

# Kev Txiav Txim Rau Cov Tibneeg Mob COVID-19 Hauv Tsev Kawm Ntawv, Cov Hluas, thiab Tsev

Txiav txim raws li cov duab hauv qab no taw qhia yog tias ib tus menyuam, tub ntxhais kawm, lossis neeg ua haujlwm muaj tej tsos mob mentsis xws li yog mob COVID-19.

- **Nqhuag tshwm sim:** ua npaws kub taubhau yog 100.4o F lossis siab dua, pib hnoos thiab/lossis hnoos phem zuj zus tuaj, ua pa nyuaj, saj tsis hnov qab thiab tsis hnov ntxhiab tsw.
- **Tsis tshua tshwm sim:** mob qa, xeev siab, ntuav, raws plab, ib ce txias, mob leeg nqaij, qaug zog, pib mob taubhau heev, pib txhaws ntswg lossis los ntswg.

**Rau cov tibneeg uas muaj IB tsos mob ntawm cov "tsis tshua tshwm sim"**

- Ntsuas cov tsos mob thiab xyuas seb tus neeg ntawd puas xis neej txaus los kawm ntawv.
- Yeej xis neej mus taus thiab nyob tom tsev kawm ntawv.
- Nyob twj ywm tsev lossis xa mus tsev thiab mus ntsuas mob tom ib tus kws kho mob thiab/lossis mus kuaj seb puas kis mob COVID-19.
- Rov qab mus kawm ntawv li 24 xaub moos tom qab tej tsos mob zoo zuj zus lawm.
- Cov nus muag thiab cov koom ib yig tsis tas nyob twj ywm tsev los yog cais nyob hauv tsev.

**Rau cov tibneeg muaj IB tsos mob ntawm cov "nqhuag tshwm sim" LOSSIS li ntawm OB yam tsos mob uas "tsis tshua tshwm sim"**

- Tus neeg nyob tsev lossis tau xa nws mus tsev.
- Kev mus ntsuas mob thiab/lossis mus kuaj seb puas kis kab mob COVID-19 los ntawm ib tus kws kho mob.
- Xa cov nus muag thiab cov koom ib yig mus tsev lossis kom lawm nyob twj ywm tom tsev.
- Tsis txhob mus ntsuas mob thiab/lossis mus kuaj mob COVID-19 ntawm ib tus kws kho mob.
- TAU TXAIS:
  - Kuaj mob COVID-19 yog positive, uas kis lawm
- TAU TXAIS:
  - Kuaj mob COVID-19 yog negative, uas tsis kis LOSSIS
  - Kuaj tau yog mob lwm yam
- Cov nus muag thiab cov koom ib yig rov qab mus kawm ntawv.
- Cov nus muag thiab cov koom ib yig yuav tsum nyob twj ywm tsev thiab cais nyob hauv tsev tsis txhob mus ua kis las dabtsi li ntawm 14 hnuv.

Pib caiv nyob twj ywm tsev li ntawm 10 hnuv uas koj xub thawj muaj cov tsos mob thiab nyob twj ywm kom txog txij li thaum koj hnov zoo mob lawm THIAB tsis tau ua npaws li ntawm 24 xaub moos (yam tsis tas noj tshuaj tua npaws).

**Rau cov tibneeg uas tau mus ze ib tus neeg mob COVID-19.**

Kev mus nyob ze ib tus neeg mob yog li ntawm 2 dag ntev li 15 feeb. Qhov no yeej suav cov koom nyob hauv ib yig thiab.

