



[Date]

[Patient Name:]

လံင်ပရတဘၣ်အံၤပၣ်ဖျါဝဲ တၢ်ကွဲးနီၣ်ကွဲးယါလၢ နဘၣ်တၢ်မၤကွၢ်နၤလၢ COVID-19(ခိၣ်ရီၣ်န့ၣ်ဘဲရၢးစံ) တၢ်ဆါအဂီၢ်န့ၣ်လီၤ. နတၢ်မၤကွၢ်အစၢန့ၣ်**တဆၢတံၣ်အီၤလီၤတံၢ်လီၤဆဲးဒီးဘၣ်န့ၣ်လီၤ.**

အခိပညီမ့ၢ်ပတသ့ၣ်ညါဘၣ်လၢနအိၣ်န့ၣ် ဘဲရၢးဃၢ်အိၣ်ခါတအိၣ်ခါဘၣ်. အဝဲအံၤကဲထီၣ်သးလၢ ပုၤဆါတဖၣ်လၢတၢ်မၤကွၢ်အကျါ ပုၤဆါစ့ၤဂၤအပူၤသ့ဝဲလီၤ. တၢ်အစၢအံၤ အခိပညီ **တမ့ၢ်ဝဲဒဲၣ်လၢခါဆူညါန့ၣ်** နအိၣ်ဒီးဘဲရၢးစံဃၢ်သ့တသ့ခါဘၣ်.

COVID-19 တၢ်ဆါကွၢ်ပနီၣ်တဖၣ် ပၣ်ဃုၣ်ဒီး တၢ်ကူး, လိၤကိၢ် ဒီးတၢ်ကသါကီခဲတဖၣ်န့ၣ်လီၤ. တၢ်ဆါကွၢ်ပနီၣ်အဂၤဂၤတဖၣ် ပၣ်ဃုၣ်ဒီးတၢ်ခိၣ်ဆါ, တၢ်လိၤဆါ, တၢ်ဂီၢ်ကနိး, ကိၢ်ယုၢ်ဘိဆါ, နါတံၢ်ဘံး မ့တမ့ၢ် နါအ့ၣ်ယွၤ, တူၢ်ဘၣ်လၢတၢ်ဘျးသးဒိၣ်မး, ဟၢဖၢလူ(အ့ၣ်လူ), အိၣ်တၢ်သ့ၣ်ညါအရီၢ် မ့တမ့ၢ် တနၢဘၣ်တၢ်, ဟၢဖၢဆါ ဒီးသးကလဲၤ မ့တမ့ၢ် ဘျီး(တၢ်တမ့ၢ်ဟၢဖၢ မ့တမ့ၢ် ဘျီးထီၣ်) န့ၣ်လီၤ.

ယကဘၣ်မၤဒဲလဲၣ်?

နမ့ၢ် **တအိၣ်ဒီး** တၢ်ဆူးတၢ်ဆါအပနီၣ်တဖၣ်ဘၣ်ဆၣ် အစၢဖျါလၢ နအိၣ်ဒီးဘိရၢးစံဃၢ်န့ၣ် နကြၢး ဆဲးကျိး တၢ်လီၤလၢ နလဲၤမၤကွၢ်တၢ်ဆါန့ၣ်တက့ၢ်. သံကွၢ်ဘၣ်အဝဲသ့ၣ်လၢ နလိၣ်တၢ်ဒီးမၤကွၢ်အသီတဘျီခါတက့ၢ်. နမ့ၢ်လိၣ် တၢ်ဒီးမၤကွၢ်အသီတဘျီန့ၣ် အဝဲသ့ၣ် ကရဲၣ်ကျဲၤတၢ်ထံၣ်လိၣ်သးလၢ တၢ်မၤကွၢ်အဂီၢ် မ့တမ့ၢ် နကိးဝဲသ့ 612-336-2690 န့ၣ်လီၤ.

