

Cov Nqe Lus Nquag Nug Txog Tus Kab Mob Novel Coronavirus (COVID-19)

Rau Cov Niam Txiv thiab Cov Tsev Neeg ntawm Ib Tug Menyuum Yaus uas

Tsis Taus

Raug tsim kho los ntawm:



Lub ntiaj teb tab tom nqis tes tiv thaiv qhov teeb meem xwm txheej ceev rau kev noj qab haus huv ntawm pej xeeb sawd daws rau tus kab mob 2019 Novel Coronavirus (COVID- 19). Yuav tiv thaiv qhov teeb meem xwm txheej ceev no, [Tus Tswv Xeev yawg Kate Brown, tau hais kom kaw cov tsev kawm ntawv nyob hauv Oregon txij hnub Monday, Lub Peb Hlis Tim 16 mus txog rau Hnub Tuesday, Lub Plaub Hlis Tim 28](#). Thaum lub sijhawm kaw tsev kawm ntawv no yuav tshwm sim ntau yam kev nyuaj siab, nws yog ib txoj hau kev zoo tshaj plaws rau kev thaiv tus kab mob kom tau, ua kom sib kis tau qeeb, thiab tiv thaiv txoj sia ntawm cov neeg nyob hauv Oregon.

Peb nkag siab tias yeej muaj ntau cov nqe lus nug txog qhov teeb meem tshwm sim tam sim no thiab peb xav kom cov neeg nyob hauv txhua lub zos paub txog cov lus qhia no thiab pab nrhia tej xov xwm, chaw pab thiab kev pab txhawb ntxiv. Yuav tsis muaj koj ib leeg xwb thiab peb yuav sib koom tes ua ke ua mus kom dhau qhov teeb meem no. Yog koj muaj lus nug txog feem kev cuam tshuam rau tom tsev kawm ntawv yeeb vim tus kab mob COVID-19 uas muaj tej yam tseem tsis raug hais qhia rau hauv daim ntawv no, thov xa mus rau ntawm [no](#).

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Kuv tus menyuam yuav nkag los kawm ntawv tau li cas?

Thaum lub sijhawm kaw cov tsev kawm ntawv, cov chaw saib xyuas tsev kawm ntawv thiab cov kev pab txhawb vim yog tus kab mob COVID-19 no, yeej tsis muaj kev kawm ntawv los sis qhia ntawv rau cov menyuam kawm ntawv lawm (los sis nyob rau kis ntawm ECSE, mus txog rau txhua tus menyuam kawm ntawv uas koom rau qhov kev qhia ntawv no), yuav tsis muaj kev qhia ntawv rau cov menyuam kawm ntawv uas tsis taus rau ntawm cov tsev kawm ntawv, cov chaw saib xyuas tsev kawm ntawv, thiab cov kev pab txhawb ub no rau thaum lub sijhawm no, tshwj tsis yog yuav muab kev qhia tshwj xeeb los ntawm tus menyuam kawm ntawv qhov IFSP los sis IEP (xws li., cov kev qhia ntawv Rau Xyoo Muab Sijhawm Ntxiv). Muaj ntau cov ntaub ntawv nyob hauv phau ntawv no uas koj tuaj yeem siv rau koj tus menyuam tau. Koj lub chaw saib xyuas tsev kawm ntawv yuav tsum npaj qhia ntawv ntxiv thiab pab txhawb kev kawm rau qhov qhia ntawv ntxiv no.

Peb xav kom cov niam txiv xav txog yam kev kawm ntawv rau thaum lub sijhawm no los ntawm ob qho sib txawv, txhua lub tswv yim qhia ntawv yeej muaj qhov zoo thiab tsis zoo rau kev kawm ntawv ntawm tus menyuam. Ob lub tswv yim qhia ntawv no yog: (1) qhia ntawv rau cov neeg tuaj koom thiab (2) muab kev kawm ntawv thiab kev pab txhawb ntxiv.

