

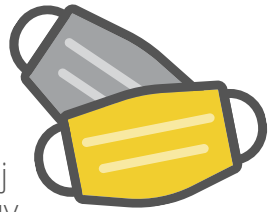
COV KEV LOOJ NTAUB NPOG NTSEJ MUAG HAUV COV TSEV KAWM NTAWV

Yam Uas Cov Tsev Neeg Yuav Tau Paub

Daim ntaub npog ntsej muag yuav tsum khwb lub qhov ntswg thiab qhov ncauj thiab muaj cov hlua khi, khiab los sis voj soo cov qaum pob ntseg. Peb paub tias cov tsev neeg muaj ntau cov lus nug txog leej twg, yam dab tsi, vim li cas, thiab yuav ua li cas txog cov ntaub npog ntsej muag. Tsab ntawv no yuav muaj qee cov lus teb thiab Centers of Disease Control and Prevention (Cov Chaw Tswj thiab Tiv Kab Mob) (**CDC**) thiab Wisconsin Department of Health Services (Tuam Tsev Tswj Xyuas Kev Noj Qab Haus Huv) (**DHS**) yuav muaj ncauj lus qhia ntxiv nyob rau ntawm lawv cov vas sab.

Vim li cas peb thiaj yuav tau looj cov ntaub npog ntsej muag?

Peb paub tias cov ntaub npog ntsej muag yuav pab txiav tu txoj kev sib kis tus kab mob COVID-19. Vim yog tus kab mob COVID-19 sib kis los ntawm cov pa kua cev thaum tib neeg hais lus, hnoos, los sis txham, thiab cov ntaub npog ntsej muag ua ib qho kev thaiv cov pa kua cev ntawd. Qhov no txo tsawg feem uas koj yuav kis tau tus kab mob rau lwm cov neeg yog tias koj muaj mob thiab tsis ras txog tias mob. Kev looj cov ntaub npog ntsej muag yog ib kauj ruam tseem ceeb los pab sib tiv thaiv ntawm tus kab mob COVID-19; kuv cov ntaub khwb ntsej muag tiv thaiv koj, thiab koj daim ntaub khwb ntsej muag tiv thaiv kuv.



Leej twg thiaj yuav tau looj cov ntaub npog ntsej muag?



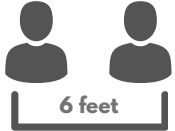
Cov neeg laus thiab cov me nyuam uas muaj peev xwm looj tau nyab xeeb (thiab hle tau) cov ntaub npog ntsej muag yuav tsum tau looj thaum nyob rau hauv lub tsev kawm ntawv. Cov tsev kawm ntawv yuav ua hauj lwm tswj xyuas kom tej kev cai yeej zoo raws li lub xeev thiab lub zos cov kev cai thiab kev pom zoo. Tiam sis, yeej muaj cov kev txhawj xeeb tsim nyog uas txwv txiav tau ib tug neeg looj daim ntaub npog ntsej muag zoo. Piv txwv, cov me nyuam tsis nto hnuv nyoog 2 xyoos yuav tsum TSIS TXHOB looj cov ntaub npog ntsej muag. Lwm cov kev txhawj xeeb muaj xws li:

- Txhua tus uas muaj teeb meem kev ua pa.
- Txhua tus uas tsis muaj peev xwm hle tawm tau daim ntaub npog ntsej muag yog tsis muaj kev pab. Qhov no yog xam tau ib tug neeg looj hlias lawm los sis tsis thim huas pab tau tus kheej.
- Txhua tus uas muaj cov kab mob kev nkeeg, xws li cov teeb meem kev ua pa, kev puas yam ntxwv autism spectrum disorder, los sis cov kev raug mob raug ntshai dhau los, uas txwv kom lawv tsis muaj peev xwm looj tau daim ntaub npog ntsej muag nyab xeeb.
- Txhua tus uas muaj cov kev puas laj lim plab plaw los sis kev xeeb tsis mee yuav txwv kom lawv tsis muaj peev xwm looj tau daim ntaub npog ntsej muag nyab xeeb.

Peb yuav looj cov ntaub npog ntsej muag li cas thiaj ua hauj lwm zoo tshaj plaws?

Daim ntaub npog ntsej muag yuav tsum khwb lub qhov ntswg thiab qhov ncauj, npog khov kho rau lub ntsej muag thiab muaj cov voj soo qaum pob ntseg los sis hlua khi nraum xwb qwb taub hau. Sim xyeej txoj kev pheej chwv daim ntaub npog ntsej muag, tshwj xeeb yog koj tsis tau ntxuav koj ob txhais tes tsis ntev los no. Yog tias nws lo phem, muab hloov sai li sai tau. Tsis txhob looj tib daim ntaub npog ntsej muag mus ntev tshaj ib hnuv uas tsis muab ntxhua, thiab muab cov ntaub npog ntsej muag ntxhua txhua hnuv tom qab siv ib zaug taug.

Kom tu xyuas tau koj tawv nqaij thaum looj daim ntaub npog ntsej muag tas li, nquag muab koj lub ntsej muag ntxuav, tshwj xeeb yog ua ntej thiab tom qab looj daim ntaub npog ntsej muag tag. Kev pleev tshuaj tawv nqaij mos kom txo tsawg qhov txhuam los sis txo tsawg tawv nqaij khaus.



