

Cov Lus Tseeb txog COVID-19:

Nyob Twj Ywm Hav Tsev Nyab Xeeb Tshaj



Vim Li Cas Nyob Twj Ywm Hav Tsev Thiaj Li Tseem Ceeb Ua Luaj

Cov kev tiv thaiv xws li nyob twj ywm hav tsev, nyog sib nrug deb thiab looj daim ntaub npog ntsej muag yog cov tswv yim zoo tshaj plaws los "ua kom txoj kab pluav." Thaum lub caij sib kis kab mob zoo li COVID-19, ntau cov neeg mob thooj txhij coob heev yuav ua rau cov tsev tuam tsev kho mob thiab cov chaw kho mob ntxhov siab heev.

Yam Koj Ua Tau Zoo Tshaj Plaws Los Tiv Thaiv Koj Tus Kheej thiab Koj Tsev Neeg

Koj yuav nyob nyab xeeb tshaj plaws yog koj nyob twj ywm hav tsev.

- Thaum twg koj tawm mus poo nrog laj mej pej xeeb, looj lub khwb ntsej muag los sis daim ntaub npog ntsej muag, thiab nyob kom sib nrug deb. Qhov no txhais tau tias yuav tsum nyob sib nrug deb rau xib taws ntawm lwm cov tib neeg.
- Sim thiab txo kom tsawg koj cov kev tawm mus ua cov tseem ceeb, xws li mus muas khoom noj khoom haus los yog mus nqa tshuaj.
- Kev tawm mus kom tau cua tshiab thiab kev ua si sab nraum zoov yeej tseem yog ib lub tswv yim zoo! Tsuav txhob ua tej kev ntaus pob ncaws pob uas yuav koom nrog ib pab neeg los yog yuav muaj kev sib chwv -- mus taug kev los yog caij tsheb kauj vab zoo dua!