Kawm Kom Tau Credit (Credit-Earning)/Kawm Raws Li Txheej Txheem Kawm (Standards-Based Instruction) muaj rau thaum teb rau cov nqe lus nug nram qab no tias ‘yog’:

- Cov menyuam kawm ntawv puas kawm tau cov credit kom kawm tiav los sis kawm nce rau theem qeb kawm?
- Lub tsev kawm ntawv/lub chaw saib xyuas tsev kawm ntawv puas muab kev qhia ntawv mus raws li cov sijhawm kawm ntawv?
- Kev mus kawm ib hom kawm ntawm tus menyuam puas pab txhawb ua rau kawm tiav rau hom kawm ntawd?
- Qhov kev qhia ntawv no puas npaj qhia raws cov tswv yim thiab cov ntsiab lus tshiab?
- Qhov kev qhia ntawv no puas raug qhia mus raws li cov qauv cai kev qhia ntawv?

Yog muab sib piv, *Kev Qhia Ntawv Ntxiv thiab Kev Pab Txhawb Rau Kev Kawm* muaj rau thaum:

- Tus menyuam kawm ntawv tsis tuaj yeem kawm kom tau credit rau hom kawm ntawd txawm tias yuav muab qhab nia rau txoj haujlwm ua tiav thiab ua tsis tiav.
- Lub tsev kawm ntawv/lub chaw saib xyuas tsev kawm ntawv yeej tsis suav cov sijhawm rau cov sijhawm kawm ntawv no
- Kev mus kawm ntawm tus menyuam kawm ntawv yog ib qho kev xaiv, tsis yog yuav tsum mus kawm
- Tsis muaj (los sis tsawg kawg) kev qhia cov ntsiab lus tshiab. Qhov kev qhia ntawv no tsuas yog saib xyuas cov qub los sis qhia kom nco qab cov ntaub ntawv qub xwb
- Qhov kev qhia ntawv no tsuas yog pab kom cov menyuam kawm ntawv nco tau los sis siv cov txuj ci kawm dhau los
- Lub hom phiaj yog npaj rau cov menyuam kawm ntawv uas nce raws thiab raug saib xyuas, rau cov noj qab nyob zoo thiab cov muaj teeb mee puas hlwb

Hauv txhua lub tswv yim qhia ntawv no, qhov tseem ceeb ces yuav muab kev qhia ntawv sib txawv dua qhov ib txwm kawm hauv cov tsev kawm ntawv thiab cov kev pab qhia ntawv rau cov menyuam yaus. Hauv ob lub tswv yim qhia ntawv no, qhov tseem ceeb ces yuav tsum tuav tswj cov menyuam kawm ntawv cov cai kom tau.

Kev kawm ntawv tshwj xeeb thiab lwm cov kev qhia ntawv uas yuav tsum kom koj tus menyuam tau txais kev qhia ntawv raws li Kev Qhia Ntawv Dawb Kom Tsim Nyog Rau Sawd Daws (Free Appropriate Public Education, FAPE). Qhov tseem ceeb ces yuav tau nco ntsoov tias thaum lub sijhawm kaw tsev kawm ntawv no, txawm thaum ib lub tsev kawm ntawv los sis lub chaw saib xyuas tsev kawm ntawv muab kev qhia ntawv kom Mus Kawm, muab kev qhia ntawv IEP yeej sib txawv dua qhov qhia ntawv thiab kawm ntawv rau hauv tsev kawm ntawv uas ib txwm kawm. Yog li ntawd, yog ib lub tsev kawm ntawv los sis ib qho kev qhia ntawv kom tau Credit-Earning/Standards-Based Instruction, lawv yuav tsum pib muab kev qhia ntawv tshwj xeeb rau. Yog ib tug menyuam kawm ntawv tsis tuaj yeem kawm cov ntaub ntawv uas raug muab qhia kom kawm tau credit, yuav tsum kawm kom tau lwm cov kev kawm uas zoo ib yam li no, los sis zoo sib xws li qhov kev qhia ntawv rau tus menyuam kawm ntawv raws cov hom phiaj ntawm IEP. Yuav tsum muab cov ntaub ntawv thiab kev pab txhawb qhia ua hom lus uas tus menyuam kawm ntawv tuaj yeem nkag mus saib tau, txawm li cas los xij, qhov kev qhia ntawv tshwj xeeb no koj tus menyuam yuav tsum tau txais kev kawm raws FAPE uas yuav muab kev qhia sib txawv dua rau thaum lub sijhawm kaw tsev kawm ntawv vim tus kab mob COVID-19.

