj tiv thaiv tag.
- Kev mus kuaj mob yuav pab peb tshawb fawb tau seb peb puas muaj tus mob COVID thiaj li yuav ua tau rau koj pab koj tus kheej thiab cov neeg uas koj hlub.

10. Kuv muaj COVID. Ua kuv puas yuav kis COVID tamsim no? Kuv yuav uacas thiaj tsis mob yog txhawj txog COVID? Kuv xob txhawj txog COVID kom xob mob puas tau?

- Peb zoo siab tias koj tau zoo los ntawm tus kab mob COVID! Tiam sis, kev tiv thaiv los ntawm kev kis yuav tsis kav ntev, thiab koj tuaj yeem rov kis tau kab mob COVID ib zaug ntxiv.
- Yog vim li ntawm, nws tseem ceeb los mus siv cov kev qhia txog kev tiv thaiv xws li ntxuav tes tas mus li, looj hnab npog qhov ncauj, thiab nyob tsev kom deb lwm tus neeg thaum muaj cov tsos mob thiaj li yuav tiv thaiv kom txhob kis ntxiv.
- Yog hais tias koj rov hnov mob dua, koj yuav tsum rov mus kuaj.
- Nws tseem ceeb los mus siv cov kev qhia txog kev tiv thaiv.
- Kev txhaj tshuaj thiaj li yuav yog txoj hau kev uas los pab tiv thiab tus kab mob COVID.