Cov ntaub npog ntsej muag ua hauj lwm tau zoo tshaj thaum siv nrog txoj kev qhuag ntxuav tes, nyob sib nruv deb (nyob sib nruv deb 6 xib taws ntawm lwm cov neeg), thiab xyeej txoj kev nyob nrog cov neeg mob.

Peb yuav tu cov ntaub npog ntsej muag li cas?

Ib txoj kev cais cov ntaub khwb ntsej muag huv thiab cov siv tag yog muab cov ntaub npog ntsej muag ntim rau hauv ib lub hnav los sis pob tawb kom txog thaum twg muab lawv ntxhua nrog dej kub thiab muab ziab kub heev tag. Yog tias koj ntxhua tsis tau daim ntaub npog ntsej muag hauv tshuab, xuas tes ntxhua nrog tshuaj ntxhua khaus ncaws los sis tshuab dawb ua ntej yuav muab khuam ziab kom qhuav. Yog tias koj yuav siv cov tshuab dawb ntxhua, ua raws cov kauj ruam ntawm no nrog 5.25%-8.25% tshuaj dawb:



- Npaj cov tshuab dawb raws ib ntawm ob txoj kev nram no:
 - 4 diav me kua tshuaj dawb + 1 khuaj dej tsis sov tsis txias
 - 5 diav loj (1/3 khob) kua tshuaj dawb + 1 taub nkas loos dej tsis sov tsis txias
- Mub daim ntaub npog ntsej muag tsau cov tshuaj dawb mus 5 feeb.
- Muab daim ntaub npog ntsej muag yaug nrog dej txias los sis dej tsis sov tsis kub kom huv si.
- Muab cov kua tshuaj dawb nchuav pov tseg hauv qhov dej.

Txawm yog koj xuas tes ntxhua nog tshuaj ntxhua khaus ncaws los sis cov kua tshuaj dawb, los sis koj siv tshuab ntxhua, nws zoo tshaj yog cia daim ntaub khwb ntsej muag qhuav qhawv mam muab looj.

Peb puas siv tau cov phiaj thaiv ntsej muag es txhob siv cov ntaub npog ntsej muag?

Daim phiaj thaiv ntsej muag hloov tsis tau daim ntaub npog ntsej muag tshwj tsis yog rau thaum muaj tej xwm txheej tshwj xeeb twg. Vim yog cov phiaj thaiv ntsej muag tsis npog khov kho ncig lub qhov ncauj thiab qhov ntswg, tsis tau pom muaj pov thawj qhia tias lawv ua hauj lwm tau zoo los tiv thaiv txoj kev sib kis tus kab mob COVID-19, thiab lub CDC tsis tau pom zoo kom siv. Tiam sis, yeej muaj tej qhov xwm txheej uas yuav looj tsis tau daim ntaub npog ntsej muag ces daim phiaj thaiv ntsej muag yuav yog qhov kev siv zoo tshaj plaws. Piv txwv, qee cov neeg yuav tsum saib lub qhov ncauj hais lus, thiab kom pab tau rau qhov no, cov ntaub npog ntsej muag uas muaj cov iav yas pom tshab yog cov pom zoo siv. Yog tias tsis muaj, yeej siv tau daim ntaub npog ntsej muag ib ntus los hloov daim phiaj thaiv ntsej muag pom tshab.



Vim li cas peb lub tsev neeg thiaj yuav tau sib tham txog lwm cov neeg uas looj tsis tau cov ntaub npog ntsej muag?

Kev looj cov ntaub npog ntsej muag yog txoj kev uas peb sawv daws siv tau los txiav tus txoj kev sib kis tus kab mob COVID-19, thiab nws puav leej yog qhov uas txhua tus looj tsis tau kom nyab xeeb. Kev sib tham tam ib tsev neeg txog qhov tseem ceeb ntawm txoj kev looj daim ntaub npog ntsej muag yog tias koj tham tau nyab xeeb yuav muab lub caij nyoog los sib tham txog txoj kev tiv thaiv lwm cov neeg uas looj tsis tau ib daim ntaub. Vim cov laj thawj uas cov tib neeg yuav looj tsis tau daim ntaub npog ntsej muag kom nyab xeeb yeej nyuab heev–li kev raug ntshai, cov kab mob kev nkeeg, cov kev tsis taus, kev ntxub ntxaug–cov kev sib tham no yuav nyuab heev, thiab peb yeej paub li ntawd. Peb pom zoo kom muaj cov kev sib tham pem no vim peb xav tias nws tseem ceeb rau cov me nyuam kom nkag siab tias nws tsis yog lawv tes luag num yuav tsum tau tswj txoj kev kooj daim ntaub npog ntsej muag. Peb xav txhawb kom lawv ua lawv tes dej num pab rau txhua tus hauv peb lub zej zog uas yog lawv looj lawv daim ntaub npog ntsej muag.



COV CHAW MUAJ KEV PAB

CDC Cov Kev Pom Zoo Txog Cov Ntaub Npog Ntsej Muag

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

DHS Cov Ncauj Lus Txog Cov Ntaub Npog Ntsej Muag

www.dhs.wisconsin.gov/covid-19/protect.htm