

Coronavirus (COVID-19)

Hais txog tshua yam xwm txheej

Ua cas kuv thiaj yuav paub txog tej xwm txheej tawm tshiab txog tus kab mob COVID-19 nov nyob hau lub nroog Merced?

Yog koj xav paub tej xwm txheej txog COVID-19 tawm tshiab txhua hnuv hauv lub nroog Merced, mus xyuas ntxiv ntawm: www.countyofmerced.com/coronavirus tso npe kom luag xa emails tuaj txhua hnuv.

Coronavirus yog dab tsi?

Coronaviruses yog ib tse/cov kab mob. Feem ntau yog tshwm sim rau tej tsiaj, tab sis muaj ib txhia coronaviruses hloov ntawm tej tshiaj mus ua cov kab mob tshiab rau tib neeg coronavirus uas kis tau ntawm ib tug tib neeg mus rau lwm tus. Qhov nov yog muaj tshwm sim ntawm cov coronavirus tshiab los sis hu/paub tias SARS-CoV-2, thiaj ua rau paub tias cov kab mob nov yog COVID-19. Tus mob los ntawm coronaviruses ua rau tib neeg muaj mob ntsuj ntsoos (tsis xis neej) mus txog qhov mob loj, xws li ua daus no. Tej yam xws li SARS los sis MERS ua rau muaj mob loj xws li mob tej hlab ntsws (ntsws muaj dej).

Cov coronaviruses no ho kis tau li cas?

Zoo ib yam li lwm yam mob txog kev ua pa, xws li khaub thus, tib neeg tej coronaviruses feem ntau yog sib kis rau qhov tib neeg muaj mob es kis rau lwm tus los ntawm:

- Tej qaub ncaug dhia thaum hnoos los txham
- Nyob sib ze (sib chvv), xws li tu tus neeg muaj mob
- Kov tau tej khoom muaj cov kab mob, ces ho kov qhov ncauj, qhov ntswg, los sis qhov muag thaum tsis tau ntxuav tes.

Txhob xav tias tus neeg txawv haiv txawv nqaj tawv thiaj li muaj tus kab mob COVID-19; hom kab mob no twb kis rau ntau haiv neeg thiaj ntau lub teb chaws nyob lub ntiaj teb no. Mus xyuas the Centers for Disease Control and Prevention (CDC) website [How COVID-19 Spreads](#), kom paub tau ntau tshaj nov.

Tus yam ntxwv mob ntawm COVID-19 zoo li cas?

Raws li paub mas muaj cov mob ntsuj ntsoos thiab ho muaj cov mob nyhav/nkees heev uas yuav tsum tau pu rau hauv tej tsev kho mob, thiab ua rau tib neeg tuag tau.

Yam ntxwv mob yog:

- Ua npaws
- Hnoos
- Ua pa nyuaj (txog siav)
- Mob nyhav

Yuav kho COVID-19 li cas?

Tsis muaj ib txoj hauv kev los kho tus kab mob COVID-19 nov. Tab sis, muaj ntau tsos (yam ntxwv) mob yuav kho tau. Kev kho no yog seb tus tib neeg mob ntawv mob heev npaum cas. Tam sim nov tsis tau muaj yam tshuaj los tiv thaiv COVID-19. Ceev faj yuav muaj tib neeg dag tias lawv muaj tshuaj kho tau yam kab mob nov.

Kuv yuav pab tiv thaiv kuv tus kheej li cas?

Tam sim no tsis tau muaj yam tshuaj los tiv thaiv (COVID-19). Qhov zoo tshaj ces yog tsis txhob nyob ze (txhob chwv) cov kab mob nov xwb. Txawm li cas los xij, raws li twb ceeb toom lawm, Center for Disease Control and Prevention (CDC) ib txwm hais kom sawv daws yuav tau ua raws li tej kev tiv thaiv txhua hnub kom tsis txhob sib kis txog tej kab mob ua pa, xws li:

- Txhob nyob sib zi nrog tus tib neeg muaj mob.
- Txhob kov qhov muag, qhov ntswg, thiab qhov ncauj.
- Txhob tawm rooj thaum koj muaj mob
- Muab ib daim ntaub los npog koj qhov ncauj, qhov ntswg thaum koj nyob ze lwm tus.
- Muab ntaub so ntswg npog qhov ncauj thaum hnoos los tsham, ces muab pov tseg rau tej thoob khib nyiab.
- Siv tej tshuaj tu los yog so vaj tse los tu thiab tso tshuaj rau tej chaw kheev tuav/chwv/kov.

Tshawb xyuas CDC website [COVID-19 Prevention and Treatment](#), kawm txog kev tiv thaiv tus kheej.

Yuav ua cas thiaj cheem tau tus kab mob COVID-19 kom txhob sib kis ceev?

Merced County yuav ua raws li txoj cai qhia tseg los ntawm California Department of Public Health (CDPH), thiab luag tsoom fwm kom peb xyaum nyob sib nrug li ntawm 6 tshim (2-3 kauj ruam) thaum peb nyob coob leej ua ke, rau li sij hawm nov. Thov mus saib ntawm CDPH tej lus qhia/hais seb yuav ua li cas thaum peb nyob coob leej ua ke: <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

Ua kuv puas yuav tau npog qhov ncauj?

