

# Tus Kab Mob Coronavirus 2019 COVID-19 CEEB TOOM

## TAG NRHO COV NEEG CAIJ DAV HLAU TUAJ YUAV TSUM RAUG CAIS TUS KHEEJ LI 14 HNUB TOM QAB TUAJ

Yog tias koj tau mob hauv ob lub vij koj tuaj rau Alaska, thov mus cuag cov tswv yim kho mob sai li qhov koj ua tau. Yog tias koj muaj ib tug, hu koj tus kws kho mob. Yog tias koj tsis muaj ib tug kws kho mob, thov hu **211**.

- Nyob pem tsev li 14 hnuv thiab tsis txhob tawm mus rau cov chaw sav nrauv; tsis txhob mus kawm ntawv, ua haujlwm, chaw zov menyuam
- Kuaj koj tus kheej seb puas ua npaws (100.4° F lossis siab dua) thaum sawv ntxov thiab yav tsaus ntuj, thiab nyob twj ywm rau kev ceeb toom rau kev hnoos lossis kev ua pas tsis txaus
- Yog tias koj tshwm sim ib co tsos mob, tiv tauj rau koj tu kws kho mob

**Lwm yam lus noog? Hu 211.**



UA NPWS



HNOOS



UA PAS TSIS  
TXAUS

Yog hais tias koj mus cuag kev pab, qhia tus kws kho mob yog tias koj muaj ib cov tsos mob ntawm COVID-19:

- Ua npaws 100.4° F lossis siab dua (38° C)
- Hnoos
- Ua pas tsis txaus

**Tiv tauj koj tus kws kho mob UA NTEJ KOJ MUS.** Nws yog ib qho tseem ceeb qhia rau koj tus kws kho mob lub hoob kas tias koj tau mus sab nrauv ntawm Alaska tsis ntev los no.



DHSS lub vev xaib: [coronavirus.alaska.gov](https://coronavirus.alaska.gov)  
CDC lub vev xaib: [cdc.gov/covid19](https://cdc.gov/covid19)