

Kev Mus Saib Xyuas Cov Neeg Mob Xiam Oob Khab Uas Mob Coronavirus (COVID-19) Hauv Tsev Kho MOB

Tsib Hli Ntuj, 2018 – Pub.#7154.09 - Hmong

Qee cov kws kho mob thiab cov tsev kho mob muaj txoj cai “tsis tos txais cov neeg tuaj saib xyuas” vim rau qhov muaj tus kab mob COVID-19. Lub Xeev California tau xa ib Daim Ntawv ¹ Rau Cov Tsev Kho Mob thiab lwm cov tsev kho mob hais txog cov cai no. Tsab ntawv qhia hais tias qee zaum cov neeg xiam oob khab xav tau ib tus neeg pab nqa nrog lawv mus rau hauv tsev kho mob lossis mus cuag kws kho mob. Tsab ntawv no nyob rau nram kawg ntawm daim ntawv no. Nyeem txhawm rau kom paub txog koj cov cai.

Cov Neeg Mob Xiam Oob Khab Yuav Tsum Muaj Tus Neeg Pab Txhawb Nqa Saib Xyuas Nrog Lawv Thaum Xav Tau Kev Saib Xyuas Sib Npau Zos

- ✓ Cov neeg mob xiam oob khab coob tus xav tau ib tus neeg pab txhawb nqa saib xyuas lawv thaum nyob hauv tsev kho mob.

→ Cov tsev kho mob thiab cov kws kho mob yuav tsum muab rau *txhua* tus neeg xiam oob khab kom “kho tau qhov tsim nyog” uas lawv xav tau kom muaj kev saib xyuas sib npaug zos.

¹ Lub Tuam Tsev Hauj lwm Saib Xyuas Kev Noj Qab Haus Huv, Txhua Tsab Ntawv Tso Cai 20-38.1, *Cov Kev Taw Qhia Hais Txog Kev Txwv Cov Neeg Mus Saib Xyuas* (Lub Tsib Hlis Ntuj 2, 2020) muaj nyob ntawm <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-20-38.aspx>

- “ Cov kev hloov kho uas tsim nyog ”yog cov kev hloov uas cov neeg xiam oob khab yuav tsum tau sib npaug. Ib qho piv txwv yog cia koj muaj ib tus neeg pab txhawb nqa saib xyuas nrog koj nyob hauv tsev kho mob.
- Tus neeg txhawb nqa saib xyuas tuaj yeem pab koj tau ntau txoj hauv kev xws li:
 - tham lossis txuas lus nrog lwm tus.
 - mus ib puag ncig hauv koj chav thiab ntawm tsev kho mob.
 - Pom tau tias zoo dua thiab kev txhawj xeeb tsawg zuz.
 - pab tau koj txhua txhua yam xws li kev ua noj ua haus thiab kev tu tej chaw nyob kom hu siv.
- Tus neeg txhawb nqa yuav tsum yog koj tus neeg pab saib xyuas ntiag tug, ib tus neeg hauv tsev neeg, ib tus phooj ywg, lossis lwm tus neeg uas muab kev saib xyuas.

Tus Neeg Pab Txhawb Nqa Yuav Tsum Tsis Yog Ib Tug Neeg Mob Thiab Yuav Tsum Tau Rau Ntaub Npog Qhov Ncauj Qhov Ntswg

- ✓ Koj tus neeg pab txhawb nqa koj yuav tsum tsis yog ib tus neeg mob COVID-19 lossis muaj cov cim qhia tias muaj kab mob COVID-19. Tsev kho mob lossis kws kho mob tau tso cai kom kuaj xyuas kab mob COVID-19 ntawm cov neeg muab kev pab txhawb nqa.
 - ✓ Koj tus neeg txhawb pab txhawb nqa yuav tsum ua raws li cov cai hais txog cov cuab yeej tiv thaiv tus kheej. Qhov no qee zaum tau hu lub npe lub lub hais tias “PPE”.
- Cov ntaub npog qhov ncauj qhov ntswg thiab cov hnab looj tes yog cov piv txwv ntawm cov khoom siv los tiv thaiv tus kheej. Koj tus neeg pab txhawb nqa yuav tsum rau cov khoom tiv thaiv tus kheej yog lub tsev kho mob lossis kws kho mob hais kom rau cov cuab yeej tiv thaiv.

