[Date]
[Patient Name:]

Tsab ntawv no yog sau tseg ua ntaub ua ntawv tias koj tau raug kuaj tus kab mob COVID-19 lawm. Koj qhov kuaj tshwm tawm los pom tias **paub tsis tseeb**. Qhov no txhais tau tias peb **tsis** paub xyov koj puas muaj los sis tsis muaj kab mob ntawd. Qhov no tshwm sim rau qee leej neeg mob uas raug kuaj no. Qhov no **tsis** txhais hais tias koj muaj feem los sis tsis muaj feem raug kuaj nrhiav pom tias muaj kab mob lawm yav tom ntej.

Cov tsos mob ntawm Tus Kab Mob COVID-19 muaj xws li hnoos, ua npaws thiab ua pa nyuaj nyuaj. Lwm cov tsos mob kuj yuav muaj xws li mob taub hau, mob ib ce, tshee hnyo, 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 ntxhiab, 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 tsim nyog rov qab mus kuaj dua. Yog hais tias koj tseem yuav tau rov qab mus kuaj dua, lawv yuav teem lub caij los sis koj hu xov tooj mus rau 612-336-2690 tau.

Yog hais tias koj raug kuaj vim yog koj muaj tsos mob ntawm Tus Kab Mob COVID-19 ces:

1. Hu rau 612-336-2690 kom teem lwm lub caij kuaj.
2. **Yuav tau ntseeg tias koj muaj kab mob lawm.**
    - Nyob twj ywm hauv tsev thiab nrug deb ntawm lwm tus(cais kom nyob ib leeg):
        - Tau **ntau dua 5 hnub** tom qab pib muaj tsos mob lawm, ***THIAB MUS TXOG***
        - Thaum koj **tsis ua npaws tau 24 teev**-thaum tsis siv tshuaj tua mob npaws, ***THIAB***
        - Koj lwm cov tsos mob (xws li hnoos) twb zoo lawm.
    - Looj ib daim ntaub npog ntsej muag tau **10 hnub *thaum twg* koj nyob ze luag tej.**

Thaum nyob twm zeej:

- Nyob twj ywm hauv tsev txog thaum thiaj nyab xeeb nyob nrog luag tej.
- Thaum nyob tsev mas, nyob nrug luag tej thiab cov tsiaj txhu. Los sis, looj ib daimntaub npog qhov ncauj qhov ntswg thaum yuav tsum nyob nrog luag tej.
- Soj ntsuam koj cov tsos mob. Yog koj muaj cim txog xwm txheej ceev dab tsi (kuj hais txog teeb meem ua pa), mus nrhiav kev kho mob xwm txheej ceev hlawv hlo.
- Yog ua tau ces nyob hauv lwm lub chav kom nrug luag tej hauv tsev.
- Siv lwm lub chav dej yog muaj.
- Cia cua tshuab hauv tsev ntau zog, yog ua tau.
- Txhob faib khoom hauv tsev, xws li khob, phuam, thiab tais diav.

- Yog tias koj muaj qhov kev ua hauj lwm ntawm roj ntshav tiv thaiv kab mob tsis zoo, nug koj tus kws kho mob txog lwm cov kev nqis tes uas koj tsim nyog ua.

Yog koj yuav mus xyuas ib qho chaw kho mob los sis lub tsev kho mob, thov saib lawv tej kev cai rau neeg qhua ua ntej yuav mus txog-nyias qhov chaw muaj nyias kev cai. Yog tias tau kuaj ntsuas koj vim koj yuav mus phais mob los sis lwm yam txheej txheem kho mob, tiv tauj mus rau koj pab pawg saib xyuas seb yuav ua dab tsi ntxiv.

Koj tsim nyog txhob mus ua hauj lwm kom txog thaum koj tau ua txhua yam raws nraim li cov lus qhia saum toj no lawm kom nres koj qhov nyob twj ywm hauv tsev (los sis koj rov qab kuaj dua).

Cov chaw ua hauj lwm, tsev kawm ntawv thiab chaw zov me nyuam: Daim ntawv no ua daim ceeb toom qhia txog tej ntsiab cai ntawm kev kho mob ua ntej koj tus neeg ua hauj lwm los sis tub ntxhais kawm ntawv thiaj rov qab tuaj ua hauj lwm los sis kawm ntawv tau. Lawv yuav tsum ua kom tau raws cov lus qhia saum toj no ua ntej yuav rov qab tuaj tim ntsej tim muag.

Kuv yuav saib xyuas kuv tus kheej li cas?

