

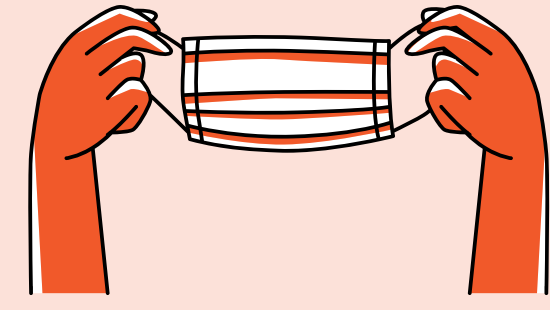
NTSUAM XYUAS KOJ TUS MOB COVID-19 RAU HAUV TSEV

Yog koj tau tus mob COVID-19 thiab koj nyob nrog lwm tus, tus mob no yuav kiv tau rau cov neeg uas nrog koj nyob hauv tsev.

Ua raws li cov lus cob qhia hauv qab no, tiv thaiv sib kis mob hauv vaj hauv tsev, yog koj kuaj pom tau tias koj mob COVID-19 thiab/ lossis muaj cov cwj pwm raws tus mob:

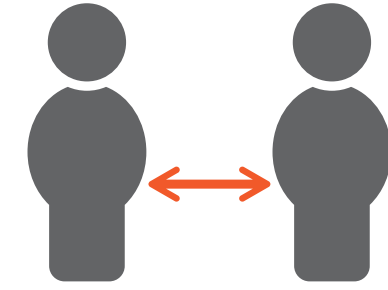
1

Siv daim ntaub npog ncauj txhua lub sij hawm thaum nrog lwm tus neeg nyob hauv tsev.



2

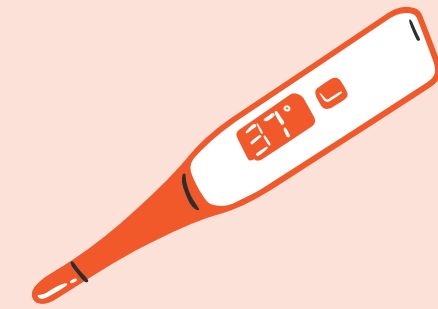
Nyob kom nrug deb li ntawm 6 feet (2 meters) txhua lub sij hawm.



3

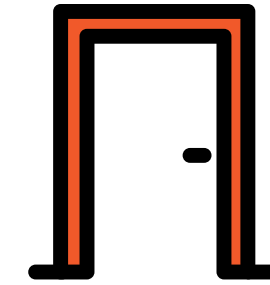
Ntsuam xyuas koj tus mob.

Yog koj tus mob huam tuaj, hu rau koj tus kws kho mob lossis King County COVID-19 Call Center yog koj tsis muaj ib tug.



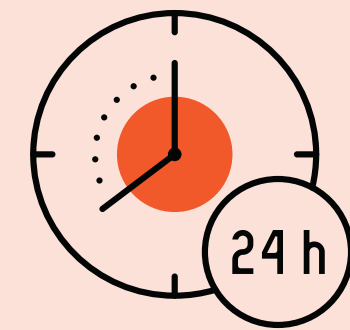
4

Cais chaw rau ib lub chav uas nrug ntawm lwm tus nyob ib ncig li qhov ua tau.



5

Sib cais sij hawm siv chaw nyob xws li chaw noj mov lossis chav dej kom txawv caij. Tu Thiab so tej chaw uas tau los tshwv thiab siv. Ntxuav tej tais diav thaum siv tag.



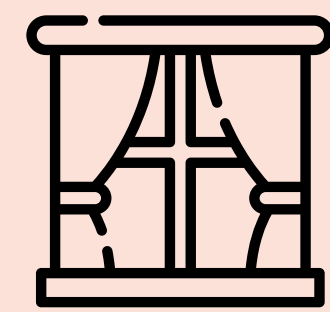
6

Cais yus tus kheej txhob sib koom siv qee yam nrog lwm tus nyob nrog yus, xws li tej tais diav, phuam, khoom saum txaj chaw.



7

Qhib qhov rais kom dim pa thiab kom muaj cua tshiab nkag mus los, tshwj xeeb tshaj rau cov chav dej uas ob peb leeg sib koom.



8

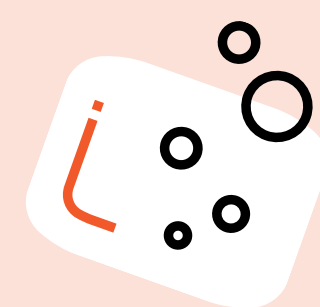
Tu thiab so txhua qhov chaw uas tau tshwv heev tshaj, xws li tej pob qhov rooj lossis tej txee.



9

Saib xyuas tus kheej kom huv si.

Npog qhov ncauj thaum hnoos thiab txhub nrog rau ib daim ntaub lossis rau hauv qab lauj tshib. Ntxuav koj txhais tes tshaj txhua zaus nrog tshuaj ntxuav tes lossis pleev cov tshuaj sanitizer uas muaj caww txuam nrog li ntawv 60%.



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Yog koj tsis muaj ib tug kws kho mob lossis xav tau kev pab los cais koj tus kheej, hu rau King County COVID-19 Call Center: 206-477-3977. Muaj neeg txhais lus.

