



Cov Tswv Yim rau Kev Sib Tham Nrog Me Nyuam Txog Tus Kab Mob COVID-19

(Tips for Talking to Kids About
COVID-19 Safety)

**Cov me nyuam yuav ntsib ntau tsav yam
ncauj lus txog tus kab mob COVID-19
ntawm lawv cov phooj ywg thiab saum huab
cua mus rau cov kev sib tham uas lawv
hnov hauv TV thiab ntawm cov neeg laus.
Xyuas kom yam lawv hnov yeej tso siab tau
rau thiab yeej yog. Ntawm no yog qee cov
tswv yim uas yuav pab ua kev sib tham txog
tus kab mob COVID-19 nrog cov me nyuam
hauv koj lub neej kom yooj yim dua.**



Xyuas Seb Cov Me Nyuam Twb Paub Dab Tsi Lawm

- Nug cov lus kom haum raws lawv qib hnub
nyoog. Rau cov me nyuam yau dua, koj hais tau
tias, "Koj puas muaj lus nug txog tus kab mob
tshiab uas muaj?" Qhov no yuav ua rau kom koj
paub tias cov me nyuam twb paub npaum li cas
lawm — thiab kom paub seb lawv puas hnov
cov ncauj lus tsis yog.
- Ua raws lawv kev coj. Qee cov me nyuam yuav
xav siv sij hawm sib tham. Tiam sis yog koj cov
me nyuam zoo li tsis tshua xav paub thiab tsis
nug ntau, yeej tsis ua cas.



Muab Kev Kaj Siab thiab Kev Ncaj

- Tsi ntsees rau kev pab cov me nyuam kom
nyab yeeb, tiam sis qhia tseeb. Tsis txhob qhia
tej ntsiab lus ntau tshaj li koj tus me nyuam
txaus siab xav hnov. Yog tsis hais txog, tsis
muaj laj thawj yuav pib hais.
- Yog lawv nug txog ib yam dab tsi thiab koj tsis
paub teb, qhia rau paub. Siv nqe lus nug ua txoj
kev tshawb kom paub ua ke. Xyuas Wisconsin
Department of Health Services (Tuam Tsev
Tswj Xyuas Kev Cov Kev Kho Kab Mob Kev
Nkeeg) qhov vas sab kom tau cov ncauj lus
tshiab, ncauj lus tso siab tau rau txog tus kab
mob COVID-19. Li ntawd, koj thiaj tau cov lus
tseeb thiab cov me nyuam thiaj tsis pom cov lus
tshaj xo txog neeg tuag thiab lwm cov ncauj lus
txaus ntshai.
- Hais lus tus yees thiab kom ruaj siab. Cov me
nyuam yeej paub thaum twg cov niam txiv txhawj.
Yog li ntawd, thaum koj tham txog tus kab mob
COVID-19 thiab cov xov xwm, siv lub suab hais
lus tus yees thiab sim tsis txhob chim siab.
- Muab kev rau cov me nyuam qhia txog lawv cov
kev ntshai. Cov me nyuam yeej ib txwm txawj
txhawj, "Kuv puas yog tus yuav ntsib tom ntej?
Nws puas yuav raug rau kuv?" Qhia rau koj tus
me nyuam paub tias cov me nyuam tsis tshua
muaj mob npaum cov neeg lausj. Qhia rau lawv
paub tias lawv yeej nug tau koj txhua lub sij
hawm los sis tham tau txog yam lawv ntshai.
- Paub seb thaum twg lawv yuav tau muaj neeg
coj. Ras paub txog koj cov me nyuam hnov xov
xwm thiab ncauj lus li cas, tshwj xeeb yog cov
me nyuam loj dua uas mus rau saum huab cua.
Coj lawv mus xyuas cov ncauj lus haum rau
lawv qib hnub nyoog kom lawv tsis txhob pom
tej xov xwm uas tshwm muaj los sis qhia muaj
tej yam ua rau lawv ntshai los sis muaj cov
ncauj lus tsis yog.



