

Tej Kis Las Uas Nyab Xeeb Ua

Xaiv ua tej kis las uas pab cheem kev sib kis COVID-19. Ua raws li tej txheem lus los ntawm koom haum saib xyuas kev noj qab haus huv thaum koj ua tej koob tsheej twg thiab hu neeg tuaj nyob ua ke hauv tsev.

Yog tias koj twb mus txhaj tshuaj tiav lawm, kev sib kis COVID-19 thaum ua ub no ua ke yuav qis dua. Yog tias koj tsis tau mus txhaj tshuaj tiav, ua raws li tej txheem lus no kom pab txo kev sib kis:

- Mus txhaj koob tshuaj
- Sib nrug deb li 2 dag (6 feet) ntawm lwm tus
- Looj ib daim ntaub npog qhov ncauj
- Mus nyob ua ke nraum zoov
- Tsis txhob mus nyob rau tej chaw muaj neeg sib ntsauv

Xam txog qhov kev phom sij

Kev phom sij qis



- Noj puas hmo ua ke sib ntsib yam hauv online lossis ua kev lom zem hauv online
- Sib koom nyob ua ke nrog cov phoojywg lossis tsev neeg txheeb ze uas mus txhaj tshuaj lawm
- Mus ntsib tej phoojywg tom chaw ua si (park)

Kev phom sij siab



- Mus koom nyob ua ke hauv tsev txuam nrog cov phoojywg uas twb txhaj tshuaj thiab cov uas tsis tau txhaj tshuaj
- Mus saib yeeb yaj kiab lossis saib tej chaw tso khoom saib (museum)
- Mus noj mov ua ke hauv lab nraum zoov nrog tej phoojywg uas tsis tau mus txhaj tshuaj

Kev phom sij siab heev



- Mus rau tej chaw haus dej cawv lossis lab noj mov uas muaj neeg coob
- Mus koom tej chaw ua koob tsheej hu nkauj lossis lwm yam uas muaj neeg coob
- Mus ncig teb ncig chaw sab nraud

Yog xav paub ntxiv, mus xyuas [CDC: Choosing Safer Activities \(tej kis las nyab xeeb ua\)](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html) (www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html).

mn MINNESOTA

STAY SAFE MN