



[Date]

[Patient Name:]

Daim ntawv no yog sau tseg qhia tias koj tau raug kuaj tus kab mob COVID-19 lawm (coronavirus). Qhov kuaj koj tawm los **tsis paub tseeb**. Qhov no txhais tau hais tias peb **tsis paub** hais tias koj qhov kuaj tau los ntawd muaj los sis tsis muaj tus kab mob. Qhov no tshwm sim rau cov neeg mob leej puav uas raug kuaj mob. Qhov no **tsis** txhais tau tias koj yuav muaj feem muaj kab mob dua los sis tsis muaj dua nyob rau lwm qhov kuaj mob yav tom ntej.

Cov tsos mob ntawm Tus Kab Mob Khaus Viv-19 (COVID-19) muaj xws li hnoos, ua npaws thiab ua pa nyuab nyuab. Lwm cov mob kuj yuav muaj xws li mob taub hau, mob ib ce, ua daus no, mob caj pas, txhaws ntswg los sis los ntswg, hnov tau tias nkees heev, zawv plab (haw quav), tsis hnov qab los sis tsis hnov ntshiab, mob plab, thiab xeev siab los sis ntuav (hnov tau tias mob rau koj lub plab los sis xeev siab tawm tuaj).

### **Tsim nyog kuv yuav tau ua li cas?**

Yog hais tias koj **tsis** muaj mob tiam sis raug hais kom mus kuaj mob, koj yuav tau tiv tauj rau qhov chaw uas thov kom koj mus kuaj mob. Nug lawv seb koj puas yuav tsum tau rov qab mus kuaj dua. Yog hais tias koj tseem yuav tau rov qab mus kuaj dua, lawv yuav teev caij los sis koj tuaj yeem hu xov tooj rau 612-336-2690.

Yog hais tias koj raug kuaj vim yog koj muaj los sis twb yeej muaj cov tsos mob ntawm Tus Kab Mob Khaus Viv-19 (COVID-19):

1. Hu rau 612-336-2690 txhawm rau teev lwm lub sij hawm kuaj.
2. **Piv txwv li hais tias koj muaj tus kab mob vais lav.** Nyob twjywm hauv tsev thiab nrug deb ntawm lwm tus (cais kom 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 nyuab khees lawm. **Thiab...**
  - Twb dhau qhov tsawg kawg nkaus yog 10 hnuv lawm txij thaum koj cov tsos mob tau pib tshwm. (og tias kws kho mob tau hais tias koj lub cev qhov tiv thaiv kab mob ntaug lawm, yuav tsum tos 20 hnuv.)
3. Ncua sij hawm 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 sib puag, sib nwj, los sis sib tuav 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 [www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2).
- Siv ib daim ntaub lossis lwm yam los khwb ntawm qhov ncauj thiab qhov ntswg los sis lwm cov ntaub npog ntsej zam tsis txhob kis kab mob rau luag.
- Nguag siv dej thiab xab npum ntxuav koj ob txhais thiab lub ntsej muag tas li.
- Cov saib xyuas nyob rau tej pab pawg no uas haj yam kis tau kab mob phom sij vim tus kab mob khaus viv-19 (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 tsis paub zoo tu qab (xws li mob ntsws, mob plawv, mob kheev xaws, ntshav qab zib, mob raum, mob siab, los sis 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 xaw (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 ncua
- 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 <https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-Hmong.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 yuav tsum ua raws li cov lus qhia no nrog rau lwm cov lus qhia uas koj tus lospav haujlwm muaj.

*Cov tswv num hauj lwm:* Daim ntawv no yog ua daim ntawv ceeb toom ntawm kws kho mob qhia tias koj tus neeg ua hauj lwm yuav rov mus ua hauj lwm raws kev cai li cas. Lawv yuav





tsum ua kom tau raws cov lus qhia saum toj no ua ntej yuav rov mus hauj lwm tom chaw hauj lwm.

### **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 noj 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:
  - Ua pa nyuaj los sis txog siav
  - Mob lossis ceev hauv siab uas tsis ploj li
  - Tsis meej 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/](http://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](http://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](http://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html)





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- Kev Saib Xyuas Ib Tug Muaj Mob COVID-19: [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html](http://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): <https://clinicalaffairs.umn.edu/umn-clinical-trials>





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## English Translation

This letter is a written record that you were tested for COVID-19 (coronavirus). Your result was **inconclusive**. This means we **don't** know if you have a positive or negative result. This happens in a small number of patients who get tested. This result does **not** mean you are more or less likely to have a positive test in the future.

Symptoms of COVID-19 include cough, fever and breathing trouble. Other symptoms may include headaches, body aches, chills, sore throat, stuffy or runny nose, feeling very tired, diarrhea (loose poop), loss of taste or smell, belly pain, and nausea or vomiting (feeling sick to your stomach or throwing up).

### What should I do?

If you **didn't** have symptoms but were told to be tested, you should contact the location that asked you to be tested. Ask them if you need to be tested again. If you still need to be tested, they will either re-schedule the test or you can call 612-336-2690.

If you were tested because you have or had COVID-19 symptoms:

1. Call 612-336-2690 to schedule another test.
2. **Assume you have the virus.** 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.)
3. 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](http://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.





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- 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](http://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 should meet these along with any other guidelines that your employer has.

*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?

4. **Get lots of rest. Drink extra fluids** (unless a doctor has told you not to).
5. **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...*





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- 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).

**6. 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.

**7. 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/](http://www.mhealthfairview.org/covid19/)
- Coronavirus Basics: [www.health.state.mn.us/diseases/coronavirus/basics.html](http://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](http://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](http://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](http://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](http://clinicalaffairs.umn.edu/umn-clinical-trials)

