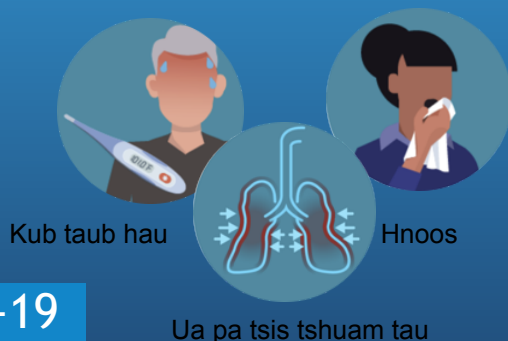


Coronavirus COVID-19: Khoom Koj Yuav Tsum Paub

Coronavirus 2019 (COVID-19) Yog Dab Tsi?

- Tus mob no tshwm sim rau tsiaj uas kis mus rau tib neeg
- Tsis zoo li lwm yam kab mob coronavirus uas ua rau yus tau khaub thuas

Mob Li Cas



Kub taub hau

Hnoos

Ua pa tsis tshuam tau

Mus Nrhiav Kws Kho Mob Thaum Twg:

Mus ntsib kws kho mob, yog koj muaj:

- Ua pa los sis hais lus tsis tshuam tau
- Mob los sis hnov nruj nruj ntawm yus lub hauv siab uas tsis ploj
- Feeb tsis meej los sis sawv tsis tau
- Ntiv ncauj los sis ntsej muag xiav

** Cov no tsis voa txhua vam uas ahia tau tias

Qhia Txog COVID-19

Coronavirus kis li cas?

Tus mob no yog kis ntawm tib neeg rau tib neeg

Yus yuav kis tau yog yus tsis nyob 6 feet los tshaj ntawm tus neeg mob (or "Yus yuav kis tau yog yus nyob 6 feet los tsawg tshaj ntawm tus neeg mob")

Thaum ib tus neeg mob hnoos los txham, cov tee qaub ncaug yus ya mus tsaws tau rau cov neeg nyob ze lub qhov ncauj los sis qhov ntswg thiab lawv yuav nqus tau tus kab mob mus rau lawv lub ntsws

Koj muaj feem kis tau tus kab mob no yog koj kov koj lub ntsej muag (qhov ncauj, qhov ntswg, qhov muag) tom qab koj kov ib qhov chaw los sis ib yam khoom uas muaj tus kab mob no.

Tiv Thaiv Yus Tus Kheem Li Cas?

1. Tsis txhob mus tej qhov chaw los ua tej yam uas yuav ua yus kis tau tus kab mob no
2. Ntxuav koj txhais tes tas li nrog xuj npum thiab dej li 20 feeb. Yog tias tsis muaj xuj npum thiab dej, ntxuav koj txhais tes nrog rau tshuaj ntxuav tes cawv (hand sanitizer) uas muaj li 60% cawv. Caiv tsis txhob kov koj lub qhov muag, qhov ntswg, thiab qhov ncauj yog koj tsis tau ntxuav tes.
 - a) Tom qab koj mus ib qho chaw uas muaj neeg coob coob
 - b) Tom qab koj tshuab ntswg, hnoos, los yog txham
1. Tsis txhob kov ntsej muag yog koj tsis tau ntxuav tes
2. Tsis txhob nyob ze lwm tus neeg uas muaj mob
3. Nrug li 6 feet rov sauv ntawm lwm tus neeg
4. Nyob hauv tsev yog koj tsis muaj hauj lwm tseem ceeb

Tiv Thaiv Lwm Tus Tib Neeg Li Cas?

