



# COV LUS QHIA TXOG KEV CAIS TAWM & KEV CAIV YOOJ YIM RAU TSEV NEEG, COV TUB/NTXHAIKAWM & NEEG UA HAUJLWM



SCPH cov lus qhia txog kev cais tawm thiab kev caiv tam sim no rau cov tsev kawm ntawv tuaj yeem nrhiav mus tau ntawm [www.saccounty.gov/COVID-19/Documents/SCPH\\_Quarantine\\_Decision\\_Forest\\_K-12\\_Schools.pdf](http://www.saccounty.gov/COVID-19/Documents/SCPH_Quarantine_Decision_Forest_K-12_Schools.pdf).

## COV LUS NUG HEEV TSHAJ TXOG COV LUS QHIA KEV CAIS TAWM THIAB KEV CAIV

Hauv qab no yog qee cov lus qhia txog kev caiv rau cov lus nug uas nug heev tshaj.

### PUAS YOG KOJ RAUG KUAJ POM TIAS MUAJ KAB MOB COVID?

Yog tias koj kuaj pom muaj tus kab mob COVID-19 koj yuav tsum nyob hauv tsev thiab cais tawm tsawg kawg 5 hnuv txij li hnuv kuaj pom muaj kab mob los. Koj tuaj yeem xaus kev cais tawm thiab rov mus kawm ntawv yog tias cov tsos mob zoo lawm THIAB mus kuaj tus antigen/rapid test rau thaum ntawd los yog ua ntej Hnuv 5 tias tsis muaj kab mob (negative). Nrog rau qhov kev kuaj tias tsis muaj kab mob (negative) thiab cov tsos mob zoo lawm, qhov ntxov tshaj plaws uas koj tuaj yeem rov qab tuaj kawm ntawv tau yog Hnuv 6. Yog tias koj kuaj pom tias muaj kab mob rau Hnuv 5 lossis koj tsis kuaj, koj tuaj yeem rov qab tuaj kawm ntawv tau rau Hnuv 11. Tsis txhob mus kuaj dua tom qab kuaj hnuv 5. Hauv qhov tseeb, tsis txhob kuaj dua rau 90 hnuv tshwj tsis yog tias koj muaj tsos mob.

### PUAS YOG KOJ RAUG TXHEEB XYUAS TIAS TAU NYOB ZE RAU LOSSI NYOB NROG IB TUG NEEG UAS MUAJ KAB MOB COVID?

Ib tus neeg uas tau nyob ze rau *uas tsis tau txhaj tshuaj tiv thaiv* yuav tsum nyob twj ywm hauv tsev thiab caiv (quarantine) tsawg kawg 5 hnuv tom qab lawv tau sib ntsib zaum kawg nrog tus neeg muaj kab mob. Koj yuav tsum kuaj rau Hnuv 5 thiaj li rov qab mus ua haujlwm/mus kawm ntawv tau rau hnuv 6 yog tias qhov kev kuaj qhia tau tias tsis muaj kab mob (negative). Qhia koj qhov kev kuaj tau tias tsis muaj kab mob rau koj lub tsev kawm ntawv lub chaw ua haujlwm lossis tus thawj saib xyuas paub thaum rov qab tuaj. Yog tias koj kuaj pom tias muaj kab mob (positive), cais tawm raws li hais qhia saum toj no. Yog tias koj tsis kuaj, koj tuaj yeem rov qab mus kawm ntawv tau rau 10 hnuv tom qab zaum kawg tau sib cuag. Nco ntsoov - rau cov tub/ntxhais kawm ntawv uas tau nyob ze rau ib tug neeg uas muaj tus kab mob hauv tsev kawm ntawv, ua raws li cov kev caiv uas tau hloov kho thiab koj tus menyuam tuaj yeem mus kawm ntawv yog tias tus menyuam kawm ntawv/tsev neeg muab kev tso cai rau kev kuaj COVID.

## **PUAS YOG KOJ RAUG TXHEEB XYUAS TIAS YOG IB TUG NEEG TSIIS TAU TXHAJ TSHUAJ TIV THAIV UAS TAU NYOB ZE RAU IB TUG NEEG MUAJ KAB MOB HAUS TSEV NEEG?**

Ib tus neeg *uas tsis tau txhaj tshuaj tiv thaiv* hauv tsev neeg yuav tsum caiv txij li hnuv tus neeg kawg hauv tsev kuaj pom tau tias muaj kab mob. Txhua tus neeg hauv tsev neeg yuav tsum kuaj COVID-19 rau Hnub 5. Yog tias tus neeg uas muaj kab mob ntawd kuaj tau tias tsis muab kab mob lawm, nrog rau tag nrho txhua tus neeg hauv tsev neeg, thiab cov tib neeg tsis muaj tsos mob li lawm, lawv tuaj yeem rov qab mus kawm ntawv rau Hnub 6. Yog tias tus neeg muaj kab moj ntawd rov qab kuaj pom tias muaj kab mob dua rau Hnub 5, ces txhua tus neeg hauv tsev neeg yuav tsum nyob hauv tsev 5 hnuv ntxiv thiab kuaj dua ua ntej rov qab mus kawm ntawv. Qhia koj qhov kev kuaj tau tias tsis muaj kab mob rau koj lub tsev kawm ntawv lub chaw ua haujlwm lossis tus thawj saib xyuas paub thaum rov qab tuaj. Yog tias ib tus neeg hauv tsev kuaj pom tias muaj kab mob, rov qab mus saib rau cov lus qhia yog tias kuaj pom tias muaj tus kab mob COVID.

