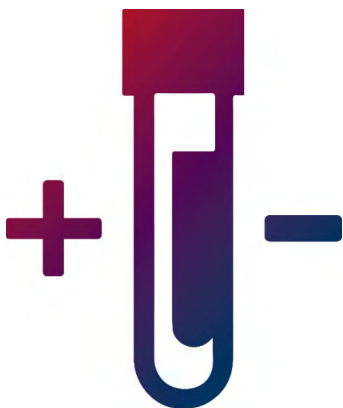
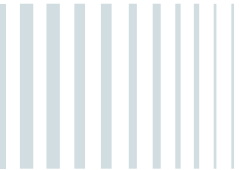




Yuav Ua Dabtsi Lub Sijhawm Koj Nyob Tos Seb Kuaj Tau COVID-19 Yog Li Cas

Yog tias koj mus kuaj COVID-19 thiab tau xa mus rau chav kuaj mob, xws li qhov kev kuaj PCR test, ces yuav tau tos ob peb hnuv mam li paub seb kuaj tau li cas.



Nyob twj ywm tsev thiab cais deb ntawm lwm tus yog tias:

Koj huam mob COVID-19 tuaj lossis pib mob tuaj.

- Myob twj ywm tsev (nyob ib leeg) rau li ntawm 5 hnuv thiab looj daim ntaub npog qhov ncauj thaum nyob nrog lwm tus rau li ntawm 10 hnuv, tab txawm koj twb mus txhaj tshuaj COVID-19 tag lawm, nrog rau koj twb mus txhaj koob thib peb ntxiv lawm, lossis tau mob COVID-19 li ntawm 3 lub hlis dhau los.
- Yog tias xav paub ntxiv txog kev cais nyob ib leeg, mus nyeem [If You Are Sick or Test Positive \(mob lossis kuaj yog positive\): \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html).

Koj tau mus nyob ze ib tug neeg mob COVID-19 thiab tsis tau mus txhaj tshuaj COVID-19 kom txhij, nrog rau tsis tau mus txhaj koob thib peb.

- Nyob hauv tsev (cais tus kheej tawm) yam tsawg kawg yog tsib hnuv thiab rau daim ntaub npog qhov ncauj qhov ntswg rau lwm tus li 10 hnuv.
- Koj tsis tas yuav nyob twj ywm hauv tsev yog tias koj tau mus nyob ze tus neeg muaj kab mob COVID-19 thiab tau txhaj cov tshuaj tiv thaiv kom tseem tau txais kev tiv thaiv raws li cov lus qhia los sis tau muaj mob COVID-19 nyob rau peb lub hlis dhau los, tab sis koj yuav tsum rau daim ntaub npog qhov ncauj qhov ntswg thaum nyob ib puag ncig ntawm lwm tus rau sij hawm 10 hnuv.
- Yog xav paub ntxiv txog kev cais nyob tsev, mus saib rau [Kev Nyob Sib Ze thiab Kev Cais Nyob: \(www.health.state.mn.us/diseases/coronavirus/close.html\)](http://www.health.state.mn.us/diseases/coronavirus/close.html).

COVID-19 HOTLINE (kab xov tooj pab kev kub ceev): 1-833-431-2053

www.health.state.mn.us/diseases/coronavirus

m MINNESOTA

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