

Thaum twg kuv thiaj yuav tsum mus kuaj? Kev Nyob Sib Ze

SUAB LUS KAW TSEG

[lub suab nkauj nrov ua ntej pib hais lus]

[Kev piav qhia]

Thaum twg koj thiaj yuav tsum mus kuaj kab mob COVID-19?

Koj mus rau ib tug phooj ywg lub tsev nyob rau hmo Friday txhawm rau noj hmo thiab ua si ua ke. Koj zaum ib sab ntwam tus phooj ywg uas muaj COVID-19 tab sis tseem tsis tau paub txog. Koj paub hnuv Sunday yav tav su tias koj tus phooj ywg nyuam qhuav raug kuaj pom tus kab mob COVID-19.

Mus kuaj tsib hnuv tom qab hnuv tau nyob ze nrog ib tus neeg uas muaj COVID-19. Nyob rau kis no, koj tau nyob ze rau hnuv Friday, yog li koj yuav tsum mus kuaj nyob rau hnuv Wednesday.

Yog tias koj tau nyob ze nrog ib tus neeg uas muaj kab mob COVID-19 lawm, koj yuav tsum tau cais tawm nyob ib leeg. Mus saib lub vev xaib hais txog Kev Nyob Sib Ze thiab Kev Cais Tawm ntwam MDH (MDH Close Contacts and Quarantine webpage) kom paub ntau ntxiv txog kev hnav ntaub npog ntsej muag nyob ib puag ncig lwm leej lwm tus thiab yuav tau nyob hauv tsev ntev npaum li cas.

<https://www.health.state.mn.us/diseases/coronavirus/close.html>

Yog koj pib mloog tau tias mob, ces mus kuaj tam sim ntawd.

Yog xav paub ntau ntxiv txog lwm lub sijhawm uas thaum twg koj thiaj yuav tsum mus kuaj, thiab yuav mus kuaj qhov twg, ces mus saib lub vev xaib hais txog kev Kuaj Mob COVID-19 ntwam MDH (MDH COVID-19 Testing webpage).

<https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>

[lub suab nkauj nrov ua ntej pib hais lus]

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