နမ့ၢ်ဘၣ်တၢ်မၤကွၢ်လၢ နအိၣ်ဒီး မ့တမ့ၢ် အိၣ်တ့ၢ်ပၣ်ဝဲ COVID-19 တၢ်ဆါအပနီၣ်တဖၣ်အယိန့ၣ်-

1. ကိးဘၣ် 612-336-2690 လၢ ကရဲၣ်ကျဲၤ တၢ်မၤကွၢ်အသီတဘျီအဂီၢ်တက့ၢ်..
2. **နမ့ၢ်ဆိကမိၣ်လၢ နအိၣ်ဒီး ဘဲရၢးဃးန့ၣ်**
အိၣ်လၢဟံၣ်ဒီးအိၣ်ယံၤဒီးပုၤဂၤတဖၣ်(အိၣ်လီၤဖျါနီၣ်ကစၢ်) တုၤလၢ.....
 - **နတၢ်ကိၢ်တအိၣ်**လၢဘၣ်-ဒီးတလိၣ်အီကသံၣ်မၤစ့ၤလီၤတၢ်လိၤကိၢ်-လၢ ၁ သီပဲၤပဲၤ(၂၄ န့ၣ်ရံၣ်). **ဒီး...**





- နတ်ဆိပ်နီအဂတဖန်ကိညာ်ထီဉ်က့ၤ. အဒိ, နတ်ကူး မ့တမ့ၢ် တၢ်သါထီဉ်သါလီၤကိညာ်ထီဉ်လီၤ. အိ...
- အစ့ၤကတၢ်အသီ ၁၀ ပူၤကွံာ်စးထီဉ်လၢနတ်ဆိပ်နီစးထီဉ်သးကတီၢ်န့ၢ်လီၤ. (ဖဲကသံဉ်သရၣ်တဂၤတဲဘဉ်နၤလၢနအိဉ်ဒီးဂံၢ်တြီဆၢတၢ်ဆါအသနူအဂံၢ်စၢ်တခီ,အိဉ်ခိးဘဉ် အသီ ၂၀ တက့ၢ်.)

3. ဖဲတၢ်ဆါကတီၢ်အံၤ-

- အိဉ်လၢနကစၢ် အဒါး ပဉ်ဃုာ်ဒီး တၢ်အိဉ်တၢ်အိတၢ်အဂီၢ်တက့ၢ်. မ့ၢ်သ့ နစူးကါနကစၢ်တၢ်လုာ်ထံဒါးတက့ၢ်.
- အိဉ်စီၤစုၤယံၤဒီးပုၤဂၤလၢနဟံဉ်ပူၤတက့ၢ်. ဖိးဟုာ်လိာ်သး နမူလိာ်သး မ့တမ့ၢ် နူးဆဲးစုတဂ့ၤ. တဘဉ်တူၢ်လိာ်ပုၤတမ့ၢ်ဘဉ်.
- တဘဉ်လဲၤမၤတၢ် လဲၤထီဉ်ကိ မ့တမ့ၢ် လဲၤတပူၤလၢလၢ်တဂ့ၤ.
- မၤကဆီၣ်"တၢ်ထိးညီန့ၢ်" အလီၢ်တဖၣ်တလီၢ်လီၢ်(တၢ်အိးထီဉ်ပဲတြီနီဉ်တံာ်, တၢ်တူၢ်လိာ်မုာ်စပွဲဖီခိဉ်, စုဖီဉ်တဖၣ်,ဒီးတၢ်အဂၤ).
သ့ဘဉ်ဟံဉ်ဃီတၢ်ကဆဲးကဆီၣ်ကသံဉ်ဖုံတခါ မ့တမ့ၢ် တၢ်ထွါတဖၣ်တက့ၢ်.
စရီအလၢအပဲတခါနကထံဉ်အီၤဖဲ EPA ပုၤယဲၤသန့ဖဲ <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>.
- ကးဘၢနထးခိဉ်ဒီးနီၣ်ဒုဃုာ်ဒီးနီဉ်ကျၢၢ်ဘၢမံာ်တခါ မ့တမ့ၢ် တၢ်ကံးညာ်ကးဘၢနီၣ်ဒုဃုာ်ဒီးခိဉ်လၢအဂတဖၣ်လၢကဟးဆဲးတၢ်ဃုာ်တၢ်ဃါရၤလီၤသးအဂီၢ် တက့ၢ်.
- သ့ကဆီၣ်နစုဒီးမံာ်သဉ်ဃုာ်ဒီးဆးပုၤဒီးထံတလီၢ်လီၢ်တက့ၢ်.
- ပုၤကွံာ်ထွဲတၢ်တဖၣ်လၢပာ်ထွဲလၢ ကရူၢ်တဖၣ်လၢလၢန့ၢ် အိဉ်ဒီးတၢ်ဘဉ်ယိဉ်လၢ တၢ်ဆူးတၢ်ဆါနးနးလၢ COVID-19 အသိန့ၢ်လီၤ.
 - ပုၤသးပုၤ ၆၅ နံဉ်ဒီးဆူဖီခိဉ်
 - ပုၤတဖၣ်လၢအိဉ်လၢတၢ်ကွံာ်ထွဲအလီၢ် မ့တမ့ၢ် ယံာ်ထၢတၢ်ကွံာ်ထွဲအတၢ်လီၢ်တၢ်ကျဲ