Txawm li cas los xij, yog ib lub chaw saib xyuas tsev kawm ntawv, tsev kawm ntawv, los sis ib qho kev qhia ntawv muab Kev Qhia Ntawv Ntxiv thiab Pab Txhawb Rau Kev Kawm, lub chaw saib xyuas tsev kawm ntawv, lub tsev kawm ntawv, los sis qhov kev qhia ntawv yuav tsum saib xyuas kom cov menyuam mos, cov menyuam paub mus kev, los sis cov menyuam yaus tuaj yeem mus kawm tau cov kev qhia ntawv pab txhawb ntxiv no. Thaum muab Kev Qhia Ntawv Ntxiv thiab Pab Txhawb Rau Kev Kawm, yuav tsum tsis muab kev qhia ntawv tshwj xeeb los sis qhia ntawv raws li ib txwm qhia rau cov menyuam kawm ntawv. Lub hom phiaj no npaj ua kom nco qab cov txuj ci kev kawm yav dhau los xwb. Hauv lub tswv yim qhia ntawv no, yuav tsum saib xyuas kom sawd daws nkag mus kawm tau ywj pheej thiab muaj kev ncage raws li qhov muaj kev qhia ntawv rau sawd daws. Kev muab kev yooj yim thiab/los sis kev hloov kho yuav tsum saib raws li cov menyuam kawm ntawv IEPs kom lawv tuaj yeem mus koom qhov Kev Qhia Ntawv Ntxiv thiab Kev Pab Txhawb Rau Kev Kawm uas muaj rau txhua tus menyuam kawm ntawv. Nws yeej zoo li no rau txhua lwm tus menyuam kawm ntawv, qhov kev kawm ntawv tshwj xeeb thiab pab txhawb no yuav sib txawv dua qhov kev qhia ntawv rau hauv cov tsev kawm ntawv raws li ib txwm kawm. Thaum muab Kev Qhia Ntawv Ntxiv thiab Pab Txhawb Rau Kev Kawm, cov chaw saib xyuas tsev kawm ntawv, cov tsev kawm ntawv, thiab cov kev pab txhawb yuav tsum npaj saib xyuas kom sawd daws nkag mus siv tau cov ntaub ntawv thiab cov kev pab txhawb tau.

Lub sijhawm hauv xyoo kawm ntawv no puas raug muab ntxiv?

Tseem tsis muab kev txiav txim siab rau thaum lub sijhawm no.

Cov menyuam kawm ntawv puas tuaj yeem kawm tau cov credits li cas thiab yuav kawm tau thaum twg?

ODE tab tom tsim kho cov lus qhia rau cov chaw saib xyuas tsev kawm ntawv ntsig txog cov cai siv rau qhov kev qhia ntawv ntxiv thiab kev pab txhawb rau kev kawm uas yuav raug siv rau lwm cov khauj ruam tom ntej rau kis tseem yuav kaw tsev kawm ntawv mus ntxiv. Cov lus

qhia no yuav pauv hloov mus raws li kev pauv hloov ntawm tus kab mob COVID-19.

Cov tsev kawm ntawv puas raug hais kom muab kev qhia ntawv ntiv. Kuv muaj kev cia siab li cas rau qhov ntawd?

Txawm tias ODE yuav muab cov lus qhia rau cov chaw saib xyuas tsev kawm ntawv, qhov kev txiav txim no yuav tsum yog txiav txim sab hauv uas saib raws li qhov muaj tseeb ntawm txhua lub tsev kawm ntawv (xws li., lub tsev kawm ntawv yuav muab kev qhia ntawv tiag rau txhua tus menyuam kawm ntawv, muaj cov haujlwm uas tsis yog kawm kom tiav qeb kawm, thiab cov haujlwm, cov ntaub ntawv uas cov tsev neeg tuaj yeem siv nrog cov menyuam kawm ntawv, los sis lwm cov ntaub ntawv foos ntawm kev qhia ntawv ntxiv thiab kev pab txhawb rau kev kawm uas txaus siab los ntawm lub tsev kawm ntawv). Txhua lub chaw saib xyuas tsev kawm ntawv yuav txiav txim txog yam uas phim raws li lawv cov menyuam kawm ntawv.

