

# Puas Yog Mob COVID-19?

Tej tsos mob COVID-19 muaj xws li hnoos, txog siav, ua npaws, ib ce txias, mob taub hau, mob leeg nqaij, mob qa, qaug zog, txhaws ntswg, lossis tus nplaig noj tsis qab thiab qhov ntswg tsis hnov ntxhiab tsw. Tsis tshua muaj tiamsis kuj muaj tej tus neeg mob plab xws li xeev siab, ntuav, lossis raws plab. Tej tsos mob no kuj tshwm sim 2-14 hnuv tom qab koj mus raug tus kab mob vais lav uas tsim tus kab mob COVID-19. Tsis yog txhua tus uas mob COVID-19 yuav mob raws li cov mob uas hais no, thiab ib txhia neeg kuj tsis pom muaj mob hlob li.

Nrog koj tus kws kho mob tham yog tias koj muaj lus nug lossis kev txhawj xeeb dabtsi txog koj cov tsos mob. Yog xav paub ntxiv txog tus kab mob COVID-19 ua lwm yam lus, thov mus saib hauv [Coronavirus Disease 2019 \(COVID-19\) Key Messages \(ntsiab lus txog tus kab mob COVID-19\)](https://www.health.state.mn.us/diseases/coronavirus/materials/keymessages.html) (<https://www.health.state.mn.us/diseases/coronavirus/materials/keymessages.html>).

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## Puas Zoo Rau Kuv Mus Kuaj Seb Puas Tau Kis COVID-19?

Peb lub twj siv tau hauv online pab cov neeg nyob Minnesota ntsuas seb puas tsim nyog lawv mus kuaj tus kab mob COVID-19. Siv lub twj ntsuas hauv [Puas Zoo Rau Kuv Mus Kuaj Seb Puas Tau Kis COVID-19?](https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp) (<https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>). Mus cuag kev pab los ntawm koj tsev neeg, phoojywg, lossis lwm tus yog tias koj tsis paub siv lub twj ntsuas lossis tsis yog yam lus uas koj to taub.

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## Yuav Ua Li Cas Yog Tias Koj Mob Lawm

Yog tias koj muaj tej tsos mob uas yog tus kab mob COVID-19, zoo rau koj:

- Nyob tsev.
- Nqhuag ntxuav koj ob txhais tes.
- Npog qhov ncauj thaum hnoos thiab txham.
- Caiv tsis txhob sib qiv khoom siv xws li tais diav, phaum da dej, txaj chaw pw, tej ntawd.
- Nqhuag tu ntxuav tej chaw ua koj niaj zaus kov.

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## Mus Cuag Kev Kho Mob Thaum Twg

Yog tias koj tsuas mob phem zuj zus tuaj xwb lossis koj pom muaj tej tsos mob xwm ceev, hu rau koj tus kws kho mob tam sid. Tej cim xwm ceev muaj xws li:

- Ua pa nyuaj.
- Mob hauv siav tsis ploj lossis mob hauv siav xwb.
- Tsis meej pem lossis sawv tsis taus lawm.
- Di ncauj xiav lossis lub ntsej muag xiav tag.

Hu mus qhia koj tus kws kho mob lossis tsev kuaj mob ua ntej koj mus. Qhia lawv paub txog koj li tsos mob thiab lawv mam li muab lus taw qhia pab koj tiv thaiv tau koj tus kheej thiab lwm tus neeg mob.

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## Kawm Ntxiv

Mus kawm ntxiv nyob hauv [Kab Mob COVID-19 los ntawm Minnesota Department of Health \(https://www.health.state.mn.us/diseases/coronavirus/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/index.html).



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