- Nyob twj ywm hauv tsev tsis txhob mus kawm ntawv li ntawm 14 hnuv txij li hnuv mus nyob ze raug tus neeg mob.
- Tab txawm tias nws tuaj kuaj tias yog negative uas tsis kis mob, los nws yuav tsum cais nws tus kheej nyob tsev 14 hnuv ua ntej nws rov qab mus kawm ntawv.
- Mus kuaj li ntawm 5-7 hnuv tom qab tau mus ze ib tus neeg uas mob.
- Yog tias tej tsos mob pib huam tuaj thiab/lossis tau txais kev kuaj mob hais yog mob lawm.
- Cov nus muag thiab cov koom ib yig TSIS TAS nyob tsev lossis caiv nyob tsev.
- Pib caiv nyob twj ywm tsev li ntawm 10 hnuv uas koj xub thawj muaj cov tsos mob thiab nyob twj ywm kom txog txij li thaum koj hnov zoo mob lawm THIAB tsis tau ua npaws li ntawm 24 xaub moos (yam tsis tas noj tshuaj tua npaws).
- Cov nus muag thiab cov koom ib yig yuav tsum nyob twj ywm tsev thiab cais nyob hauv tsev tsis txhob mus ua kis las dabtsi li ntawm 14 hnuv.

# Cov Lus Piav Rau Daim Duab Txiaiv Txim Rau Cov Tibneeg Mob COVID-19 Hauv Tsev Kawm Ntawv, Cov Hluas, Thiab Tsev Zov Menyuam

## Cov Lus Qhib

Cov tswv yim no muaj feem rau cov menyuam, tub ntxhais kawm, lossis neeg ua haujlwm uas tab tom muaj tej tsos mob zoo li mob COVID-19. Cov tsos mob uas mentsis zoo li yog mob COVID-19 yog muab faib ua ob pawg:

- Cov tsos mob uas **nqhuag tshwm sim** yog ua npaws kub taubhau yog 100.4o F lossis siab dua, pib hnoos thiab/lossis hnoos phem zuj zus tuaj, ua pa nyuaj, saj tsis hnov qab thiab tsis hnov ntxhiab tsw.
- Cov tsos mob uas **tsis tshua tshwm sim** yog mob qa, xeev siab, ntuav, raws plab, ib ce txias, mob leeg nqaij, qaug zog, pib mob taubhau heev, pib txhaws ntswg lossis los ntswg.

## Pab txhawb cov neeg muaj tej tsos mob COVID-19

Tom qab cim tau tej tsos mob COVID-19 tas lawm, xaiv ib ntawm ob txoj kev taug no.

### Thawj txoj kev taug

1. Thawj txoj kev taug no yog rau cov tibneeg uas muaj ib yam tsos mob ntawm cov tsos mob uas **tsis tshua tshwm sim**.
2. Tom ntej, ces ntsuas cov tsos mob thiab xyuas seb tus neeg ntawd puas xis neej txaus los mus kawm ntawv.
3. Yog tias yeej xis neej, ces mus tau thiab nyob tau tom tsev kawm ntawv.
4. Yog tsis xis neej, ces nyob twj ywm tsev lossis xa mus tsev thiab mus ntsuas mob tom ib tus kws kho mob thiab/lossis mus kuaj seb puas kis mob COVID-19.
5. Yog tias tau mus kuaj thiab/lossis ntsuas mob lawm, mus raws kauj ruam 3 - 7.

6. Yog tias tau xa tus neeg ntawd mus tsev, lawv rov qab mus kawm ntawv los tau tom qab 24 xaub moos uas tej tsos mob zoo mentsis lawm.
7. Cov nus muag thiab cov koom ib yig tsis tas nyob twj ywm tsev los yog cais nyob hauv tsev.

