

February 29, 2020

Tham Lus Nrog Menyuum Txog COVID-19 (Coronavirus) Kev Pab Rau Niam Txiv Txog COVID-19

Ib tug kab mob tshiab hu ua coronavirus (COVID-19), nwg yog ib tus kab mob ntsws ua rau tib neeg ua tsis taus pa. Tus kab mob no pib nyob rau Suav teb thiab tam sim no kuj muaj thoob ntiaj teb lawm. Vim muaj ntau txoj kev los tiv thaiv kom tsis txhob muaj kev sib kis, txoj kev ntshais thiab kev phom sij ntwam tib neeg kev noj qab haus huv muaj tsawg nyob hauv teb chaws Asmesliskas. Tiam sis yog tias tus kab mob loj tuaj lawm, tib neeg yuav tsum paub cov kev tiv thaiv los tiv thaiv lawv tus nkeej.

Kev txhawj xeeb txog tus kab mob no yuav ua rau menyuum thiab tsev neeg ntshai vim hais tias peb tsis paub meej txog tus kab mob no. Tiam sis peb paub tias tus kab mob no sib kis li cas nyob rau hauv teb chaws Asmesliskas. Peb paub hais tias tus kab mob no sib kiv los ntwam ib leeg rau ib leeg. Yeej muaj txoj hau kev los tiv thaiv kom txhob sib kis thiab pab sawv daws txoj kev txhawj xeeb thiab kev ntshai. Nws yeej yog ib qhov tseem ceeb thiab tsim nyog peb pab cov menyuum kom lawv tsis txhov ntsai.

Nws tseem ceeb heev kom peb paub tias cov menyuum saib ntsoov cov laus seb lawv coj li tej sijhawm muaj kev ntshai li no. Yog tias niam txiv txhawj xeeb ces menyuum yuab txhawj xeeb thiab. Niam txiv yuav tsum ua qauv rau cov menyuum kom lawv pom tias txoj kev tsis ntshai zoo li cas. Ntxiv thiab cov neeg ua hauj lwm hauv tsev kawm ntwam hnaij nub npaab kev los pab menyuum tiv thiav tus kab mob no lawv tsis txhob kis tau. Txawm li cas los, cov menyuum yeej xav paub qhov tseeb, tsis txhob qhia kom lawv ntsai txog tus kab mob tiam sis qhia kom meej txog txoj kev tiv thaiv es txhob sib kis. Nws tseem ceeb uas peb yuav tsum qhia cov menyuum kom lawv paub ua zoo tiv thaiv los ntwam kev sib tham es lawv thiaj tsis txhob ntsai thiab paub xyuam xim.

Ua Raws Li Nram No

Coj kom tus thiab txhawb zog.

- Menyuum yuav ua raws li koj hais thiab koj cov kev ua
- Cov lus koj hais txog tus kab mob COVID-19, kev tiv thaiv thiab lwm yam cuam txuam tus kab mob yuav ua rau cov menyuum yim ntshai ntxiv lossis ua rau lawv kev ntshai tsawg tuaj.
- Yog tias paub tseeb no, qhia cov menyuum paub tias sawv daws yuav tsis ua li cas.
- Qhia cov menyuum paub tias koj (uas yog niam thiab txiv) nrog rau cov tib neeg laus tom tsev kawm ntwam yuav ua txhua yam los pab tiv thaiv lawv kom sawv daws noj qab nyob zoo.
- Nrog cov menyuum tham txog lawv cov kev xav es pab kom lawv tsis txhob ntshai tshaj qhov tsis tsim nyog.

Npab siab tom thiab ua.

- Cov menyuam yuav xav tau koj (uas yog niam thiab txiv) lub sijhawm los tham thiab nug txog kev txhaw xeeb thiab kev ntshai.
- Nws yog ib qhov uas zoo yog cov menyuam paub tias muaj ib tus neeg lawv cia siab tau rau. Tus neeg ntawd yuav mloog lawv thiab sib txuas lus nrog lawv.
- Hais rau cov menyuam paub tias koj (uas yog niam thiab txiv) hlab lawv thiab mov tshua lawv.