1. **So ntau. Haus kua ntau ntxiv** (tsuas yog tias koj tus kws kho mob qhia kom txhob ua li ntawd).
2. **Noj tshuaj acetaminophen (Tylenol) los pab thaum kub taub hau los sis hnov mob.** Yog koj muaj teeb meem ntawm lub siab los sis lub raum mas, nug koj tsev neeg tus kws kho mob seb koj noj tshuaj Tylenol puas tau.
   Ob qho no mas mam li noj ib qho:
   - 650 mg (ob ntsiav 325 mg) txhua 4 mus rau 6 teev (tsis tshaj 10 ntsiav hauv ib hnub), *los sis…*
   - 1,000 mg (ob ntsiav 500 mg) txhua 6 teev (tsis tshaj 6 ntsiav hauv ib hnub),
   - **Cim tseg:** Tsis txhob noj acetaminophen (Tylenol) tshaj 3,000 mg nyob rau hauv ib hnub. Tshuaj Acetaminophen nrhiav pom muaj nyob rau hauv ntau yam tshuaj (hauv tshuaj kws kho mob sau ntawv yuav los sis tshuaj yuav tom khw muag tib si). Nyeem cov lus taw qhia rau txhua yam tshuaj yuav noj kom thiaj tsis noj ntau dhau.

Rau cov me nyuam yaus, saib acetaminophen (Tylenol) lub hwj tshuaj seb yuav tau muab pes tsawg (nyob ntawm seb lawv muaj pes tsawg xyoo los sis hnyav npaum li cas.)

3. **Yog koj muaj lwm yam teeb meem ntawm kev noj qab nyob zoo (xws li khees xaws, lub plawv nres, pauv siab ntsws plab plawv los sis mob raum heev):** Hu mus rau koj qhov chaw kho mob tshwj xeeb yog koj tsis zoo mob 2 hnub tom ntej no.

4. **Yuav tsum paub tias thaum twg tsim nyog hu 911.** Tej hom mob ceeb toom xwm txheej ceev suav nrog:

- Ua pa nyuaj los sis txog siav
- Mob los sis ceev hauv siab uas tsis ploj li
- Hnov tsis meej pem thooj li tsis tau hnov dua los, los sis xeev tsis tau
- Di ncauj los sis ntsej muag xiav

Kuv yuav nrhiav ntaub ntawv ntxiv qhov twg?

- M Health Fairview: www.mhealthfairview.org/covid19/
- Yuav Ua Dab Tsi Yog Raug Mob: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html
- Nres Kev Nyob Twj Ywm Hauv Tsev: www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html
- University of Minnesota cov kev sim fab khw kuaj mob (kev tshawb fawb txog kab mob COVID-19): clinicalaffairs.umn.edu/umn-clinical-trials

English Translation

[Date]
[Patient Name:]

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):
        - For **at least 5 days** after your symptoms started, ***AND UNTIL***
        - You've had **no fever for 24 hours**—with no medicine that reduces fever, ***AND***
        - Your other symptoms (such as a cough) are better.
    - Wear a face covering for **10 full days *anytime* you're around other people.**

During self-isolation:

- Stay home until it's safe to be around others.
- At home, stay away from other people and pets. Or, wear a well-fitting mask when you need to be around others.
- Monitor your symptoms. If you have any emergency warning signs (including trouble breathing), seek emergency medical care right away.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.

- If you have a weak immune system, ask your doctor about other actions you should take.

If you plan to visit a clinic or hospital, please check their visitor guidelines before you arrive—healthcare sites may have different rules. If you were tested because you're going to have surgery or another procedure, contact your care team for next steps.

You should NOT go back to work until you meet the guidelines above for ending your home isolation (or you've repeated your test).

Employers, schools and daycares: This document serves as formal notice of medical guidelines before your employee or student can return to work or school. They must meet the above guidelines before going back 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 acetaminophen (Tylenol) for fever or pain.** If you have liver or kidney problems, ask your family doctor if it's okay to take acetaminophen (Tylenol).
   Take either:
   - 650 mg (two 325 mg pills) every 4 to 6 hours (up to 10 pills per day), *or*…
   - 1,000 mg (two 500 mg pills) every 6 hours as needed (up to 6 pills per day).
   - **Note:** Don't take more than 3,000 mg of acetaminophen (Tylenol) 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 acetaminophen (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/

- What to Do If You're Sick: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html
- Ending Home Isolation: www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html
- University of Minnesota clinical trials (COVID-19 research studies): clinicalaffairs.umn.edu/umn-clinical-trials