Feem ntau, *Kev Qhia Ntawv Ntxiv thiab Kev Pab Txhawb Rau Kev Kawm* muaj rau thaum:

- Tus menyuam kawm ntawv tsis tuaj yeem kawm kom tau credit rau hom kawm ntawd txawm tias yuav muab qhab nia rau txoj haujlwm ua tiav thiab ua tsis tiav.
- Lub tsev kawm ntawv/lub chaw saib xyuas tsev kawm ntawv yeej tsis suav cov sijhawm rau cov sijhawm kawm ntawv no
- Kev mus kawm ntawm tus menyuam kawm ntawv yog ib qho kev xaiv, tsis yog yuav tsum mus kawm
- Tsis muaj (los sis tsawg kawg) kev qhia cov ntsiab lus tshiab. Lub hom phiaj ntawm qhov kev qhia ntawv no tsuas yog hais txog cov ntaub ntawv qub, kawm kom nco tau cov ntaub ntawv qub thiab kawm tej uas tsis nkag siab xwb
- Qhov kev qhia ntawv no tsuas yog pab kom cov menyuam kawm ntawv nco tau los sis siv cov txuj ci kawm dhau los
- Lub hom phiaj yog npaj rau cov menyuam kawm ntawv uas nce raws thiab raug saib xyuas, rau cov noj qab nyob zoo thiab cov muaj teeb mee puas hlwb

Kiag thaum muab Kev Qhia Ntawv Ntxiv thiab Kev Pab Txhawb Rau Kev Kawm rau txhua tus menyuam kawm ntawv, koj tus menyuam kawm ntawv tuaj yeem mus kawm tau cov kev qhia ntawv no tau. Cov chaw saib xyuas tsev kawm ntawv yuav tsum saibx yuas kom muab kev qhia ntawv ntxiv thiab kev pab txhawb rau kev kawm rau txhua tus menyuam kawm ntawv, muab kev qhia ntawv ntxiv thiab pab txhawb rau kev kawm kom tsim nog rau cov menyuam kawm ntawv uas tsis taus. Cov kev pab txhawb no yuav tsis zoo li cov kev pab txhawb uas cov menyuam kawm tau txais rau hauv cov tsev kawm ntawv raws li qhov ib txwm qhia ntawv, tab sis yuav tsum muab kev pab txhawb rau kev kawm mus ntxiv rau txhua tus menyuam kawm ntawv kom tsim nyog thiab kom nej cov menyuam tsis taus tau kawm ntawv rau thaum lub sijhawm kaw tsev kawm ntawv no. Qhov kev qhia ntawv no yuav qhia sib txawv dua qhov ib txwm qhia raws li qhov IEP vim qhov kev qhia ntawv ntxiv rau thaum lub sijhawm kaw tsev kawm ntawv no tsis yog yuav qhia kom zoo ib yam li qhov ib txwm qhia.

Puas muaj kev zam rau peb cov menyuam kawm ntawv tsis taus kom tseem kawm rau hauv tsev kawm?

