

Tiv thaiv cov yuav kis tau yoojyim ntawm tus kab mob coronavirus (COVID-19)



Piv txwv li
“cov mob
nkeeg xws li”

Ntshav qabzib
Mob Cancer
Roj ntsha tsis
muaj zog
hawb pob
COPD
& ntau ntiv

Pab Tiv Thaiv Cov Neeg Laus & Cov Muaj Mob Muaj Nkeeg

Cov neeg laus thiab cov tib neeg uas muaj mob rau lub cev yog cov yuav kis tau yoojyim rau kab mob COVID-19. Hauv teb chaws Suav, feem coob uas mob hnyav thiab cov tuag yog cov hnuv nyoog tshaj 65 thiab muaj mob. Ib qho kev kawm qhia tias, ze li 15% ntawm cov neeg 80 xyoo lossis laus dua uas muaj coronavirus tuag los ntawm tus kab mob. Yog li ntawd, nws yog ib qho tseem ceeb txo kom txhob kis tus kab mob COVID-19 yog thawj kauj ruam rau kev tiv thaiv.

Yog tias muaj neeg ntawm koj lub neej ntxim li yuav kis tau yoojyim, nram qab no yog ib co kev qhia koj pab tiv thaiv lawv:

- Kom lawv txhob mus poog tej pab neeg coob lossis nyob hauv tsev kom ntau li ntau tau. Nrhiav ib tug pab yuav zaub mov xa rau lawv thiab lwm yam uas lawv xav tau. Xyuas kom lawv muaj tshuaj nyob hauv tsev tsawg kawg kav txog li 2 lub limtiam.
- Thaum nyob hauv tsev, cov tsis muaj mob tuaj saib l tau – tabsis cov cov tuaj saib uas muaj npaws kub, hnoos, lossis mob cajpas yuav tau txhob pub tuaj. Siv xov tooj tham lossis qhov sib tham pom duab.
- Qhia kom lawv ib sij ntxuav lawv cov tes, tshwj xeeb yog ntxuav ua ntej noj zaub mov lossis ntxuav ua ntej yuav kov lawv lub ntsej muag.
- Yog tias lawv yuav tawm hauv tsev mus, yuav tau txhob mus ze tibneeg thiab txhob kov yam ub yam no kom tsawg li tsawg tau. Nyob kom deb li 6 txhais taw ntawm tibneeg. Txhob kov tej qhov txhia chaw li tej pob qhov rooj lossis rooj tog. Siv ntaub lossis ntaub so tes tuav qhib qhov rooj. Ntxuav tes lossis siv tshuaj ntxuav tes tom qab kov tej khoom sib faib siv lossis lwm yam khoom yam ub yam no.



Yog xav paub ntiv txog COVID-19, mus saib rau ntawm:

BePreparedYuba.org & BePreparedSutter.org