Pom zoo tias tib neeg yuav tsum muab ib daig ntaub los npog qhov ncauj thiab qhov ntswg los tiv thaiv lawv tus kheej ntawm cov COVID-19 thaum lawv tawm mus rau laj meem pej xeeb es yuav ua rau lawv nrug tsis tau deb ntawm lwm tus. Cov tib neeg muaj mob COVID-19 yuav tsum vov ntsej muag thiaj li tiv thaiv tau kom lwm tus thiaj li tsis kis tus kab mob no. Cov neeg ua haujlwm saib xyuas kev noj qab haus huv thiab lwm cov neeg uas tu cov neeg tau kis mob COVID-19 lawm thiab ua haujlwm nyob rau tej chaw ti ti yuav tsum tau vov ntsej muag. Cov ntaub vov ntsej muag uas pom zoo tsis yog cov ntaub uas cov nais maum phais mob siv lossis N-95 lub ntsuas pa vim cov ntawd yog khaws cia rau cov ua haujlwm saib xyuas kev noj qab haus huv siv xwb thiab rau lwm cov ua haujlwm xub mus pab teb tib neeg thaum muaj kev xwm txheej ceev. Cov lus yuav los qhia ua cov ntaub vov qhov ncauj qhov ntswg nyob rau ntawm no: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>.

Ua cov tib neeg raug cais tawm vim muaj mob COVID-19 puas kis tau rau lwm tus?

Qhov cais tawm no yog muab ib tug/pab tib neeg cais tawm vim nus/lawv tau nyob ua ke nrog ib tug neeg muaj tus yam ntswv mob, tsis txhais tau tias lawm muaj mob, tshem tsis pub nyob ze cov neeg uas tsis tau nyob nrog ib tug neeg tau nyob ze tus neeg ntxim muaj mob ntawv, thiaj yuav tsis sib kis.

Kev cais tawm yog ua raws txoj cai rau lub sij hawm ncu cov kab mob sib kis, lub sij hawm no yog leej twg kis tau tus kab no lawm ces yuav ua kom nws muaj mob tuaj. Ntawm tus kab mob COVID-19 no ces lub cai muab cais tawm yog 14 hnuv xam hnuv nws tau nyob ze tus neeg mob, vim 14 hnuv ces yog qhov ntev kawg lawm rau cov kab mob ncu xws li tau pom los rau coronaviruses. Yog leej twg raug cais tawm ntawm COVID-19 dhau 14 hnuv lawm ces yuav tsis muaj feem kis tau rau lwm tus vim lawv tsis muaj tso mob lub cai muab lawm cais tawm ntawv.

Ua kev tshuaj ntsuam hauv lub nroog pib mus li cas?

Peev xwm xyuas ntawd yuav tsum tau County Health Officer ntsuam xyuas seb tus neeg mob twg tsim nyog tau txais, muaj kev koom tes nrog cov chaw muab kev pab kho mob. Tus County Health Officer tau muaj ib qho kev nthuav qhia taum lub 3 hlis tim 10, 2020 thaum Board of Supervisors sib tham, xws li qhia txog kev tshuaj ntsuam; mus saib qhov kev qhia ntawm:

<https://mercedcountyca.new.swagit.com/videos/44282>.

Tsis tag li, thov xyuas ntxiv ntawm: [COVID-19 Testing Flow Chart](#) rau cov txheej txheem qhia txog kev tshuaj ntsuam.

Kuv yuav ua li cas ntxiv?

- Nrhiav ib tug kws kho mob yog tias koj tsis tau muaj.
- Npaj tej khoom rau thaum muaj xwm ceev kom muaj khoom noj, dej haus thiab lwm yam khoom siv kom kav hnuv puas tsam lam raug cais. Xav tias

tej zaum yuav tsis muaj li ntawv tab sis yuav tau npaj li keev npaj tseg tsam muaj xwm ceev.

- Muab kev txhawb txais tos tag nrho cov neeg hauv yus lub zej zog.

Nco ntsoov saib/mloog tej xov xwm tawm tshiab txhua hnuv txog tus kab mob coronavirus los ntawm tej chaw tshaj xov uas sawv daws yeej ib txwm ntseeg siab.

- Merced County Department of Public Health
 - <https://www.co.merced.ca.us/3350/Coronavirus-Disease-2019>
- California Department of Public Health (CDPH, State)
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>
- Centers for Disease Control and Prevention (CDC, National)
 - <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>
- World Health Organization (WHO, International)
 - <https://www.who.int/health-topics/coronavirus>
- United States Environmental Protection Agency (USEPA)
 - <https://www.epa.gov/coronavirus>

NCO NTSOOV: Nov yog tej yam tseem niaj hnuv tshwm sim tshiab. Thaum twg muaj xwm tshiab mam tshaj tawm ntxiv. Yog xav paub ntxiv, thov saib tau ntawm: www.cdc.gov/coronavirus. Yog xav saib ntau tshaj nov, mus saib tau ntawm: www.countyofmerced.com/coronavirus los sis hu rau the Department's information ntawm (209) 381-1180 (Askiv, Mev, Hmoob).