Thaum lub sijhawm kaw tsev kawm ntawv no yuav muaj kev nyuaj siab ntxiv rau cov niam txiv

ntawm cov menyuam kawm ntawv uas yuav tsum tau muab kev pab txhawb ntxiv, suav txog cov menyuam uas yuav tsum tau muab kev pab txhawb rau fab kev xav thiab kev coj tus cwm pwm. Txawm li cas los xij, thaum lub sijhawm no, yuav tsis muaj kev pab nyiaj dab tsi rau txhua chav kawm los sis cov tsev kawm ntawv, tsis hais hom twg los xij, los sis yam kev pab txhawb xav tau los ntawm cov menyuam kawm ntawv kom muab kev qhia rau thaum lub sijhawm kaw tsev kawm ntawv no. Peb yeej nkag siab tias kev kawm tsev kawm ntawv vim tus kab mob COVID-19 no yeej tsim kev nyuaj siab rau ntau cov tsev neeg, nws yog ib yam tseem ceeb uas yuav tau muab kev tiv thaiv rau tej yam kab mob sib kis tshwm sim zoo li no. Yeej tseem ua tau, txawm tias yuav muaj tsawg leej menyuam kawm ntawv tseem xav tau kev qhia ntawv qee yam ntawm FAPE mus ntxiv rau thaum lub sijhawm kaw tsev kawm ntawv no los xij, tab sis pawg kws qhia ntawv ntawm IFSP/IEP yuav yog cov txiav txim siab raws li feem xav tau ntawm ib tug rau ib tug zuj zus.

Cov niam txiv tseem yog feem koom tes tseem ceeb rau qhov kev kawm ntawv ntawm cov tus menyuam rau thaum lub sijhawm kaw tsev kawm ntawv no, thiab yuav tau mus koom cov rooj sib tham txog kev txheeb xyuas, kev tshuaj ntsuam xyuas, IFSP/IEP thiab kev pauv hloov kev kawm rau lawv tus menyuam, thiab kev muab kev qhia ntawv pub dawb kom tsim nyog rau lawv tus menyuam. Yog tau npaj cov rooj sib tham ntawm IFSP/IEP, cov chaw saib xyuas tsev kawm ntawv, thiab cov kev pab txhawb qhia ntawv yuav ua haujlwm nrog cov niam txiv, cov tsev neeg thiab cov kws qhia ntawv los npaj cov rooj sib tham ntawm IFSP/IEP raws li qhov tsim nyog xws li sib tham raws hauv xov tooj los sis tuaj sib ntsib tiag (xws li., Zoom, GoToMeeting, Google Meet, Cisco Webex). Yuav ua kom mus raws li cov lus qhia saib xyuas kev noj qab haus huv tam sim no, ODE xav kom cov niam txiv pom zoo siv cov cai caiv thaum mus koom ub no xws li cov lus qhia txog kev nyob kom sib nrug deb ntawm lwm cov neeg, yog li ntawd txoj cai no yeej tseem muaj txiaj ntsig rau qhov mus koom lub rooj sib tham ntawm niam txiv. Vim muaj tus kab mob COVID-19 no, tej zaum cov chaw saib xyuas tsev kawm ntawv thiab cov kev pab txhawb rau kev kawm yuav tsis tuaj yeem npaj cov rooj sib tham ntawm IFSP/IEP tau rau thaum lub sijhawm no. Yog kis no tshwm sim, los sis yog lub rooj sib tham raug ncua uas ua rau tus niam txiv tsis pom zoo nrog, lub chaw saib xyuas tsev kawm ntawv yuav tsum xa Daim Ntawv Ceeb Toom Ua Ntej txog qhov teeb meem no mus rau tus niam txiv. Hauv kis no, yog ib tug menyuam yuav tsum tau txais kev qhia ntawv rau thaum lub sijhawm no thiab ua tsis tau, lub chaw saib xyuas tsev kawm ntawv los sis qhov kev pab txhawb rau kev kawm yuav tsum npaj lub rooj sib tham ntawm IFSP/IEP kiag tam sim ntawd los sib tham seb puas tau muab kev qhia ntawv FAPE rau, thiab yog tsis tau, yuav daws qhov teeb meem no li cas.

Tsis muaj ib txoj hau kev tshwj xeeb uas yuav daws tau cov teeb meem no. Kev daws kom tsim nyog yog yuav tsum saib raws li qhov xav tau ntawm tus menyuam kawm ntawv, tab sis yuav tsum muaj cov kev qhia ntawv tshwj xeeb ntxiv, muab kev pab txhawb ntxiv rau hauv lub xyoo kawm, los sis muab kev qhia ntawv ntxiv rau.