## **PUAS YOG KOJ RAUG TUS KAB MOB COVID THIAB TWB TAU TXHAJ TSHUAJ TIV THAIV PUV TAG NRHO LAWM?**

Yog tias koj *tau txhaj tshuaj tiv thaiv puv tag nrho lawm* thiab tsis muaj cov tsos mob, koj tsis tas yuav caiv thiab koj tuaj yeem mus kawm ntawv/ua haujlwm tau. Koj mus kuaj rau hnuv 3-5 txij hnuv koj tau nyob ze rau ib tug neeg muaj kab mob. Yog tias koj nyob hauv tsev nrog ib tus neeg uas tau kuaj pom tias muaj kab mob los koj tseem tuaj yeem rov qab mus kawm ntawv/ua haujlwm tau, txawm licas los xij koj yuav tsum mus kuaj tam sim ntawd, thiab kuaj ntxiv rau Hnub 5 txij li thaum koj tus neeg hauv tsev tau kuaj pom tias muaj kab mob lawm. Xav kom cov neeg uas tau txhaj tshuaj tiv thaiv puv tag nrho mus txhaj koob tshuaj thib peb (booster) yog tias tsim nyog.

## **COV KEV QHIA TIAS UA LICAS YOG TIAS MUAJ MOB**

- Yog tias koj muaj tsos mob, nyob twj ywm hauv tsev tsuas yog mus kuaj mob lossis nrhiav kev kho mob. Koj tuaj yeem rov mus kawm ntawv yog tias koj kuaj tau tias tsis muaj kab mob thiab cov tsos mob zoo tag lawm. Yog tias koj tsis kuaj, nyob twj ywm hauv tsev 10 hnuv txij li hnuv koj thawj zaug muaj cov tsos mob.
- Txhua tus neeg ua haujlwm hauv SCUSD, cov tub/ntxhais kawm thiab cov neeg hauv tsev tuaj yeem nkag mus kuaj COVID-19 dawb tau ntawm Serna Center thaum 10-4 PM teev tsaus ntu lossis ntawm Albert Einstein Middle School thaum 4-7 PM. Txhawm rau kom txo qis kev sib kis kab mob hauv peb cov tsev kawm ntawv, Tsev Kawm Ntawv Chav Saib Xyuas Kev Kuaj thiab Kuaj Xyuas yog rau cov tub/ntxhais kawm thiab cov neeg ua haujlwm nkaus xwb. Lwm cov neeg hauv zej zog tuaj yeem nkag mus kuaj dawb tau ntawm cov chaw kuaj nyob ntawm [www.saccounty.gov/COVID-19/Pages/Symptom-Screening\\_MobileTestingSite.aspx](http://www.saccounty.gov/COVID-19/Pages/Symptom-Screening_MobileTestingSite.aspx).
- Koj tuaj yeem nrhiav tau kev qhia txog kev saib xyuas koj tus kheej thiab lwm tus thaum cais tawm nyob ntawm <https://dhs.saccounty.gov/PUB/Documents/Communicable-Disease-Control/GD-HomelSolationInstructions.pdf>.
- Loj lub ntaub npog qhov ncauj kom haum zoo thaum twg koj nyob ib puag ncig lwm tus sab nraum koj tsev neeg thiab txhua zaus thaum nyob hauv tsev kawm ntawv lossis ua haujlwm, xyuas kom meej tias npog tau koj lub qhov ntswg thiab qhov ncauj.

## **COVID-19 HELPLINE**

Koj puas yog SCUSD ib tug tub/ntxhais kawm, neeg ua haujlwm lossis ib tug ntawm tsev neeg uas tau kuaj pom tias muaj kab mob lossis tau nyob ze rau ib tus neeg muaj kab mob, thiab muaj lus nug txog kev cais tawm lossis kev caiv? Tam sim no peb muaj COVID-19 Helpline los pab teb koj cov lus nug.

**Muaj Cov Kws Taug Qab Kev Kis Kab Mob (Contact Tracing Nurses) pab tau koj hnuv Monday -Friday**  
(thaum muaj kawm ntawv) thaum 10:00 a.m. – 5:00 p.m. tsis xam cov hnuv caiv (holiday).

**Hu losis Text: (916) 559-0951**