## Txoj kev thib ob

1. Txoj kev thib ob no yog rau tus neeg uas muaj ib yam tsos mob ntawm cov **nqhuag tshwm sim** lossis li ntawm ob yam ntawm cov **tsis tshua tshwm sim**.
2. Yog tias yeej mob, tus neeg ntawd yuav tsum nyob tsev lossis tau xa nws mus tsev, thiab xa nws cov nus muag lossis cov koom ib yig mus tsev lossis kom lawv nyob twj ywm tsev.
3. Tus neeg uas muaj tej tsos mob ntawd yuav tsum mus ntsib ib tus kws kho mob thiab kuaj seb puas kis COVID-19 lossis tsis mus ntsib mus kuaj mob li.
4. Yog tias tus neeg ntawd tsis mus kuaj mob li, lawv yuav tsum caiv nyob tsev ib leeg li ntawm 10 hnuv pib li thawj hnuv pib muaj tej tsos mob mus txog thaum zoo zuj zus tuaj thiab yeej tsis ua npaws li ntawm 24 xaub moos dhau los yam tsis noj tshuaj tua npaws. Cov nus muag thiab cov koom ib yig yuav tsum nyob tsev thiab caiv tsis txhob mus ua kis las sab nraud li ntawm 14 hnuv pib li thawj hnuv uas lawv tau mus ze raug ib tus neeg muaj cov tsos mob COVID-19.
5. Yog tias tus neeg mob yeej mus kuaj tias yog mob lwm yam, ces lawv rov qab mus kawm ntawv los tau yog tias tom qab 24 xaub moos lawv cov tsos mob zoo zuj zus tuaj lossis mus raws li kws kho mob hais. Cov nus muag thiab cov koom ib yig tsis tas nyob tsev lossis caiv nyob tsev ntxiv lawm vim twb nrhiav pom tias yog nws mob lwm yam.
6. Yog tias tus neeg ntawd kuaj tau yog negative uas tsis mob COVID-19, ces lawv rov qab mus kawm ntawv tau yog tias tom qab 24 xaub moos lawv cov tsos mob zoo zuj zus tuaj. Cov nus muag thiab cov koom ib yig tsis tas nyob tsev lossis caiv nyob tsev ntxiv lawm vim twb kuaj tau tias yog negative.
7. Yog tias tus neeg ntawd kuaj tau yog positive uas mob COVID-19, lawv yuav tsum caiv nyob tsev ib leeg li ntawm 10 hnuv uas nws xub thawj muaj cov tsos mob thiab nyob twj ywm kom txog txij li thaum nws hnov zoo mob lawm THIAB tsis tau ua npaws li ntawm 24 xaub moos yam tsis tas noj tshuaj tua npaws. Cov nus muag thiab cov koom ib yig yuav tsum nyob tsev thiab caiv tsis txhob mus ua kis las sab nraud li ntawm 14 hnuv pib li thawj hnuv uas lawv tau mus ze raug ib tus neeg muaj cov tsos mob COVID-19.

## Txoj kev rau cov mus nyob ze raug

1. Daim ntawv no kuj muaj lus taw qhia rau cov tibneeg uas tau mus ze ib tus neeg mob COVID-19. Kev mus nyob ze ib tus neeg mob yog mus nyob ze raug li ntawm 2 dag uas ntev li 15 feeb. Qhov no yeej suav cov neeg uas koom nyob hauv ib yig thiab.
2. Yog tias tus neeg ntawd yog mus nyob ze raug, ces nws yuav tsum caiv nyob ib leeg tom tsev li ntawm 14 hnuv pib txij li thawj hnuv nws mus raug tus neeg mob. Tab txawm tias nws mus kuaj tias yog negative uas tsis kis mob, los nws yuav tsum cais nws tus kheej nyob tsev 14 hnuv ua ntej nws rov qab mus kawm ntawv tau. Cov mus nyob ze raug mob, yuav tsum mus kuaj seb puas kis mob COVID-19 li ntawm 5-7 hnuv tom qab nws tau mus nyob ze raug tus neeg mob. Cov nus muag thiab cov koom ib yig tsis tas nyob twj ywm tsev los yog cais nyob hauv tsev.
3. Yog tias nws mus nyob ze raug kis mob thiab pib pom muaj tej tsos mob tuaj thiab/lossis mus kuaj tau tias yog mob COVID-19 lawm, ces nws yuav tsum nyob tsev li ntawm 10 hnuv uas yog nws xub

thawj pib pom muaj cov tsos mob ntawd thiab nws yuav tsum nyob twj ywm kom txog txij li thaum nws hnov zoo mob lawm THIAB tsis tau ua npaws li ntawm 24 xaub moos yam tsis tas noj tshuaj tua npaws. Cov nus muag thiab cov koom ib yig yuav tsum nyob twj ywm tsev thiab cais nyob hauv tsev tsis txhob mus ua kis las dabtsi li ntawm 14 hnuv.