Kev Tswj Lub Sijhawm Thaum Nyob Deb Tom Tsev Kawm Ntawv

Kuv puas npaj ib lub sijhawm qhia ntawv rau kuv tus menyuam thaum lub sijhawm kaw tsev kawm ntawv no?

Yog, kev muab kev qhia ntawv rau cov ntaub ntawv kawm dhau los yog ua tau, thiab npaj qhia cov tshiab los yeej tau, qhia kom xwm yeem, thiab raws lub caij nyoog rau koj cov menyuam rau thaum lub sijhawm kaw tsev kawm ntawv. Piv txwv, yog koj ib txwm sawv ntxov thaum 6

teev sawv ntxov thiaj npaj txhij mus tom tsev kawm ntawv, yuav tsum ua raws li qhov no. Cov menyuam yaus yuav kawm tau ntawv zoo yog muaj kev qhuab qhia tsim nyog. Txawm tias yuav muaj tej yam cuam tshuam rau lawv qhov lub caij ib txwm kawm los xij, kav tsij muab kev pab txhawb qhia ntawv rau lawv kom xwm yeem kom lawv yoog mus raws li qhov kev pauv hloov kawm ntawv tshiab no. Nov yog [tib lub sijhawm npaj kawm rau txhua hnuv](#).

Kuv puas tuaj yeem koj kuv tus menyuam mus rau hauv lub zej zos tau (xws li., lub tiaj nyom ua si, lub khw muag ice cream) thaum lawv dhuav nyob rau hauv tsev lawm?

Cov kws kho mob tau hais tias yeej tsis pub cov menyuam yaus tawm mus ua si rau ntawm cov tiaj nyom uas nyob ib puag ncig ntawm lawv. Kev nyob kom sib nrug deb yeej yog ib qho ua tau nyuaj rau cov menyuam yaus, tshwj xeeb mas thaum tsis muaj yam zoo xws li yam muaj nyob rau ntawm cov tiaj nyom. Kuj tsis paub meej tias tej khoom ua si nyob ntawm lub chaw ua si puas tsuas tej kab mob ub no, uas tuaj yeem tsuas rau ntsej muag ntawm cov menyuam yaus thaum lawv tuav yam khoom ua si ntawd. Muaj lwm cov ntaub ntawv rau ntawm [no](#).

Nws puas muaj kev nyab xeeb rau kuv tus menyuam tawm mus ua si rau sab nrauv?

Yog ua raws li cov cai nyob kom sib nrug deb ntawm lwm cov neeg, cov menyuam yaus tuaj yeem tawm mus rau sab nrauv tau. Tsis pub mus rau ntawm qhov chaw uas muaj neeg coob tuaj sib ntsib ua ke. Thaum tawm mus sab nrauv, cov menyuam yaus yuav tsum tsis txhob ntsib

cov neeg sib txawv rau thaum lwm lub sijhawm lawv tawm mus. Lub chaw [Oregon Health Administration cov lus qhuab qhia](#) tias cov neeg hauv Oregon yuav tsum nyob “kom sib nrug deb tsawg kawg yog peb ko taw, tab sis qhov tseeb tiag yog rau ko taw, ntawm lwm tus neeg... [thiaj] tiv thaiv lawv tus kheej tau los ntawm tus kab mob thiab pab ua kom kev sib kis tus kab mob mus tau qeeb.”

Kev Sib Txuas Lus Nrog Lwm Cov Neeg

Kuv tuaj yeem pab kuv tus menyuam siv xov tooj los yog lwm yam khoov siv sib txuas lus nrog tsev neeg thiab cov phooj ywg tau li cas?

Pib yam ua tau yooj yim thiab siv yam uas tsim nyog raws li qhov kev loj hlob. Rau cov menyuam paub xyaum mus kev, siv qhov twj siv app sib tham pom duab vis dis aus txuas lus nrog tus neeg hlob. Rau cov menyuam yaus thiab cov hluas, lawv nyiam sau ntawv rau ib tug phooj ywg los sis vi social media sau ntawv sib qhi thiab sib tham pom duab vis dis aus. Thov ua tib zoo [saib xyuas koj tus menyuam kom muaj kev nyab xeeb thaum sib tham lus raws hauv online](#).

