

[Date]

[Patient Name:]

Daim ntawv no yog sau tseg qhia tias koj tau raug kuaj tus kab mob COVID-19 lawm. Koj qhov uas tau txais los ntawm kev kuaj mob yog **muaj mob lawm**. Qhov no txhais tau hais tias koj muaj COVID-19 (kab mob khaus lauv nam).

Kuv yuav pov thaiv lwm tus tau li cas?

Yog tias koj muaj cov tsos mob, **nyob twjywm hauv tsev thiab nyob kom nrug deb ntawm lwm tus** (cais nyob ib leeg) mus txog thaum:

- Koj **tsis kub taub hau**—thiab tsis tas yuav noj tshuaj los txo qhov kev kub taub hau—tau 1 hnuv txwm nkaus (24 teev). *Thiab...*
- Koj cov tsos mob lwm qhov khees zog lawm. Piv txwv li, koj qhov kev hnoos lossis kev ua pa nyuaj khees lawm. *Thiab...*
- Twb dhau qhov tsawg kawg nkaus yog 10 hnuv lawm txij thaum koj cov tsos mob tau pib tshwm. (yog tias koj tus kws kho mob tau hais tias koj lub cev qhov tiv thaiv kab mob ntaug lawm, yuav tsum tos 20 hnuv.)

Yog tias koj tsis muaj yam ntxwv mob: Nyob hauv tsev thiab nyob kom nrug deb ntawm lwm leej lwm tus (cais nyob ib leeg) txog ntua thaum yam tsawg 10 hnuv dhau mus suav txij hnuv muaj koj qhov kev ntsuam xyuas COVID-19 uas ntsib mob thawj zaug. Yog tias koj lub cev tiv thaiv mob tsis tau zoo, thov caw cais tus kheej kom ntev txog 20 hnuv.

Ncua sijhawm no:

- Nyob twjywm hauv koj lub chav, tab txawm thaum yuav noj mov. Tseg ib lub hoob nab rau koj tib leeg siv xwb yog ua tau.
- Txav kom deb ntawm lwm tus uas nrog koj nyob tib lub tsev. Txhob khawm luag, nwj luag, lossis tuav luag tes. Tsis pub muaj qhua tuaj xyuas.
- Txhob mus ua haujlwm, mus tsev kawm ntawv, txhob mus qhovtwg li.
Tu cov chaw uas "kov heev" tas li (cov pob liaj qhov rooj, cov qaum rooj, cov tes tuav, thiab lwm yam.). Siv cov tshuaj tu tsev lossis tej ntaub ntub so tov tshuaj ntxuav. Koj yuav pom cov tshuaj yus siv tau tag nrho li ntawm EPA lub vej xaij nyob ntawm <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>.
- Siv ib daim ntaub lossis lwm yam los khwb ntawm qhov ncauj thiab qhov ntswg los sis lwm cov ntaub npog ntsej thiaj zam tsis txhob kis kab mob rau luag.
- Siv dej thiab xub npus ntxuav koj ob txhais cuag ncua.
- Cov saib xyuas nyob rau tej pab pawg no uas haj yam kis tau kab mob phomsij vim kab mob COVID-19 yog:
 - Cov hnuv nyoog 65 xyoos rov saud
 - Cov uas nyob tsev tu cov laus lossis tsev tu cov muaj mob ntev loo

- Cov uas muaj mob ntev loo (xws li mob ntsws, mob plawv, mob kheeb xawm, ntshav qab zib, mob raum, mob daim siab, lossis cov roj ntsha tsis tshua tiv kab mob)
- Cov uas roj ntsha tsis tshua tiv kab mob, suav nrog rau cov uas:
 - Tabtom tu tus mob kheeb xawm (cancer)
 - Noj tshuaj uas txo kom roj ntsha tsis tshua tiv kab mob, xws li tshuaj corticosteroids
 - Tau phais kom pauv hlwb txha lossis pauv ib qho hauv nqaij nruab nrog
 - Cov roj ntsha tiv kab mob ua haujlwm tsis zoo pestsawg
 - Hwjxwm tsis yeej tus mob HIV lossis AIDS pestsawg
 - Muaj ceebthawj loj heev (body mass index yog 40 rov saud)
 - Haus luam yeeb tsis tu nua
- Cov pab tu mob yuav tau looj hnab tes thaum ntxuav tais diav, thaum tuav khaub ncaws mus ntxhua thiab thaum tu hoob nab thiab chav pw.
- Ceev faj thaum ntxhua thiab ziab khaub ncaws zoo. Tsis txhob nchos cov khaub ncaws uas tsis huv, thiab teeb kom siv dej sov li sov tau.
- Yog tias koj li roj ntsha tiv thaiv lub cev tsis muaj zog, nug koj tus kws kho mob txog lwm yam koj yuav tau ua.
- Yog xav paub ntxiv mus rau www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf.

