

COVID-19

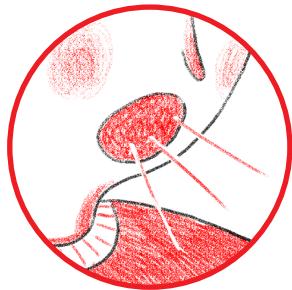
KEV CIM NTAWM TUS KAB MOB THIAB TXOJ KEV TAUG NTAWM KEV KIS MOB

Tus neeg raug kab mob aws COVID-19 xub thawj tshwm sim mob xws li mob kub dias hau xws li: Kub tob hau, hnoos, ua pa nyuab... Thaum mob nyhav lawm yuav ua rau mob lub ntsws, ua pa nyuab, yuav ua rau tus tib neeg tuag tau.



- **Ua npaws**
- **Teeb meem ua pa**
- **Ho**

Yam mob no sib kis los ntawm tib neeg thiab tib neeg rau ntawm cov pa nrog kua uab ncaug thaum tus neeg mob hnoos, txham, khaus qhov ntswg; thiab kis rau ntawm tej yam khoom muaj kab mob lo rau koj ho mus kov raug.



Kev hnoos, txham

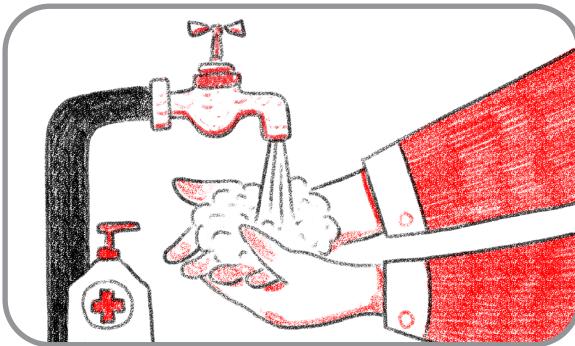
Los ntswg

Kev sib cav

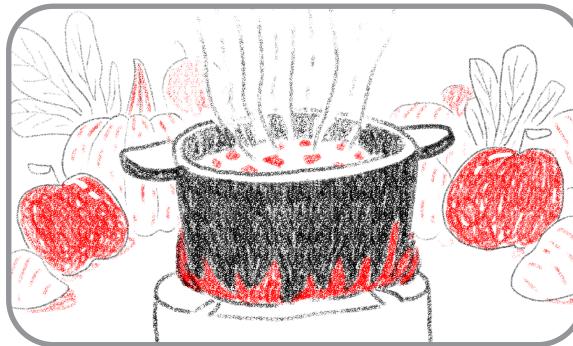
ncov.moh.gov.vn

YUAV UA LI CAS

TXHAWM RAU TIV THAIV DAIM NPOG-19



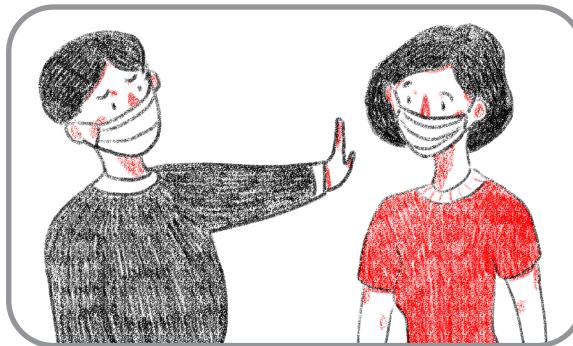
Nco ntsoov xuas tshuaj xà phòng los yog yam tshuaj kua ntsim muaj (cồn) ntxuav tes tag mus li lub sij hawm ntxuav tes tsawg kawg nkaus yog 30 giây



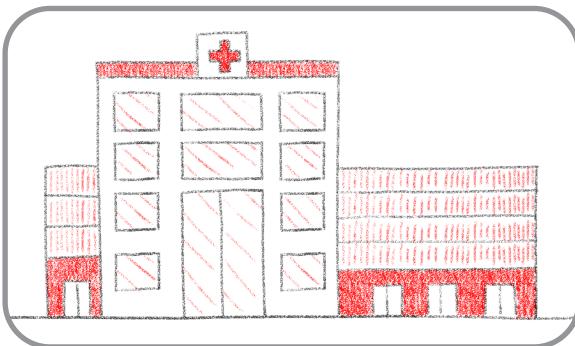
Qoj ib ce, tes taw, noj kom siav haus kom kub, thiab noj yam khoom noj muaj nuj nqi rau yus lub cev kom ntxiv zog rau yus lub zog



Tu vaj tse kom huv si, qhib qhov rooj kom dim pa, cheb vaj tse huv si, xuas xà phòng, los yog yam tshuaj ntxuav, ntxuav rooj tog, tsev tawm rooj, thiab ris tsho huv si



Txhob mus ntawm qhov chaw muaj neeg coob, thaum koj tham lus nrog lwm tus yuav nrug deb li 2m



Koj hu kiag rau tsev kho mob ze ntawm koj thaj chaw nyob thaum koj tshwm sim yam mob xws li kub tob hau, hnoos, ua pa nyuab, los sis koj hu kiag rau nom tswv tiv thaiv kab mob aws COVID-19 npawb xov tooj yog: **1900 3228**, thiab **1900 9095**



Coj ntaub npog ncauj kom vov tag qhov ncauj qhov ntswg thau nyob tshav puam muaj neeg coob. Txhob xuas tes kov sab nraum daim ntaub npog ncauj. Yog ntaw npog ncauj yog ntaub ces muab ntxhua tau siv ntaw zaus. Muab ntaub npog ncauj siv ib zaug pov tseg kom muaj chaw.