Qee cov tsev kawm ntawv yeej muaj cov koo pij tawj rau cov tsev neeg uas tsis muaj qiv tau siv rau kev kawm. Hu mus nug hauv koj lub chaw saib xyuas tsev kawm ntawv hauv lub zos seb puas muaj tej yam khoom siv zoo li no.

Kev Saib Raws Qhov Teeb Meem

Kuv yuav tham txog tus kab mob COVID-19 rau kuv tus menyuam li cas?

Lub tsev kawm qeb siab University of Michigan tau tshaj tawm txog [ghov xov xwm no](#) tias yuav tham txog tus kab mob COVID-19 li cas nrog koj cov menyuam. Lawv tau muab kev qhuab qhia txog tej yam no yog:

1. Siv hom lus kom phim raws li qhov kev loj hlob ntawm tus menyuam, siv hom lus yooj yim thiab cov lus ncaj ncees.
2. Hais txog tej yam muaj laj thawj ntseeg tau.
3. Ua raws li lawv coj thiab mloog seb lawv xav li cas.
4. Yuav tau tswj xyuas tej yam thiab ua kev lom zem raws li qhov koj ua tau.
5. Siv koj tus kheej lub sijhawm daws koj tus kheej qhov kev xav.

Lub chaw CDC kuj tau [qhia txog cov ntaub ntawv txhawm rau pab cov neeg tham txog tus kab mob COVID-19 nrog cov menyuam yaus tau li cas](#). Suav txog cov cai siv sib tham nrog cov menyuam yaus thiab cov ncauj lus uas muaj tseeb hais txog ntawm tus kab mob COVID-19.

Peb tuaj yeem tiv thaiv peb tus kheej tau li cas?

Nyob ntawm [lawv nplooj nawv FAQ](#), lub chaw Oregon Health Authority tau qhia txog cov ncauj lus uas cov neeg yuav ua li cas thiaj tsis muaj mob COVID-19.

Muaj cov khauj ruam yooj yim uas koj tuaj yeem siv tiv thaiv koj tus kheej thiab koj tsev neeg rau tus kab mob COVID-19 thiab tus kab mob ua npaws hnoos thiab lwm cov kab mob:

- Nquag siv tshuaj xub npuv thiab dej ntxuav txhais tes kom ntev tsawg kawg yog 20 chib (xis nkoos). Yog tsis muaj tshuaj xab npum thiab dej, ces siv tshuaj tsuag tua kab mob uas muaj cawv xyaw nrog.
- Zam tsis txhob kov koj lub qhov muag, qhov ntswg thiab qhov ncauj yog tias tsis tau ntxuav tes.
- Zam tsis txhob nyob ze cov neeg los sis cov tsiaj muaj mob.
- Nyob twj ywm rauu hauv tsev thaum koj muaj mob.
- Siv ntaub so npog qhov ncauj thaum koj hnoos los sis txham, ces mam muab nws pov tseg. Yog tsis muaj ntawv so ntswg, hnoos rau sab hauv koj lub luj tshib.
- Ua zoo ntxuav tej yam thoab cov chaw uas koj kov tas li kom thiaj tua tau kab mob.
- Zam tsis txhob tawm mus ncig rau ntawm cov chaw uas muaj npe rau hauv [CDC cov lus qhia tawm mus ncig](#).

Qhov tseem ceeb ces yuav tau saib xyuas koj lub cev kom muaj zog tiv thaiv tau:

- Noj cov khoom noj zoo.
- Ua ev xaws xais.
- So thiab pw kom tsaus.
- Tshaj cov tshuaj tiv thaiv kab mob raws li thaum txog caij mus txhaj. Qhov no suav txog hom tshuaj txhaj tiv thaiv kab mob ua khaub thuas. Nws yeej tsis lig rau kev

txhaj tshuaj tiv thaiv kab mob khaub thuas rau koj tus kheej, vim tseem cuam tshuam ua rau muaj mob tau rau hauv Oregon.