Koj tsis tsim nyog rov mus haujlwm mus txog thaum koj tau ua txhua yam raws nraim li cov lus qhia saum toj no lawm kom txwm kev cais nyob hauv tsev. Koj tsis tas yuav raug rov ntsuam xyuas kab mob COVID-19 dua ua ntej yuav rov qab mus ua haujlwm—tej kev tshawb fawb qhia tau hais tias koj tus mob yuav tsis kis mus rau lwm tus ntxiv yog tias ntev txog yam tsawg 10 hnuv suav txij hnuv uas koj cov yam ntxwv mob pib chiv muaj (lossis 20 hnuv, yog tias koj lub cev tiv thaiv kab mob tsis tau zoo).

Cov lospav haujlwm: Daim ntawv no yog ua daim ntawv ceeb toom ntawm kws kho mob qhia tias koj tus neeg ua haujlwm yuav rov mus ua haujlwm raws kevcai li cas. Lawv yuav tsum ua kom tau raws cov lus qhia saum toj no ua ntej yuav rov mus haujlwm tom chaw haujlwm.

Kuv yuav saib xyuas kuv tus kheej tau li cas?

- 1. So kom ntau. Haus yam ua kua kom ntau ntxiv** (tshwj tsis yog tias koj tus kws kho mob qhia kom txhob ua li ntawd).
- 2. Noj tshuaj Tylenol (acetaminophen) los pab thaum kub taub hau lossis hnov mob.** Yog koj lub siab lossis lub raum muaj teeb meem, nug koj tsev neeg tus kws kho mob seb yus noj tau tshuaj Tylenol puas tau.

Ob qho no mas mam li noj ib qho:

- 650 mg (ob ntsiav 325 mg) txhua 4 txog 6 teev, *lossis...*
- 1,000 mg (ob ntsiav 500 mg) txhua 8 teev raws qhov tsim nyog.

- **Tseem Ceeb:** Tsis txhob noj tshaj 3,000 mg nyob rau ib hnuv. Tshuaj Acetaminophen pom muaj nyob rau ntau yam tshuaj (tsis hais tej uas kws kho mob sau los yog tej uas yus yuav yus tom khw). Nyeem cov lus taw qhia rau txhua yam tshuaj yuav noj koj thiaj tsis noj ntau dhau.

Rau cov me nyuam yaus, saib ntawm lub taub tshuaj Tylenol seb yuav tsum noj ntau npaum li cas (nyob ntawm lawv lub hnuv nyoog lossis qhov hnyav).

3. **Yog tias koj muaj teeb meem ntawm kev noj qab haus huv (xws li mob khees xaws, lub plawv ua haujlwm tsis txaus, tau phais pauv ib qho nruab nrog lossis mob raum sab heev):** Yog tias tos 2 hnuv lawm tsis khees tuaj ces cia li hu koj tsev uas kho tus mob ntawd.
4. **Paub txog thaum yuav tau hu rau 911:** Tej hom mob kub ceev yog suav txog:
 - Nyuaj ua pa lossis txog siav
 - Mob lossis ceev hauv siab uas tsis ploj li
 - Tsis mee pem li tsis tau ntsib yav tas los, lossis xeev tsis tau
 - Di ncauj lossis ntsej muag muaj ntsis xim xiav txho

Kuv yuav kawm tau txhab ntxiv qhovtwg los?