- ပုၤတဖၣ်လၢအိၣ်ဒီးယံာ်ထၢတၢ်ဆါ(ပသိၣ် သး ခဲစၢၣ် တၢ်ဆံၣ်ဆါ ကလုာ် သူၣ်ဂံၢ်တြီဆါဂ့ၢ်ဝီ)
- ပုၤတဖၣ်လၢအနီၣ်ခိၣ်ဂံၢ်တြီဆါစၢ် ဃုာ်ဒီးပုၤတဖၣ်လၢ-
 - အိၣ်လၢတၢ်ကူစါခဲစၢၣ်ကတီၢ်
 - အီကသံၣ်လၢမၤစၢ်လီၤနီၣ်ခိၣ်ဂံၢ်တြီဆါ ဒ်အမ့ၢ် corticosteroids
 - ကူစါအသံကွဲကၢ် မ့တမ့ၢ် ကူးကွဲးဆီတလဲနီၣ်ခိၣ်ကွၢ်ဂီၤဒွဲ
 - နီၣ်ခိၣ်အဂံၢ်တြီဆါတလၢပုၤ
 - မၤဂၢၢ်ကျါၤ HIV မ့တမ့ၢ် AIDS န့ၢ်စ့ၤဒိၣ်မး
 - ပုၤအဘီၣ်အုၣ်(နီၣ်ခိၣ်မိၢ်ပုၤအနီၣ်တၢ်ထီၣ်ယူအိၣ် ၄၀ ဆူဖီခိၣ်)
 - အီမိၢ်ခဲအံၤခဲအံၤ
- ပုၤကွၢ်ထွဲတၢ်တဖၣ်ကြးကျီၤစုဖျိၣ်ဖဲသ့လီၤဒီအခါ ဟံးတၢ်ဖိၣ်တၢ်အခါ ဆူၣ်တၢ်အခါဒီးမၤကဆီတၢ်ဟးလီၤဒီးတၢ်လုာ်ထံဒါးအခါန့ၢ်လီၤ
- ဆူၣ်ဒီးမၤဃု တၢ်ဆူၣ်ပုၤတၢ်ပလီၢ်ပဒီတက့ၢ်. တဘၣ်တပျုာ်တၢ်ဆူၣ်လၢအဘၣ်အါ, ဒီးဆီလီၤသ့ဘၣ်ထံလၢၤကတၢ်ဖဲန့ၣ်တက့ၢ်.
- နမ့ၢ်အိၣ်ဒီး နီၣ်ခိၣ်ဂံၢ်တြီဆါတၢ်မၤအကျိၤအကျဲတၢ်ဂံၢ်စၢ်န့ၣ် သံကွၢ် နကသံၣ်သရၣ် ဘၣ်ဃးတၢ်မၤအဂၤတဖၣ်လၢနကြးမၤအီၤတက့ၢ်
- ကွၢ်အါထီၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတဖၣ်ဖဲ<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-Karen.pdf> တက့ၢ်.