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## Ntaub ntxiv txog txoj kev pab ntsuas no

Daim duab no ua raws li cov ntaub ntawv taw qhia no:

- [2020-2021 Planning Guide for Schools \(hom phiaj npaj rau xyoo kawm ntawv 2020-2021\) \(PDF\)](http://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf)
- [COVID-19 Prevention Guidance for Youth and Student Programs \(lus taw qhia pab cheem kom cov hluas thiab tub ntxhais kawm txhob kis mob COVID-19\) \(PDF\)](http://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf)
- [COVID-19 Prevention Guidance for Overnight Camps \(lus taw qhia pab cheem kev kis mob COVID-19 thaum mus pw hav zoov\) \(PDF\)](http://www.health.state.mn.us/diseases/coronavirus/schools/overnightcamp.pdf)

### Tsos mob

- Cov tsos mob uas muab sau hauv no yog cov uas feem ntau pom tshwm sim ntawm cov neeg mob COVID-19. Cov tsos mob uas **nqhuag tshwm sim** feem ntau yeej yog cov uas yeej mob COVID-19 thiab tej zaum yuav yog tib co tsos mob uas nws pom muaj xwb. Cov tsos mob uas **tsis tshuaj tshwm sim** thiab muaj feem rau cov mob COVID-19, tiamsis tsis tshua yog ntsig txob tus kab mob COVID-19. Cov tsos mob uas tsis tshuaj tshwm sim kuj txuam nrog lwm yam mob uas tsis tshua pom muaj thiab.
- Kev ua npaws kub taubhau 100.4°F lossis siab dua yog lub cim qhia tau tias tus neeg ntawd yuav tsum nyob tsev lossis xa nws mus tsev tej zaum yog mob COVID-19. Yog ua npaws kub taubhau qis tshaj 100.4°F, lossis ua npaws mentsis xwb, ces kuj tsim nyog tus menyuam, tus tub ntxhais kawm, lossis neeg ua haujlwm yuav tsum nyob tsev lossis xa nws mus tsev. Tej txheej xwm yuav ua raws li cov kev cai ua ntej muaj tus kab mob COVID-19 txog kev rov qab mus kawm ntawv rau cov ua npaws mentsis xwb los tau. Tsev kawm ntawv thiab tsev zov menyuam yuav tsum ua raws li lawv cov kev cai uas twb teeb tseg lossis mus xyuas phau ntawv [Infectious Diseases in Childcare Settings and Schools Manual \(kev tswj mob hauv tsev zov menyuam thiab tsev kawm ntawv\)](http://www.hennepin.us/daycaremanual) ([www.hennepin.us/daycaremanual](http://www.hennepin.us/daycaremanual)).
- Kev pib mob (onset) yog ib yam tsos mob uas yeej tsis tau pom tshwm sim dua li lossis tsis muaj feem nrog ib yam mob yav tag los. Cov twb muaj mob nkeeg yav tag los (pre-existing) lawm lossis ib yam mob rau lub cev uas tus neeg ntawd tau mus kho dua los, tau kev taw qhia mus kho mob, lossis tau noj tshuaj rau li ntawm 12 lub hlis ua ntej nws pib mob.
- MDH yuav soj qab tej ntaub ntawv txog tus kab mob COVID-19 seb tej tsos mob yog li cas tiag thiab mam li kho tshiab daim ntawv no raws li nws txoj kev tshawb fawb pom..

### Kev kuaj mob los ntawm ib tus kws kho mob

- Kev mus kuaj mob rau ntawm ib tus kws kho mob nyob ntawm yus xav mus kuaj xwb, tiamsis tsis mus kuaj los tau. Kev mus ntsuas mob thiab/lossis kuaj mob COVID-19 kuj mus kuaj los tau yog tiag