- Tso tseg txhob haus luam yeeb thiab tej yam nqus pa luam yeeb. Muaj cov ntaub ntawv tshawb fawb ua ntej dhau los pom tias cov neeg uas haus luam yeeb yog cov yuav muaj pheem mob loj tau los ntawm tus kab mob COVID-19. Yog koj xav txiav haus luam yeeb, muab kev pab dawb rau ntawm 1- 800-QUIT-NOW los sis rau ntawm www.quitnow.net/oregon.

Muaj cov ntaub ntawv raug sau ua ntau hom ntawv hais txog kev tiv thaiv.

- [Ntawv Hmoob](#)
- [Español / Ntawv Mev Spanish](#)
- [العربية اللغة / Ntawv Arabic](#)
- [简体中文 / Ntawv Suav Hom Yooj Yim](#)
- [繁體中文 / Ntawv Suav Hom Qub](#)
- [Русский / Ntawv Lav Xias](#)
- [Ntawv Af Soomaali / Ntawv Somali](#)
- [Tiếng Việt / Ntawv Nyab Lai](#)

Lub chaw CDC kuj muaj cov ntaub ntawv hais qhia txog kev tiv thaiv Tus Kab Mob Coronavirus 19 (COVID-19) rau ntawm [no](#). Lawv kuj muaj nplooj ntawv hais txog cov yeeb yam mob ntawm tus kab mob COVID-19 rau ntawm [no](#).

Yog kuv tus menyuam muaj mob yuav ua li cas?

[Lub chaw no](#) muaj nplooj ntawv piav qhia txog cov khaij ruam uas cov niam ntxiv yuav tsum tau ua yog thaum lawv tus menyuam muj mob COVID-19. Hauv lawv cov lus qhuab qhia, lawv muab lus qhiab rau cov niam txiv tias:

- Nyob twj ywm ntsiag to raws li qhov ua tau.
- Tham nrog ib tug kws kuaj mob.
- Saib xyuas koj tus menyuam rau tom tsev.
- Hais kom lwm cov neeg thiab muab tej tsiaj yug hauv tsev coj mus nyob kom deb ntawm koj tus menyuam deb li deb tau.
- Cia koj tus menyuam muaj mob ntawd nws siv nws ib chav da dej txhob siv nrog lwm tus chav, yog ua tau.
- Nquag ntxuav, tu thiab siv tshuaj tsuag tua kab mob rau koj txhais tes hom huv si.
- Pab saib xyuas kom koj tus menyuam tau so thiab pw txaus thiab haus dej kom ntau.
- Ntsia cov yeeb yam mob uas yuav tau muab kev pab kuaj mob ntxiv rau koj tus menyuam.

Yam kuv yuav tsum tau paub ntxiv muaj dab tsi?

Yeej tsis muaj ib pawg neeg, haiv neeg tsawg twg los sis cov neeg nyob hauv Teb Chaws Meskas uas yog hom neeg yuav tau tus mob los sis kis tus mob COVID-19 tau zoo dua lwm cov neeg. Thaum cov neeg muaj kev txhawj los sis txhawj xeeb txog tus kab mob COVID-19, qhov tseem ceeb ces tsis txhob cia qhov kev ntshai raug ntaus nqi tsis zoo rau cov phooj ywm, cov neeg nyob ib puag ncig ze los sis cov tswv cuab ntawm lub zos los sis ua rau txaus

ntshai yam tsis muaj laj thawj.

Feem xav tau kev pab/kev tu ntau tshaj rau cov menyuaam kawm ntawv yog dab tsi?

Vim kev pauv hloov los ntawm qhov kev saib xyuas puv sijhawm 1:1 rau tom tsev kawm ntawv mus rau qhov kev saib xyuas rau tom tsev yog ib qho tseem ceeb, cov tsev kawm ntawv thiaj yuav tsum them qee cov nqi tshwj xeeb ua haujlwm rau cov tsev neeg. Cov tsev neeg kuj yuav yog tus los saib xyuas rau kis muaj mob tsis me.