→ Koj tus neeg pab txhawb nqa yuav tsum nqa nws li ntaub npog qhov ncauj qhov ntswg thiab hnab looj tes. Yog tias koj tus neeg pab txhawb nqa tsis muaj nws li ntiag tug, lawv yuav tsum thov qee yam rau ntawm qhov chaw txheeb xyuas cov neeg tuaj saib neeg mob.

Cov Neeg Mob Uas Xiam Oob Khab Tuaj Yeem Hu Xov Tooj Pom Yeeb Yaj Duab thiab Hu Xov Tooj Ntawm Tes, Yog Tias Xav Tau Kev Pab thiab Lub Sij Hawm Tswj Xeeb Ntxiv

✓ Koj tuaj yeem sib tham pom yeeb yaj duab thiab hu xov tooj ntawm tes los ntawm kev siv cov xov tooj lossis cov koos phis tawj nqa ntawm tes lossis cov koos phis tawj txawb ntawm rooj.

✓ Koj yuav xav tau kev pab los siv lub xov tooj, lub khoos phis tawj, koos phis tawj nqa ntawm tes lossis lwm yam khoom siv. Txoj kev pab no suav nrog:

→ Ib tus neeg ua hauj lwm pab qhia koj siv xov tooj, koos phis tawj nqa ntawm tes, lossis koos phis tawj txawb ntawm rooj.

→ Muaj lub naj cos loj lossis lub xov tooj hu pom yeeb yaj duab lossis lwm yam uas tuaj yeem pab tau koj txoj kev xiam oob khab.

→ Siv sij hawm ntau ntxiv nrog khoos phis tawj lossis lwm yam khoom siv uas lub tsev kho mob ua tus tswv thiab cia cov neeg mob siv.

Cov Cai Hais Txog Cov Neeg Tuaj Saib Xyuas Neeg Mob Yuav Tsum Muab Nthuav Dav Rau Sawv Daws

✓ Cov tsev kho mob thiab cov kws kho mob yuav tsum tau qhia koj thiab koj tsev neeg tag nrho lawv cov kev cai rau cov neeg tuaj saib xyuas neeg mob. Cov cai yuav tsum tham txog cov neeg pab txhawb nqa rau cov neeg xiam oob khab. Cov cai yuav tsum tau tham txog PPE zoo li cov ntaub npog qhov ncauj qhov ntswg lossis cov hnab looj tes.

- ✓ Cov tsev kho mob thiab cov kws kho mob yuav tsum tsim cov paib qhia rau cov neeg tuaj saib neeg mob hauv lub tsev, qhov chaw nres tsheb, thiab qhov chaw uas koj nkag mus. Lawv yuav tsum tshaj tawm lawv cov kev cai rau hauv online thiab hauv Facebook, Instagram, thiab lwm qhov chaw. Lawv yuav tsum paub tseeb tias koj tuaj yeem nkag siab txog cov cai no.

PEB NYOB NTAWM NO TXHAWM RAU MUAB KEV PAB

Disability Rights California thiab DREDF lawv nyob ntawm no txhawm rau muab kev pab. Yog tias koj lossis ib tus neeg uas koj paub muaj teeb meem txog qhov kev nkag mus rau koj tus neeg pab txhawb nqa lossis tab tom ua ib mus saib xyuas hauv online lossis hauv xov tooj, thov hu rau pab tau li qhov chaw nyob ntawm no.

Disability Rights California

Xov tooj hu: 1-800-776-5746

Mus saib: <https://www.disabilityrightsca.org/>

Disability Rights Education and Defense Fund

Xov tooj hu: (510) 644-2555

Mus saib: <https://dredf.org/>