- M Health Fairview: www.mhealthfairview.org/covid19/
Lus Qhia Theem Qis Txog Kab Mob Khaus Laus Nas:
<https://www.health.state.mn.us/diseases/coronavirus/materials/hmong.html>
- Yam Yuav Tau Ua Yog Tias Koj Muaj Mob: www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html
- Xaus Kev Cais Nyob Ib Leeg Hauv Tsev: www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html
- Kev Saib Xyuas Ib Tug Muaj Mob COVID-19: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html
- University of Minnesota cov kev sim kuaj tshawb fawb (kev tshawb fawb txog kab mob COVID-19): clinicalaffairs.umn.edu/umn-clinical-trials

English Translation

This letter provides a written record that you were tested for COVID-19. Your result was **positive**. This means you have COVID-19 (coronavirus).

How can I protect others?

If you have symptoms, **stay home and away from others** (self-isolate) until:

- You've had **no fever**—and no medicine that reduces fever—for 1 full day (24 hours).
And...

- Your other symptoms have gotten better. For example, your cough or breathing has improved. *And...*
- At least 10 days have passed since your symptoms started. (If you've been told by a doctor that you have a weak immune system, wait 20 days.)

If you don't have symptoms: Stay home and away from others (self-isolate) until at least 10 days have passed since your first positive COVID-19 test. If you have a weak immune system, please self-isolate for 20 days.

During this time:

- Stay in your own room, including for meals. Use your own bathroom if you can.
- Stay away from others in your home. No hugging, kissing or shaking hands. No visitors.
- Don't go to work, school or anywhere else.
- Clean "high touch" surfaces often (doorknobs, counters, handles, etc.). Use a household cleaning spray or wipes. You'll find a full list on the EPA website at www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.
- Cover your mouth and nose with a mask or other face covering to avoid spreading germs.
- Wash your hands and face often with soap and water.
- Caregivers in these groups are at risk for severe illness due to COVID-19:
 - People 65 years and older
 - People who live in a nursing home or long-term care facility
 - People with chronic disease (lung, heart, cancer, diabetes, kidney, liver, immunologic)
 - People who have a weakened immune system, including those who:
 - Are in cancer treatment
 - Take medicine that weakens the immune system, such as corticosteroids
 - Had a bone marrow or organ transplant
 - Have an immune deficiency
 - Have poorly controlled HIV or AIDS
 - Are obese (body mass index of 40 or higher)
 - Smoke regularly
- Caregivers should wear gloves while washing dishes, handling laundry and cleaning bedrooms and bathrooms.
- Wash and dry laundry with special caution. Don't shake dirty laundry, and use the warmest water setting you can.
- If you have a weakened immune system, ask your doctor about other actions you should take.
- For more tips, go to www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf.

You should not go back to work until you meet the guidelines above for ending your home isolation. You don't need to be retested for COVID-19 before going back to work—studies show that you won't spread the virus if it's been at least 10 days since your symptoms started (or 20

days, if you have a weak immune system).

Employers: This document serves as formal notice of your employee's medical guidelines for going back to work. They must meet the above guidelines before going back to work in person.

How can I take care of myself?

1. Get lots of rest. Drink extra fluids (unless a doctor has told you not to).

2. Take Tylenol (acetaminophen) for fever or pain. If you have liver or kidney problems, ask your family doctor if it's okay to take Tylenol.

Take either:

- 650 mg (two 325 mg pills) every 4 to 6 hours, *or*...
- 1,000 mg (two 500 mg pills) every 8 hours as needed.
- **Note:** Don't take more than 3,000 mg in one day. Acetaminophen is found in many medicines (both prescribed and over-the-counter medicines). Read all labels to be sure you don't take too much.

For children, check the Tylenol bottle for the right dose (based on their age or weight).

3. If you have other health problems (like cancer, heart failure, an organ transplant or severe kidney disease): Call your specialty clinic if you don't feel better in the next 2 days.

4. Know when to call 911: Emergency warning signs include:

- Trouble breathing or shortness of breath
- Pain or pressure in the chest that doesn't go away
- Feeling confused like you haven't felt before, or not being able to wake up
- Bluish-colored lips or face

Where can I get more information?

- M Health Fairview: www.mhealthfairview.org/covid19/
- Coronavirus Basics: www.health.state.mn.us/diseases/coronavirus/basics.html
- What to Do If You're Sick: www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html
- Ending Home Isolation: www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html
- Caring for Someone with COVID-19: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html
- University of Minnesota clinical trials (COVID-19 research studies): clinicalaffairs.umn.edu/umn-clinical-trials