နတကြးက့ၤထီၣ်ဆူ တၢ်မၤ တချးလၢ နမၤလၢပုၤ တၢ်န့ၣ်လီၤလၢထးတဖၣ် ဒ်သိး နကမၤကတၢ်ကွံာ် နတၢ်အိၣ်အိၣ်လီၤဖျိၣ်နသးလၢဟံၣ်အဂီၢ်န့ၣ်လီၤ. နကြးမၤလၢပုၤ တၢ်န့ၣ်ကျဲၤတဖၣ် ဃုာ်ဒီး တၢ်န့ၣ်ကျဲၤအဂၤတဖၣ်လၢ နတၢ်မၤကစၢ်ပၢ်လီၤဝဲန့ၣ်လီၤ.

တၢ်မၤကစၢ်တဖၣ်
လံာ်တီၢ်လံာ်မိတခါအံၤမၤတၢ်ဒ်တၢ်ဒုးသ့ၣ်ညါဖိးသဲးစးတခါလၢနပုၤမၤတၢ်ဖိအတၢ်ဆူးတၢ်ဆါအတၢ်န့ၣ်





A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

လီတဖန်လၢတၢ်ကကွၤကဒါဆူတၢ်မၤန့ၣ်လီၤ. အဝဲသ့ၣ် ကဘၣ်
တုၤထီၣ်ထီၣ်ဘးတၢ်န့ၣ်လီၤလၢထးတဖၣ်တချုးကကွၤကဒါဆူတၢ်မၤလၢအနီၢ်ကစၢ်န့ၣ်လီၤ.

မ့ၢ်ယကွၢ်ထွဲလီၤယသးကသ့လၢကျဲၣ်လဲၣ်.

- 1. **အိၣ်ဘျးအိၣ်သါအါအါတက့ၢ်. အိထံအါအါ**(မ့တမ့ၢ်ဘၣ်လၢ ကသံၣ်သရၣ်တဲန့ၣ်လၢတဘၣ်အိတဂ့ၤ).
- 2. **အိလီ ာ်Tylenol(acetaminophen) လၢတၢ်လိၤကီၢ် မ့တမ့ၢ် တၢ်ဆူးဆါန့ၣ်အဂီၢ်တက့ၢ်.**

နမ့ၢ်အိၣ်ဒီးသ့ၣ် မ့တမ့ၢ် ကလ့ၢ်တၢ်ဂ့ၢ်ကီတဖၣ်န့ၣ် သံကွၢ်နကဟံၣ်ဖိဖိကသံၣ်သရၣ် လၢမ့ၢ်အိကသံၣ်
Tylenol ကသ့ၣ်တက့ၢ်.

အိဘၣ်တခါခါ-

- ၆၅၀ မံလံၣ်ကြဲၢ်(၃၅၅ မံလံၣ်ကြဲၢ် ကသံၣ်ဖျၢၣ် ခံဖျၢၣ်) ၄ တုၤ ၆ န့ၣ်ရံၣ်တဘျီ မ့တမ့ၢ်..
- ၁၀၀၀ မံလံၣ်ကြဲၢ်(၅၀၀ မံလံၣ်ကြဲၢ် ကသံၣ်ဖျၢၣ် ခံဖျၢၣ်) ၈ န့ၣ်ရံၣ်တဘျီ
လၢတၢ်လိၣ်ဘၣ်ဖိခိၣ်န့ၣ်လီၤ.
- **တီၢ်နီၣ်**-တဘၣ်အိကသံၣ်တနံၤ အါန့ၢ် ၃၀၀၀ မံလံၣ်ကြဲၢ် တဂ့ၤ. Acetaminophe
န့ၣ်ထီၣ်ဘၣ်လၢ
ကသံၣ်အါကလုၢ်အကျါ(ကသံၣ်လၢအလိၣ်ဒီးကသံၣ်သရၣ်အတၢ်န့ၣ်လီၤ ဒီး
ကသံၣ်လၢအတလိၣ်ဒီးကသံၣ်သရၣ်အတၢ်န့ၣ်လီၤတဖၣ် ခံမံၤလၢၢ်). ဖးဘၣ်
လံၣ်မံၤပနီၣ်တဖၣ်ခဲလၢၢ် ဒ်သိးကမၤလီၤတၢ်လၢ နတအိဘၣ်ကသံၣ်
အါတလၢတဂ့ၤအဂီၢ်တက့ၢ်.