ncov.moh.gov.vn

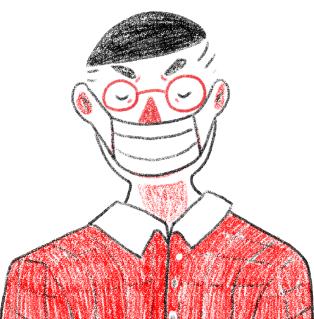
COV UAS YUAV TSUM TAU

CAIS TAWM RAU DAIM-19



F0 YOG TUS TIB NEEG KIS KAB MOB AWS COVID-19

- Yuav tau mus pw kho mob rau hauv tsev kho mob
- Yus yuav tau tu yus tus kheej kom txhob kis rau lwm tus



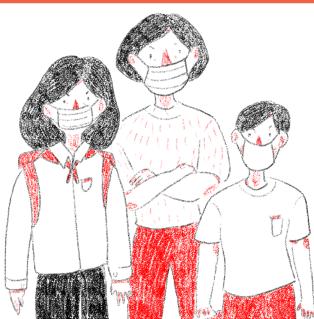
F1 - YOG TUS NEEG TAU SIB THAM NROG RAU TUS NEEG F0

- Coj ntaub npog ncauj
- Qhia rau tsev kho mob nyob ze ntawm thaj chaw koj nyob
- Npaj khawb khoom yuav mus nrug rau ib thaj chaw
- Qhia rau F2 paub txog teeb meem ntawm yus tus kheej



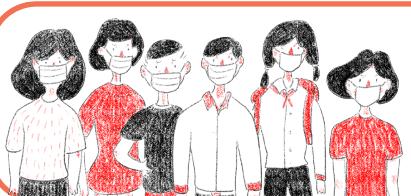
F2 - YOG TUS NEEG TAU SIB THAM NROG RAU TUS NEEG F1

- Coj ntaub npog ncauj
- Qhia rau tsev kho mob nyob ze ntawm thaj chaw koj nyob
- Npaj khoom thiab yuav tsum nyob nrug ib leeg xws li kev qhia los ntawm kws kho mob (nyob rauv hauv tsev los yog nyob thaj chaw sawv daws raug tuaj nyob nrug)
- Qhia rau F3 paub txog teeb meem ntawm yus tus kheej



F3 - YOG TUS NEEG TAU SIB THAM NROG RAU TUS NEEG F2

- Coj ntaub npog ncauj
- Qhia rau tsev kho mob nyob ze ntawm thaj chaw koj nyob
- Npaj khoom thiab yuav tsum nyob nrug ib leeg xws li kev qhia los ntawm kws kho mob (nyob rauv hauv tsev los yog nyob thaj chaw sawv daws raug tuaj nyob nrug)
- Qhia rau F4 paub txog teeb meem ntawm yus tus kheej

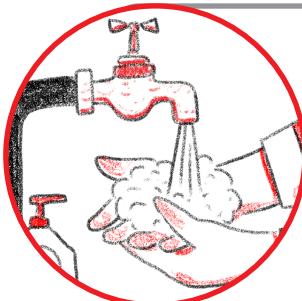


F4 - YOG TUS NEEG TAU SIB THAM NROG RAU TUS NEEG F3

- Yus tus kheej tau nrug ib leeg hauv tsev
- Qhia rau tsev kho mob nyob ze ntawm thaj chaw koj nyob

ncov.moh.gov.vn

10 YAM YAM TUB-NTXHAIS KAWM NTAWV YUAV TSUM UA NYOB HAUV TSEV THIAB TOM TSEV KAWM NTAWV TXHAWM RAU TIV THAIV COVID-19



1 - Ntxuav koj ob txhais tes nrog dej huv thiab xab npum (los yog tshuaj ntxuav tes kom huv) tsis tu ncua nyob rau lub sijhawm no:

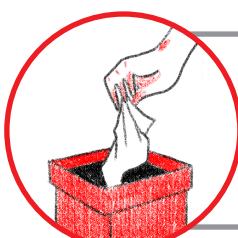
- Ua ntej yuav mus kawm chav
- Ua ntej thiab tom qab noj mov
- Tom qab tawm mus, muaj sijhawm so
- Tom qab siv tsev plob tas, thaum koj txhais tes tsis huv lawm



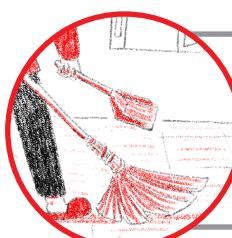
2 - Hnav ris tsho kom sov yuv lub cev, noj kom siav, hau kom kub



3 - Xuas yus sab luij tshib npog qhov ntswg, qhov ncauj thaum hnoos, txham



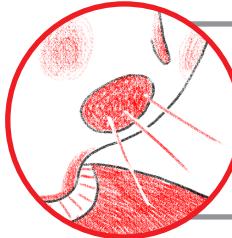
4 - Muab tej yam tsis yuav lawm pov tseg kom muaj chaw



5 - Cheb vaj tse, tsev kawm kom huv si



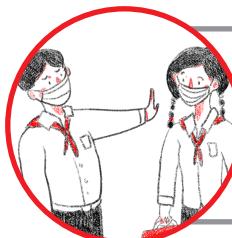
6 - Txhob muab tes rau saum qhov muag, qhov ncauj thiab qhov ntswg



7 - Txhob hnoos, nti Aub ncaug rau ntawm tej do dig



8 - Tsis txhob sib koom cov khoom ntiag tug



9 - Txhob nyob ntawm qhov chaw muaj neeg coob nyob ua ke



10 - Qhia rau niam thiab txiv los yog kws qhia ntawv thaum yus tshwm sim mob hnoos, kub tau hau, ua pa nyuab.

ncov.moh.gov.vn