- Nyob tsev yog koj muaj mob
- Peb pom zoo hais tias thaum koj mus rau nraum zoov koj looj ntaub npog ntsej muag los sis thaum koj mus rau ib qho chaws uas koj nruj tsis tau ntawm lwm tus neeg li 6 feeb kom koj siv ntaub npog ntsej muag. Txhob siv ntaub npog ntsej muag yog nws nyuaj nyuaj ua pa. Txoj kev kho ntaub npog ntsej muag nyob rau ntawm no: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>
- Npog qhov ncauj qhov ntswg thaum koj hnoos thiab txham, thiab ntxuav tes tom qab ntawd
- Ntxuav thiab siv tshuaj so tej qhov chaw thiab cov khoom uas yus kov heev heev

Leej Twg Yuav Tsum Mus Kuaj Mob?

Yog koj muaj tej yam kev mob uas zoo li los ntawm tus mob COVID-19 thiab koj:

Muaj 65 xyoos rov suav

Muaj mob xws li: mob ntsws, ntshav qab zib, mob cancer

Cev xeeb tub / muaj me nyuam

Tsis Mus Kuaj Tau Yog Tias...




- Koj tseem hluas thiab muaj zog
- Tsis hnov mob dab tsi

Thov Hu Ua Ntej Koj
Mus Ntsib Kws Kho
Mob Yog Koj Tau Tus
Mob No

TUS THAWJ TSWJ HWM COS LUS RAW S RAU MESKAS TEB

UA KOJ THIB LOS MUS PAB NRES TUS KAB MOB

-  Ua hauj lwm/dej num thiab kev kawm ntawv rau hauv tsev
-  Yog koj txoj hauj lwm tseej ceeb rau txoj kev saib xyuas teb chaws, ua twj yum cov xoom moos uas koj mus ua hauj lwm thiab ua raws cov lus CDC
-  Caiv chaws sib ntsib uas muaj ntau tshaj 10 tus tib neeg
-  Kawm txog txoj kev tu ces xwb li ntxuav tes

-  Siv qhov rais yuav mov tim laas noj mov, mus yuav mov tim laas noj mov tias sis txhob noj hauv, los sis yuav mov uas lus laas noj mov pab xa tuaj rau koj
-  Txwv kev mus saib lwm lub teb chaws, mus taj laj, mus ua sis, los sis
-  Txhob mus saib tsev lauv los sis tsev tus neeg

Thov ua raws cov lus ceeb toom ntawm koj lub lav los sis
tsoom fwv tau hais
Yog xav paub ntxiv mus rau: [CORONAVIRUS.GOV](https://www.CORONAVIRUS.GOV) [HHS.gov](https://www.HHS.gov)

Tej Zaum Koj Tau COVID-19 Yog...

Yog koj mob tsis loj thiab koj tseem hluas thiab noj qab nyob zoo los sis yog koj muaj tus kab mob:

- Nyob tsev kom dhau 7 hnuv los sis 72 xaub moo tom qab koj cov kev mob ploj, ua raws qhov uas ntev dhau

Thaum koj nyob hauv tsev, thov ua raws li cov kev ceev faj no:

Nyob hauv tsev thiab tsis txhob mus ntsib lwm tus neeg thiaj li yuav tsis kis thiab txhawb tus kab mob no.

Tsis txhob mus hauj lwm, kawm ntawv, los sis mus cov chaw muaj neeg coob. Tsis txhob siv tsheb ciav hlau, tsheb ntiav, npav, los yog koom cajib tsheb nrog lwm tus neeg.

Thov tos ob peb hnuv kom koj tus mob zoo thiab ploj mus koj mam li rov qab mus pib koj tej dej num, hauj lwm, los sis mus kawm ntawv.

Tsis txhob nyob ze lwm tus neeg los sis tej tsiaj.

Yog ua tau tsis txhob sib chav dej ua ke.

Tsis txhob sib koom tais diav, khob iav, khob haus dej, diav hais mov noj, phuam so tes, ntaub pua chaw pw nrog lwm tus neeg los sis cov tsiaj nyob hauv koj lub tsev.