Pab Cov Me Nyuam Kom Muaj Kev Ruaj Siab

- Muab tej yam rau me nyuam ua kom muaj kev ruaj siab. Qhia cov me nyuam tias kev pw tsaug zog zoo heev thiab kev ntxuav tes zoo heev thiab nquag ntxuav yuav pab lawv lub cev muaj zog thiab noj qab haus huv. Piav tias kev ntxuav tes tsis tu ncua puav leej pab cheem cov kab mob kom txhob kis mus rau lwm cov neeg. Ua ib tug qauv zoo thiab cia koj tus me nyuam pom koj nquag ntxuav tes! Thiab, qhia cov me nyuam tias kev looj daim ntaub khwb ntsej muag kom yog thaum mus poo pej xeem yuav pab tiv thaiv tau txoj kev kis tau thiab sib kis cov kab mob.
- Tham txog txhua yam tshwm sim pab cov neeg nyob nyab xeev thiab noj qab haus huv. Qhia kom cov me nyuam paub tias cov tuam tsev kho mob thiab cov kws kho mob yeej npaj yuav kho cov neeg muaj mob. Tham txog cov tshuaj tiv thaiv kab mob uas tib neeg txhaj kom tiv thaiv tau tus kab mob. Cov me nyuam loj dua 2 xyoos yeej tseem yau dhau rau kev txhaj tshuaj tiv thaiv kab mob, tiamsis yeej looj tau daim ntaub khwb ntsej muag kom tiv thaiv tau txoj kev sib kis tus kab mob COVID-19. Cov kev sib tham no puav leej pab cov me nyuam tswj tau cov kev hloov hauv lawv lub neej.
- Muab cov dab neeg xov xwm coj los tham kom muaj chaw rau. Yog lawv nug, piav qhia tias cov me nyuam muaj mob loj heev thiab tuag los ntawm tus kab mob yeej tseem tsis tshua muaj kiag, tsis hais lawv hnov li cas. Saib cov xov xwm nrog koj cov me nyuam kom koj xaiv yam lawv hnov tau.

- Qhia txog cov neeg lawv hhub txoj kev nyob nyab xeeb kom lawv ruaj siab. Cov me nyuam thiab cov hluas yeej nquag txhawj txog lub tsev neeg thiab cov phooj ywg dua lawv tus kheej. Piv txwv, yog cov me nyuam hnov tias cov neeg laus muaj feem yuav mob loj heev dua, lawv yuav txhawj txog lawv cov niam tais yawm txiv pog yawg. Kev coj lawv mus xyuas, hu xov tooj, los sis sib tham hauv viv dis aus nrog cov laus txheeb ze yuav pab kom lawv ruaj siab txog cov neeg lawv hhub.
- Qhia rau cov me nyuam paub tias tej zaum yeej muaj kev ntxhov siab. Txhua leej txhua tus yeej muaj. Kev ras paub txog cov kev xav no thiab paub tias cov caij ntxhov siab yeej yuav dhau mus thiab thaum lub neej rov zoo li qub yuav pab me nyuam khov kho.



Muaj Kev Sib Tham Tsis Tu Ncua Mus

- Ib sij txheeb nrog cov me nyuam hauv koj lub neej. Siv kev sib tham txog tus kab mob COVID-19 ua ib txoj kev pab cov me nyuam kawm txog lawv cov cev, xws li lub nruab nrog cov tawm tsam kab mob li cas.
- Nquag tham txog cov xwm txheej tam sim no nrog cov me nyuam. Nws tseem ceeb yuav tau pab lawv xav txog cov dab neeg lawv hnov. Nug cov lus li: Koj xav li cas txog cov xwm txheej no? Koj xav tias cov no tshwm sim li cas? Tej nqe lus nug li no puav leej txhawb kev sib tham txog cov xov xwm tshaj tawm.



WISCONSIN DEPARTMENT
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