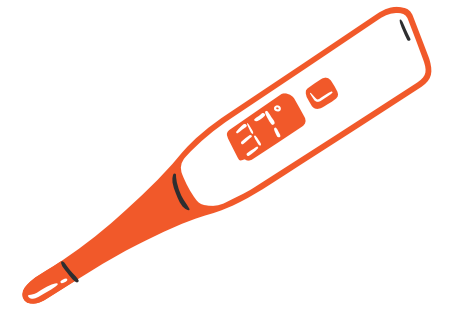
TU THIAB SAIB XYUAS LWM TUS UAS MOB COVID-19 NRAM TSEV

Nrog ib tug neeg uas mob COVID-19 yog qhov uas muaj feem tshaj yuav los kis tau tus mob. Txawm koj yuav cais zoo npaum cas thiab npog qhov ncauj, koj muaj feem tshaj qhov yuav raug tus mob COVID-19 yog koj nyob nrog ib tug neeg uas twb mob COVID-19 lawm dua li koj mus nyob lwm qhov chaw.

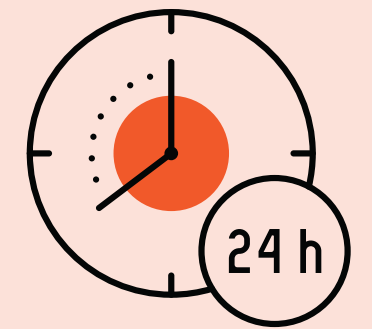
Yog koj nyob nrog ib tug neeg uas mob COVID-19, ua raws li cov lus cob qhia hauv qab no:

1 **Xaiv ib tug neeg hauv tsev los ua tus coj kev saib xyuas.**
Saib xyuas kom tus neeg mob COVID-19 tau so txaus txaus. Siv tshuaj uas yuav tau ntawm kiab khw los pab kev ua npaws, mob qa thiab lwm yam kev tsis xis neej. Ua raws nraim cov lus cob qhia los ntawm tus kws kho mob.

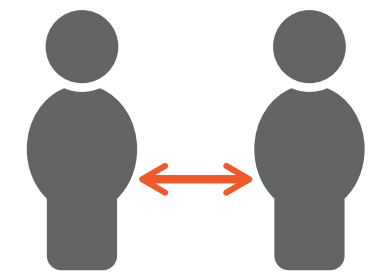
2 **Ntsuam xyuas cov cwv pwm ntawm koj lub nrog cev tsum koj ho raug tus mob COVID-19.**



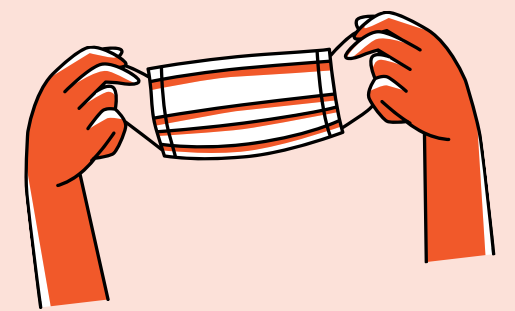
3 **Sib cais sij hawm siv chaw nyob xws li chaw noj mov lossis chav dej kom txawv caij.** Tu Thiab so tej chaw uas tau los tshwv thiab siv. Ntxuav tej tais diav thaum siv tag.



4 **Tus neeg uas tsis yog tus coj kev saib xyuas yuav tsum nruv kom deb ntawm tus neeg mob COVID-19.**



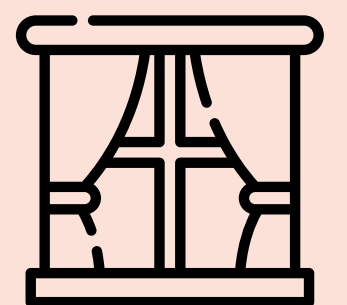
5 **Siv daim ntaub npog ncauj yog koj nyob ze tib neeg hauv tsev lossis sab nraud.**



6 **Cais yus tus kheej txhob sib koom siv qee yam nrog lwm tus nyob nrog yus, xws li tej tais diav, phuam, khoom saum txaj chaw.**



7 **Qhib qhov rais kom dim pa thiab kom muaj cua tshiab nkag mus los, tshwj xeeb tshaj rau cov chav dej uas ob peb leeg sib koom.**

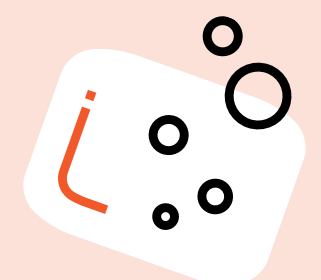


8 **Tu thiab so txhua qhov chaw uas tau tshwv heev tshaj, xws li tej pob qhov rooj lossis tej txee.**

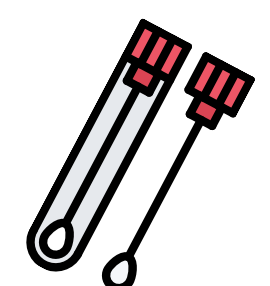


9 **Saib xyuas tus kheej kom huv si.**

Npog qhov ncauj thaum hnoos thiab txhub nrog rau ib daim ntaub lossis rau hauv qab lauj tshib. Ntxuav koj txhais tes tshaj txhua zaus nrog tshuaj ntxuav tes lossis pleev cov tshuaj sanitizer uas muaj cawv txuam nrog li ntawv 60%.



10 **Mus kuaj txhawm rau COVID-19.**
Cais koj tus kheej pib txij hnuv xaus ntawm tus neeg uas mob COVID-19 hauv koj lub tsev tau los nyob txwm hnuv rau nws txoj kev cais.



Yog koj tsis muaj ib tug kws kho mob lossis xav tau kev pab los cais koj tus kheej, hu rau King County COVID-19 Call Center: 206-477-3977. Muaj neeg txhais lus.

Xav paub ntau tshaj no los ntsuam xyuas thiab tu neeg uas muaj COVID-19 nram tsev, thov kuaj ntawm www.kingcounty.gov/covid/self-care link no tsuas yog lus Aaskiv xwb.

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