Xyuam xim tsis txhob sib liam.

- Thaum muaj kev kub ntxhov loj, qee zaum peb lam taus lam liam lwm leej lwm tus.
- Nws tseeb ceeb heev uas peb tsi txhob lam taus lam liam rau ib pab pawg tib neeg kom lawv es lub nra ntawm tus kab mob no.
- Yog muaj leej twg ua phem thiab hais lus tsis zoo txog lwm tus tib neeg, hais qhia tsev kawm ntawv paub kom tsis txhob muaj ntxiv.
- Yog muaj leej twg hais tej yam lus uas txawv li tsev neej txoj kev coj, ua tib zoo piav qhia kom cov menyuam muaj kev nkag siab.

Ntsuas kev saib TV thiab siv social media.

- Txiaiv kev saib TV, siv internet thiab social media kom tsawg los mloog tej yam xov xwm txog tus kab mob. Tshwj xeeb tshaj yog tsis txhob mloog tej yam lus uas yuav ua rau cov menyuam chim, ntshai, thiab nyuam siab.
- Nrog menyuam tham thiab qhia kom lawv paub tias muaj ntau zaj xov xwm txog COVID-19 nyob hauv internet yog cuav xwb tsis mauj tseeb.
- Qhia kom cov menyuam paub meej zoo txog tus kab mob—qhov nov yuav pab daws lawv txoj kev ntshai.
- Txwv tsis txhob hniaj hnuv yuav saib seb tus kab mob no huam loj li cas lawm. Qhov no yuav ua rau txoj kev ntshai loj tuaj thiab.
- Txoj kev nkag siab tej xov xwm yuav ua rau tib neeg haj yam muaj kev ntshai lossis yoob, tshwj xeeb rau cov menyuam vim hais tias cov xov xwm no yog hais rau cov tib neeg laus xwb.
- Koom nrog kev ~~tus~~ cov menyuam kev ua si los sis lwm yam kev lom zem.

Ua thiab coj sib xwb txhua hnuv.

- Npaj sijhawm kom muaj caij los pab txhawb kev nyob zoo ntawm sab nqaj tawv.
- Txhawb thiab hais cov menyuam yij meem ua lawv cov ntaub ntawv uas tsev kawm ntawv muab thiab lwm yam kev ua. Yog txim li lawv muaj kev ntxhov siab, tsis txhob hais heev heev thiab.

Qhia qhov tseev thiab coj ncj.

- Thaum tsis paub txog cov xov xwm tseeb, feem ntau cov menyuam yuav muaj txoj kev xav phem ntau dua li qhov uas muaj tiag.
- Tsis txhob kav liam cov menyuam tej kev ntxhov siab, tiam sis ua tib zoo qhia kom lawv paub tiav cov tib neeg uas muaj tus kab mob no nyob rau teb chaw Asmesliskas tseem tsawg tsawg xwb.
- Qhia cov menyuam paub tias tus kab mob no ib leeg kis tau rau ib leeg thaum nyob sib sib ti los ntawm kev noos thaib txhub.
- Tib neeg kis tau tus kab mob no thiab yog lawv kov tej roog tog, txee, thiab nkoom. Vim yog li ntawd, nws tseem ceeb heev uas peb tiv thaiv peb tus kheej.
- Yog xav paub ntau ntxiv txog tus kab mob no, tiv tauj koj tus kws saib xyuas mob tom tsev kawm ntawv, nug nej tus kws kho mob, los sis mus saib hauv qhov vas sab_ <https://www.cdc.gov/coronavirus/2019-ncov/index.html> lub vas sab.

Paub txog cov kev tshwm sim ntawm tus kab mob ntawm COVID-19.