Ntxuav koj txhais tes tas li nrog xuj npum

So tas nrho cov khoom uas koj siv heev heev txhua txhua hnuv. Cov khoom no muaj xws li: rooj tog, pob qhov rooj, kais dej ntxuav tes thiab qhov viv hauv chav dej, xov tooj, lub ntaus ntawv (Computer), thiab rooj tog puab txaj.

Siv ntaub so ntswg los npog koj lub qhov ncauj thiab qhov ntswg thaum koj hnoos thiab txham.

Tom qab ntawd, muab daim ntawv so ntswg pov rau hauv lub thoob khib nyiab.

Yog ua tau, hnav daim ntaub npog ntsej muag thaum koj nrog lwm tus neeg (xws li thaum nyob hauv ib hoob los ib lub tsheb ua ke) los sis tej tsiaj thiab ua ntej koj nkag rau hauv tsev kho mob.

Yog tias koj looj tsis tau ntaub npog ntsej muag, cov neeg uas nrog koj nyob yuav tsum txhob nrog koj nyob ib chav, tsis li ntawd, lawv yuav

Mus Kuaj Qhov Twg

- Yog koj muaj ib tus kws kho mob, hu rau nws lub tsev kuaj mob ua ntej.
- Yog koj twb teem cajib lawm, qhov lub tsev kho mob tias koj raug los sis tej zaum muaj tus kab mob COVID-19. Qhov no yuav pab lub tsev kho mob npaj tiv thaiv cov neeg ua tuaj kuaj/kho mob.
- Yog koj tsis muaj ib tug kws kho mob, mus rau qhov no mus saib seb koj puas yuav tau kuaj.
 - *Project Baseline:*
<https://www.projectbaseline.com/study/covic19/>

Kuv Puas Yuav Tsum No Tshuaj

- Koj yuav tau tseem noj cov tshuaj kws kho mob muab.
- Tsis muaj pov thawj tias noj tshuaj NSAIDs, xws li ibuprofen los sis naproxen yuav ua rau COVID-19 mob loj tuaj.
- Tsis muaj pov thawj tias koj yuav tsum tsis txhob noj koj cov tshuaj ntshav siab, xws li ACEIs/ARBs (lisinopril, losartan, etc), vim COVID-19
- Yog koj muaj lus nug los kev txhawj xeeb, thov nug koj tus kws kho mob

Noj Tshuaj Dab Tsi Thiaj Li Pab Tau COVID-19?

- Tsis tau muaj tshuaj uas yuav kho tau COVID-19. Tiam sis muaj tshuaj uas tseem sim seb puas ntxim.
- Tsis txhob noj tej yam tshuaj tom koj tsev yog kws kho mob tsis tau tso cai.
- Koj noj tau tshuaj tom taj laj los pab koj cov kev mob. Yuav tau nyeem kev qhia noj cov tshuaj ua ntej koj noj.

Kev Pab Nyob Rau Sacramento

Kev Pab Ntawd Hauj Lwm/Welfare

- Poob Hauj Lwm:
https://edd.ca.gov/about_edd/cororus-2019.htm
- California Welfare website:
<https://www.benefits.gov/help/faq/Conavirus-resources>

Yog koj yuav poob hauj lwm los sis nrhiav tsis tau hauj lwm vim tus kab mob CoronaVirus, muaj cov kev pab xws li hauv qab no:

- [Unemployment Insurance](#) Kev pab rau cov tib neeg uas poob hauj lwm uas tsis yog tim lawv.
- Yog koj tsis kuav li faim rau lwm yam kev pab ntawd kev poob hauj lwm, tej zaum koj yuav kuav li faim rau [Disaster Unemployment Assistance](#)
- Mus saib hom kev pab poob hauj lwm ntawm [Unemployment Assistance](#) thiab tso koj lub xeev thiaj nrhiav tau kev pab poob hauj lwm nyob ze koj
- Mus saib Department of Labor's [Coronavirus Resources](#) qhov page yog koj xav paub txog kev pab rau cov neeg uas muaj kev lag luam thiab cov neeg uas ua hauj lwmm.
- Thov mus rau [Coronavirus.gov](https://www.coronavirus.gov) yog koj xav paub ntxiv txog tus kab mob coronavirus