လၢဖိသ့ၣ်အဂီၢ် ကွၢ်သမံသမိးဘၣ် Tylenol ပလီ လၢ ကသံၣ်တဘျီအိလၢအကြၢးအဘၣ်လၢ
ကဒုးအိအဂီၢ်(ဒီးသန့ၤသးလၢ အဝဲသ့ၣ် သးနံၣ်ဒီး နီၢ်ခိတၢ်ဃၢ).

- 3. **နမ့ၢ်အိၣ်ဒီး တၢ်အိၣ်ဆူၣ်အိၣ်ချ့. တၢ်ကီတၢ်ခဲအဂၤတဖၣ်(ဒ်သိး ခဲစၢၣ်, သးတၢ်ဆါ, နီၢ်ခိက့ၤဒိတခါခါ
တၢ်ကူးကွဲးဟံးန့ၢ်မၤပဲၤနီၢ်ခိက့ၢ်ဂီၤတၢ်ကူစါ မ့တမ့ၢ် ကလ့ၢ်တၢ်ဆါနးနး):**
ကိးလီတဲစိဆူနကသံၣ်ကျးလီၤဆီဖဲတၢ်မ့ၢ်တကယါလီၤဘၣ်န့ၣ်လၢဆူညါ ၂ သီတီၢ်ပူၤဘၣ်န့ၣ်တက့ၢ်.





4. သွန်ညါဘဉ် အခါလၢကဘဉ်ကိး ဣၤ- ဂ့ၢ်ဂီၢ်အူတၢ်တဲပလီၢ်တၢ်ပနီၣ်တဖၣ်ပၣ်ဃုၣ်ဝဲ-

- တၢ်ကသါကီခဲ မ့တမ့ၢ် ကသါတလၢသါ
- သးနါပှၢ်ဆါ မ့တမ့ၢ် တၢ်ဆိၣ်သနံးလၢသးနါပှၢ်ဖီခိၣ်တဖၣ်န့ၣ် တလီၤမၢ်ဝဲဒၣ်ဘဉ်
- တူၢ်ဘဉ်တမ့ၢ်တလၢလၢနတတူၢ်ဘူဘဉ်နီတဘျီ မ့တမ့ၢ် ဂဲၤထၢၣ်ထီၣ်တန့ၢ်
- ထးခိၣ်ပျုၤ မ့တမ့ၢ် မဲၣ်သၣ် ထီၣ်လုးထီၣ်လါ

ယမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤတဖၣ်ကသုဒ်လဲၣ်-

- M Health Fairview: <https://www.mhealthfairview.org/covid19/>
- Coronavirus တၢ်ဆါဃၢ် အခိၣ်ထံးခိၣ်ဘိတဖၣ်: www.health.state.mn.us/diseases/coronavirus/basics.html
- နမ့ၢ်ဆိက့န့ၣ်ကဘဉ်မၤမနုၤလဲၣ်: https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-If-You-Are-Sick_KE_HR_Karen.pdf
- တၢ်မၤကတၢ်ကွံၣ် နတၢ်အိၣ်ဖဲဟံၣ်ပူၤထဲတဂၤတၢ်မၤ: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- တၢ်အံးထွဲကွၢ်ထွဲ ပှၤတဂၤလၢအိၣ်ဒီး COVID-19: <http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>
- မံၣ်နီၣ်စိထၣ် ဖှၣ်စိမိၤ တၢ်ဆါဟံၣ်ဖိတၢ်မၤကွၢ်(COVID-19 တၢ်ဃုသ့ၣ်ညါမၤလိတဖၣ်): <https://clinicalaffairs.umn.edu/umn-clinical-trials>

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:

4. Call 612-336-2690 to schedule another test.
5. **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.)
6. 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





A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

- 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 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?

5. **Get lots of rest. Drink extra fluids** (unless a doctor has told you not to).
6. **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).

7. **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.
8. **Know when to call 911:** Emergency warning signs include:





A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

- 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