- Lub koos haum CDC saib nyuas txhua yam kab mob tseeg tias cov **kev tshwm sim ntawm** tus kab mob no tsis pom tshwm tom qab ob peb hnuv uas twb kis tau los lawm.
 - o Ua Npaws
 - o Hnoos
 - o Ua tsis tau pa
- Rau ib txhia tib neeg, tus kab mob no ruas yog zoo li mob khaub thuas xwb. Rau ib txhia tib neeg, tus kab mob no kuj loj ua rau lawv txoj sia me los kuj muaj thiab. Txawm li cas los, nws yog ib qhov tseem ceeb heev uas peb yuav tsum nug peb cov kws kho mob thiab nyob tsev twb ywm es thiaj tsis muab tus kab mob no kis mus kis los.

Xyaum thiab ua lawv li cov kev tu yus lub cev thiab cov kev noj qab nyob zoo thiaj muaj kev tiv thaiv.

- Hais kom cov menyuam tu lawv lub cev zoo zoo txhua hnuv, qhov no yog ib qhov kev yooj yim los pab tiv thaiv kev mob nkeeg.
 - o Ntxuav tes ntau ntau zaub tauj ib hnuv twg. Thaum ntxuav tes lawm, yuav tsum ntxuav ntev li 20 sais nkoos.
 - o Muab ntaub los npog qhov ncauj thaum noos thiab txhub tas ces muaj daim ntaub pob tseg sai li sai tau. Yog tsis muaj ntaub, sib koj lub quav npab lossis lauj tshib los npog koj lub qhov ncauj thiab qhov ntswg. Ntxiv thiab, tsis txhob sib faib zaub mov lossis dej haus.
 - o Xyaum tso qaum tes sib twb zoo dua li tuav tes. Qhov no yuav pab kom kev sib kis mob tsawg tuaj.
- Qhia cov menyuam kom lawv paub tiv thaiv lawv tus nkeeg yuav cheem tus mob no thiab yuav ua rau lawv tsis ntshai heev.
- Txhawb thiab hais cov menyuam kom noj zaub mov zoo, pw kom txaus, thiab qoj ib ce koj zooj, cov no yuav pab lawv tsim kev muaj zoo los tiv thaiv kev mob nkeeg.

Tham txog cov cai tshiab lossis kev coj ua hauv tsev kawm ntawv.

- Ntau lub tsev kawm ntawv twb tau npaj muaj kev tiv thaiv kev mob nkeeg xws li kev nquag ntxuav tes lossis siv cawv cuaj cawm ntxuav tes.
- Tsev kawm ntawv tus neeg saib mob lossis tus thawj tswj twb xa cov ntaub ntawv los tsev hais qhia txog ib cov kev cai los sis kev coj ua tshiab.
- Nco ntsoov tham nrog cov menyuam txoj cov kev cai ua tshiab.
- Tiv tauj cov menyuam tus neeg saib mob hauv tsev kawm ntawv yog muaj lus nug xav paub ntxiv txog cov kev cai ua tshiab.

Sib txuas lus nrog cov tib neeg pem tsev kawm ntawv.

- Hu qhia cov menyuam li tsev kawm ntawv paub yog thaum cov menyuam mob es lawv yuav nyob tsev. Cov tib neeg pem tsev kawm ntawv yuav nug seb tus menyuam puas ua npaws los tsis ua. Qhov kev nug no yuav qhia rau cov tib neeg pem tsev kawm ntawv paub tias yog vim li cas tus menyuam thiaj li nyob tsev. Yog tus menyuam tau tus kab mob COVID-19, qhia rau tsev kawm ntawv paub es lawv thiaj nrhiav tau kev pab cuam los ntawv cov tib neeg saib kab mob kev nkees.
- Tham nrog cov tib neeg tom tsev kawm ntawv xws li tus kws saib xyuas neeg mob, tus kws npliag siab, tus kws pab tswvyim, lossis tus kws lis haujlwm yog tias cov menyuam muaj kev ntshai kev nyuam siab txog tus kab mob no. Cov tib neeg nov yuav paab tau cov menyuam pem tsev kawm ntawv.
- *Nco ntsoov ua raws li cov lus qhia coj pem tsev kawm ntawv.*

Nriav Sij Hawj Tham

Nej paub nej cov menyuam zoo tshaj txhob muab xov xwm qhia ntau rau law tsam lawv ntsai, qhia kom lawv to taub xwb. Yog lawv nug dab tsi teb li lawv nug xwb. Cov hluas thiab menyuam tsis tshua tham txog lawv cov kev nyuaj siab yus yuav tsum us siab ntev saib xyuas yus cov menyuam tsam lawv muaj kev nyuaj siab los yog lawv xav nrog yus tham.

