



MINNEAPOLIS
PUBLIC SCHOOLS

Urban Education. Global Citizens.

3/22/21

Nyob zooTsev Neeg/Cov Tub Ntxhais Kawm,

Lub koom haum Minnesota Department of Health (MDH) tau qhia tuaj rau peb tias tau kis tus kab mob COVID-19 lawm. Tej zaum nws ho kis tau mus rau lwm tus nyob hauv zos no thiab rau lub sijhawm no 3/10-17. Vim txoj cai tsis pub qhia tawm npe, peb thiaj li qhia tsis tau ntsees tias yog leejtwg kis mob. Lub sijhawm no, tau hais kom nws nyob twj ywm tsev lawm thiab caiv kom deb ntawm lus tus (nyob ib leeg) kom txog txij nws zoo mob thiab kis tsis tau tus kab mob mus rau lwm tus tso.

Peb tau ua haujlwm koom tes nrog MDH los soj qab taug seb tus neeg no uas kis COVID-19 ho tau mus nyob ze raug leejtwg ntxiv, thiab tau qhia kom lawv nyob twj ywm tsev thiab/lossis ua haujlwm tom tsev kom txwm 14 hnuv, tab txawm lawv kuaj tau yog negative uas tsis mob COVID-19 rau lub sijhawm no. Nws siv npaum no sijhawm los mam li paub seb puas kis mob.

Yog tias peb tsis tau tiv tauj koj, tsis xam tias koj tus menyuam yog ib tug uas tau mus nyob ze kis raug tus neeg uas kuaj tau tias mob positive, thiab tsis tas kom koj ua dabtsi ntxiv.

Vim tus kab mob COVID-19 sib kis thooob plaws lub xeev Minnesota yam tsis paub los qhov twg los, koj yuav tsum soj qab koj tus menyuam seb puas muaj tej tsos mob COVID-19, xws li:

- Ua npaws kub taubhau li 100.4 degrees Fahrenheit lossis kub siab tshaj ntawd
- Pib hnoos tuaj lossis hnoos phem zuj zus tuaj
- Ua pa nyuaj
- Pib saj tsis hnov qab lossis tsis hnov ntxhiab tsw
- Txaws qa mob qa
- Pib txhaws ntswg lossis los ntswg
- Xeev siab, ntuav, lossis raws plab
- Mob thooj leeg nqaij
- Qaug zog nkees heev
- Pib mob taubhau heev
- Ib ce txias

Yog tias koj tus menyuam pib muaj tej tsos mob no, lawv yuav tsum nyob twj ywm tsev thiab hais qhia mus rau lawv tus kws kho mob lossis lwm lub tsev kho mob seb puas tsim nyog lawv mus ntsib ib tus kws kho mob thiab/lossis muaj kuaj tus kab mob COVID-19. Thov mus xyuas nyeem cov ntaub ntawv no:

- [Kev Kuaj Tej Tsos Mob COVID-19 Tom Tsev \(PDF\)](http://www.health.state.mn.us/diseases/coronavirus/schools/homescreenhmg.pdf)
(www.health.state.mn.us/diseases/coronavirus/schools/homescreenhmg.pdf)
- [Ntawv Taw Qhia Rau Cov Niamtxiv thiab Tsev Neeg Txog Kev Mus Kawm Ntawv Thaum Muaj Kab Mob COVID-19 \(PDF\)](http://www.health.state.mn.us/diseases/coronavirus/schools/attendancehmg.pdf) (www.health.state.mn.us/diseases/coronavirus/schools/attendancehmg.pdf)

Peb paub tias tej yam xov xwm no yuav ua rau tej txhia nyuaj siab. Peb tau los tu ntxuav lub tsev ua haujlwm thiab koom tes nrog nraim lub MDH los saib xyuas qhov teeb meem no. Peb thov kom txhua tus ua li cov hauv qab no qhia es thiaj li pab cheem kom tus kab mob tsis txhob nthuav dav mus deb:

- Looj lub npog ntsej muag kom tiv thaiv tau koj tus kheej thiab lwm tus.
- Nqhuag ntxuav tes nrog xaub npum.
- Npog qhov ncauj thaum koj hnoos thiab txham; tsis txhob kov koj lub ntsej muag yog tias tsis tau ntxuav tes.
- Yog tias koj mob lawm, nyob twj ywm tsev txhob mus kawm ntawv, txhob mus tom tsev zov menyuam, ncaws pob, thiab txhob ua lwm yam kis las.
- Tu ntxuav tej chaw uas sawvdaws nqhuag kov xws li lub xov tooj, pob qhov rooj, rooj tso khoom, tej ntawd.

Tej ntaub ntawv uas pab tau koj ntxiv:

- [MDH Coronavirus Disease 2019 \(kab mob khaus lauv nam 2019\)](https://www.health.state.mn.us/diseases/coronavirus/materials/hmong.html)
(<https://www.health.state.mn.us/diseases/coronavirus/materials/hmong.html>)
- [MDH Tej Tsev Kawm Ntawv thiab Tsev Zov Menyuam: COVID-19](https://www.health.state.mn.us/diseases/coronavirus/schools/index.html)
(<https://www.health.state.mn.us/diseases/coronavirus/schools/index.html>)
- [CDC Coronavirus \(COVID-19\)](https://www.cdc.gov/coronavirus/2019-ncov/index.html) (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>)

Yog tias koj muaj lus nug, tiv tauj Jenny Lind School #612-668-2020.

Ua tsaug koj pab nqis tes ua kom peb lub zej lub zog nyob nyab xeeb.