## COV LUS PIAV RAU DAIM DUAB TXIAV TXIM RAU COV TIBNEEG MOB COVID-19 HAUV TSEV KAWM NTAWV, COV HLUAS, THIAB TSEV ZOV MENYUAM

pom MUAJ tej tsos mob muab sau hauv no, raws li kws kho mob pom zoo thiab muaj kev kuaj mob txaus. Thaum muaj kev phom sij tias muaj kev sib kis mob ntau heev vim yog nyob rau hauv tsev kawm ntawv lossis tsev zov menyuam, ces kuj yeej txhawb heev kom mus kuaj. Kev mus ntsuas mob kuj muaj xws li mus kuaj tim ntsej tim muag, tham hauv xov tooj lossis siv twj thaj vis dis aus nrog kws kho mob, mus rau chav kho mob ceev emergency, tsev kuaj mob, thiab/lossis chav kho mob ceev urgent. Kev ntsuas mob kuj pab txiav txim seb puas tsim nyog mus kauj seb puas tau kis tus kab mob COVID-19 lossis puas muaj lwm yam los qhia vim li nws thiaj muaj cov tsos mob ntawd.

- **Rau cov tsev kawm ntawv xwb:** Thaum muaj kev phom sij tias muaj kev sib kis mob ntau heev vim yog nyob rau hauv tsev kawm ntawv, nws yuav tsum muaj ntsuas thiab kuaj mob tab txawm tias nws tsuas pom muaj cov tsos mob tsis tshua tshwm sim xwb. Vim li no, kev kis mob hauv tsev kawm ntawv kuj yuav sib kis tshaj 10 npaug rau txhua 10,000 leej. Cov tsev kawm ntawv siv tau [Data for K-12 Schools \(ntaub ntawv rau cov kawm qib K-12\): 14-day COVID-19 Case Rate by County \(kev ntsuas 14 hnuv ntawm qhov kis mob COVID-19 raws nras\) \(PDF\)](#) ([www.health.state.mn.us/diseases/coronavirus/stats/wschoo.pdf](http://www.health.state.mn.us/diseases/coronavirus/stats/wschoo.pdf)) thiab tiv tauj tau lawv Pab Pawg Saib Xyuas Koog lossis chaw ua haujlwm saib xyuas kev noj qab nyob zoo hauv zos seb yuav nqis tes ua raws li cov lus taw qhia no li cas.
- Kev mob lwm yam yog kev kuaj mob los ntawm ib tus kws kho mob uas hais tias yeej yog koj mob lwm yam vim nws kuaj tau (xws li yog mob caj pas qawj, mob npaws loj, Respiratory Syncytial Virus (tus mob zoo li yog khaub thuas) (RSV)). Chaw haujlwm saib xyuas kev kawm ntawv raws koog, tej tsev kawm ntawv, tej kev zov menyuam, txheej xwm rau cov hluas, thiab lwm yam kuj yuav hais kom muaj ntawv sau ua pov thawj (tom qab mus kuaj mob tag, kws kho mob sau ib daim ntawv) rau tus menyuam, tus tub ntxhais kawm lossis neeg ua haujlwm hais tias nws rov qab mus kawm ntawv lossis mus rau qhov txheej xwm los tau.

### Kev kuaj mob COVID-19

- Polymerase chain reaction (PCR) yog ib yam kev kuaj mob uas siv tus pas yas ntxiv qhov ntswg (nasopharyngeal) mus rau lub cev li kev ua pa lossis ntxiv mus rau qhov qa (oropharyngeal) los xyuas seb nws puas **tab tom** muaj kab mob SARS-CoV-2, uas yog tus kab mob vais lav uas tsim qhov kab mob COVID-19. Yuav siv ob peb hnuv mam li paub seb kuaj tau yog li cas tiag.
- Kev kuaj cov keeb antigen uas ntsuas seb lub cev muaj yam keeb dabtsi nyob hauv lub cev uas ua rau nws mob. Yeej muaj cov kev kuaj uas siv keeb antigen uas thaum muab tus pas yas ntxig rau qhov ntswg tas ces muab tus pas yas ntawd los ntsw cov tshuaj uas phua cov keeb ntawd ua ob sab kom pom sab hauv (assay's extraction buffer lossis reagent) thiab yuav paub tias kuaj tau yog li cas tiag li ntawm 15 feeb xwb.

**NCO TSEG:** Kev kuaj keeb antibody yog kuaj ntshav mus xyuas seb nws lub cev puas tau kis tus kab mob vais lav uas yog tus tsim tus kab mob COVID-19 **dua los**. Tsis yog los kuaj seb nws puas mob COVID-19.



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