Yog qhia xov xwm rau cov menyuam txhob qhia kom lawv kom lawv ntsai, hais rau lawv tias cov neeg laus mam saib xyuas, ua zoo qhia kom lawv paub tiv thaiv lawv tus kheej.

Yog xav paub txog xov xwm tshiab mus saib qhov website no <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Siv Cov Lus Kom Phim Cov Menyuam Cov Hnub Nyooq

- Thaum qhia cov menyuam kawm qib qes txog xov xwm ntawm Covid-19 qhia kom lawv to taub xwv, txob ua rau lawv ntsai. Yog lawv muaj kev nyuaj siab txog teeb meem pem tsev kawm ntawv thiab hauv tsev, qhia rau lawv paub tias lawv tso siab tau rau cov neeg laus. Cov neeg laus yeej saib xyuas kom tsis txhob muaj teeb meem dab tsi. Qhia kom lawv paub tiv thaiv, xws li kev ntxuav tes kom zoo.
- Cov mwnyaum kawm qib 4-6 yuav nug txog Covid-19 ntau dua seb puas muaj kev phom sij, yog hais tias tus kab mob los txog hauv tsev kawm ntawv thiab hauv tej zej zog. Lawv yuav xav paub txog cov xov xwm tseeb thiab cuav. Hais rau lawv paub tias tsev kawm ntawv thiab neeg zej zog hnaij hnub nriav kev pab kom tus kab mob txhob kis loj tuaj.
- Cov menyuam kawm qib 7 rov saud yuav xav tham txog tus mob kom paub ntxawm. Lub sij hawm ntxuas lus nrog lawv, nrhiav thiab siv cov xov xwm tseeb txog Covid-19. Tsis tas li xwb qhia qhov tseeb txog tus kab mob, nws yuav pab kom lawv tsis txhob ntsai.

Tswv Yim Tham Nrog Cov Menyuam Txog Tus Mob

- Cov neeg laus tom tsev kawm ntawv thiab tom tsev mam saib xyuas nej kom nyob nyab xeeb. Yog nej muaj kev nyuaj siab tham nrog cov neeg laus ua nej ntseeg siab.
- Tsis yog txhua tus neeg yuav kis tau coronavirus (COVID-19). Cov tib neeg tom tsev kawm ntawv thiab cov tib neeg saib kab mob kev nkees yuab saib xyuas kom cov neeg muaj tus mob no kom tsawg tsawg.
- Qhov tseem ceeb ib leeg yuav tsum saib taus ib leeg. Tsis txhob liam lwm tus tias lawv mob Covid-19.
- Muaj tej yam koj ua tau kom nyob nyab xeeb es koj txhob kis tus mob:
 - Txhob nyob ze cov neeg muaj mob.
 - Yog yus mob yus yuav tsum nyob hauv tsev
 - Thaum hnoos los yog txhub yuav tsum npog qhov ncauj.
 - Txhob kov qhov muag, qhov ntswg, thiab qhov ncauj.
 - Siv xub npum ntxuav tes kom ntau li ntau tau. Thaum ntxuav tes lawm, ntxuav kom ntev li 20 xas nkoos.
 - Yog tsis muaj xab npum, siv cov tshuaj ntxuav tes (sanitize).
 - Siv cov ntaub uas muaj tshuaj los so txhua yam qhov chaw uas tib neeg kov heev tshaj.

Cov Kev Pab Ntxiv

Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>

Coping With Stress During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About, <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>

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