- Yog koj xav ncuu sij hawm them nqi tsev vim koj tau nyiam tsawg zog lawm:
<http://www.cityofsacramento.org/-/media/Corporate/Files/CDD/Code-Compliance/Programs/FINAL-TPP-Delay-of-Rent-Payment-Form.pdf>
- Covered California ncuu lawv lub sij hawm tso npe mus txog lub 6 hlis ntuj vas thib peb caug.
<https://www.coveredca.com/individual-and-families/getting-covered/special-enrollment/>

Kev Pab Ntawd Tshab/Npav Thaum Neeg

- Sacramento Regional Transit txo sij hawm tshab npav thiab tshab ciav hlau yuav thauj neeg.
<https://www.sacrt.com/apps/sacrt-precautions-against-coronavirus/>

Kev Pav Ntawd Khoom Xwb Li Mov

- CA Meals for Kids App:
<https://www.cde.ca.gov/re/mo/cars.asp>
- Chaw pub mov hauv Sacramento
<https://www.sacramentofoodbank.org/response-to-covid-19>

Continued...

Yog Pev Sib Pab Peb Yuav Tsum Yeej Tus Kab Mob COVID-19!

Saib Xyuas Kev Ntxhov Siab

- [Disaster Distress Helpline](#) (Pab rau kev puas tsuaj): Call 1-800-985-5990





Tsev Kawm Ntawv Uas Pab Pub Mov Vim
Tus Kab Mob COVID 19



Sacramento County

School District	Link To School Closure Feeding Program Information (Information will be included as provided)	Notes
Arcohe Union School District (K-8)	https://www.arcohe.net/o/arcohe-school/live_feed	
Center Joint Unified School District	https://4.files.edl.io/2906/03/17/20/212532-b2305c9a-20b8-4cd4-866c-dcb82049d42f.pdf	
Elk Grove Unified School District	http://blogs.egusd.net/pressroom/2020/03/13/elk-grove-unified-steps-up-to-provide-important-student-nutritional-needs-using-a-drive-through-meal-service-during-school-closures/	
Folsom Cordova Unified School District	https://www.fcusd.org/coronavirus	
Galt Joint Union Elementary School District	https://guesd-ca.schoolloop.com/pf4/cms2/news_themed_display?id=1584092135073	
Galt Joint Union High School District	https://4.files.edl.io/23bf/03/17/20/155819-85a889d7-3a7d-4cc1-bb88-77b89aa6ebdc.pdf	
Natomas Unified School District	https://natomasunified.org/community-update-on-covid-19-3-13-20-part-two/	
River Delta Unified School District	https://rdusd-ca.schoolloop.com/pf4/cms2/view_page?d=x&group_id=1516177873188&vtd=i53d2fob23a7	
Robla School District	https://www.robla.k12.ca.us/apps/pages/index.jsp?uREC_ID=1692774&typer=dk&REC_ID=1853536	
Sacramento City Unified School District	https://www.scusd.edu/e-connections-post/sac-city-unified-will-continue-provide-meals-affected-students	
San Juan Unified School District	https://www.facebook.com/SanJuanUnified/posts/10157080722738601	

1418 N. Market Blvd., Suite 500 | Sacramento, CA 95834 | 916.263.3560 phone | 877.324.7901 toll free



Free School Meal Sites During COVID-19 Closures



School District	Link To School Closure Feeding Program Information (Information will be included as provided)	Notes
Twin River Unified School District	http://www.twriverusd.org/documents/Coronavirus/FreeMeals3.13.20.pdf	

Kev Pab Saib Me Nyuam

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Email:
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