

COVID-19, monkeypox (MPV) thiab kom ntsib kev noj qab haus huv lub caij ntuj tsaug no

Tsab ntawv no yog txog cov nram no:

- Cov kev npaj rau COVID-19 thiab MPV rau lub caij ntuj tsaug
- Koj ua tau li cas kom ntsib kev noj qab haus huv

Tam li peb mus ze zuj zus rau lub caij kawm ntuj tsaug, tsev kawm ntawv yuav xyuas ntxiv ua txhawb kom muaj kev noj qab haus huv rau peb ib tsoom hauv tsev kawm ntawv kom muaj taus kev qhia ntawv, rau cov kev pab, thiab khiav haujlwm. Nov muaj xws li muaj hno cov koob tshuaj, dawb, tiv thaiv tau zoo tus kab mob COVID-19 kom txhob raug mob loj thiab tau pw tsev kho mob, muaj cov ntaub npog qhov ncauj qhov ntswg pab tau zoo, thiab muaj khoom rau kuaj COVID-19 antigen thiab PCR.

Txawm tsis kom yuav tsum npog daim ntaub li cas tiv thaiv COVID-19, kuaj los hno tshuaj, xav kom txhua tus hauv tsev kawm ntawv siv cov kev pab no raws li qhov xav tau tswj kom txhob sib kis tus kab mob. Vim ib co tib neeg yuav mob taus loj yog kis COVID-19, xws li cov laus los muaj lwm yam mob ua rau roj ntsha tsis muaj zog, peb xav kom ib tsoom hauv tsev kawm ntawv hno tshuaj raws li kom muaj thiab ua lwm kauj ruam muaj ib leej pa bib leeg. Kuj muaj lwm yam tshuaj pab, nrog chaw kuaj mob tham, rau cov neeg yuav mob taus loj yog kis COVID-19.

Peb pom cov kev txhawj thiab ntxhov siab coob tus muaj txog kev tus kab mob COVID rov kis dua thiab kis rau coob leej thaum muaj tus kab mob no los, xws li nce zoj thiab nqis zog, thiab tus kab mob txia uas kis tau zoo tshaj ntxiv. Peb [ghov kev ua raws tam sim no raws li lub Centers for Disease Control and Prevention kom ua](#), thiab peb yuav nrog cov paub txog kev tswj kom pejxeem ntsib kev noj qab haus huv tham ntxiv thiab ntsuam seb ho muaj li cas nyob hauv tsev kawm ntawv, raws li tsev kawm ntawv tau ua yav tas thaum muaj tus kab mob los. Txawm peb khwv yees tsis tau tias yuav muaj li cas los, peb yuav qhia tsev kawm ntawv txog cov kauj ruam yuav tsum tau ua txog qhov tus kab mob COVID-19 kis.

Lub tsev kawm ntawv ho ua li cas pab?

Tsev kawm ntawv yuav muaj cov nram no ntxiv:

- Kev nrws kua ntswg kuaj PCR thiab muaj cov khoom kuaj antigen tom tsev dawb rau tag nrho cov mejyig, xibfwb thiab neeg ua haujlwm. Muaj qhia ntxiv txog kev kuaj, nrog rau cov caij qhib thiab chaw, nyob hauv lub [COVID Response website](#).
 - Tag nrho cov mejyig thiab neeg ua haujlwm nqa tau ib qho khoom kuaj dawb rau ib asthiv. Tsis teem caij ua ntej li; koj yuav tsum mauj koj daim Wiscard xwb.
 - Koj yuav tau teem caij kuaj PCR. [Teem nyob hauv myUHS](#). Xav kom koj siv qhov kuaj antigen hauv tsev ua ntej thiab [tsuas mus kuaj PCR nkaus xwb yog yuav tau kuaj](#).
 - Kev kuaj PCR nyob hauv tsev kawm ntawv yuav tsis muaj rau lub asthiv lub Yim Hli xiab 15 txog 19. [Public Health Madison & Dane County muaj cov chaw kuaj rau zej zog nyob hauv lawv lub website](#). Cov khoom kuaj antigen tseem yuav

muaj rau nqa nyob hauv tsev kawm ntawv rau lub asthiv ntawd. Kev kuaj PCR nyob hauv tsev kawm ntawv yuav rov muaj dua hnuv Zwj Hli, Yim Hli tim 22.

- Vim pauv qhov chaw kuaj cov kua ntswg lawm, cov kev kuaj PCR pom muaj li cas lub caij ntuj tsaug no yuav qhia tau rau tsis dhau 48 xuabmoos. Tabsis, tej zaum nws kuj yuav siv txog li 72 xuabmoos thiaj pom kuaj muaj li cas.
- Kev taug qab tau nyob ze ib tug kuaj PCR pom muaj mob nyob hauv tsev kawm ntawv.
 - UHS kuj yuav ntxiv ib daim lus nug rau kev taug qab. Yog koj kuaj PCR pom muaj COVID-19 thiaj tau txais daim lus nug tuaj ntawm myUHS tuaj, teb nws sai li sai tau pab pawg neeg taug qab xyuas saib puas yuav tau hu nrog koj tham. Koj kuj muaj kev xaiv tau kom hu xovtooj nrog koj tham (txhob xa daim lus nug).
- Muaj cov ntaub npog tiv thaiv tau zoo dawb rau tag nrho cov mejiyig thiaj neeg ua haujlwm nyob ntawm tsev kawm ntawv qhov chaw kuaj, 333 E. Campus Mall. Cov ceg ua haujlwm kuj yuav tau cov ntaub npog rau cov neeg ua haujlwm hauv [ShopUW](#).
- Muaj ib cov chaw nyob me ntsis rau cov mejiyig nyob hauv cov tsev nyob kawm ntawv uas kuaj muaj COVID-19. Cov mejiyig xaiv tau siv cov chaw no, txhob tuaj rau hauv tsev kawm ntawv, los cais lawv tus kheej rau hauv lawv chav. Twb qhia rau cov mejiyig yuav tuaj nyob hauv tsev kawm ntawv cov tsev nyob lawm tias lawv yuav xaiv siv tau li cas.

Koj ua tau li cas kom ntsib thiaj pab lwm tus kom ntsib kev noj qab haus huv?

Tus kab mob ua mob COVID-19 yuav muaj ntxiv tam li rau yav tom ntej. Nram no yog cov kev pab ua kom koj ntsib kev noj qab haus huv thiaj tswj kom tus kab mob kis tsawg:

- Hno tshuaj tiv thaiv thiaj hno cov koob hno ntxiv raws li kom hno. Cov tib neeg tsis hno yuav muaj qhov mob taus loj. Hno kom tas nrho cov koob kom hno yuav pab txo qhov yuav mob tau loj. UHS muaj koob tshuaj Pfizer hno dawb rau tag nrho cov mejiyig thiaj neeg ua haujlwm. Rau teem ib lub caij, [mus rau hauv myUHS](#).
- Rau pab tsev kawm ntawv tswj ntsuam kev hno tshuaj, muab koj cov ntawv hno tshuaj qhia yog koj hno tshuaj tawm sab nraum tsev kawm ntawv thiaj tsis tau tso cai rau University Health Service muab koj cov ntaub ntawv. [Mus rau hauv myUHS mus hloov koj cov ntawv hno tshuaj](#).
- Npog ntaub rau tej qhov ntxim li koj yuav [nyob ze tus mob los kis tau tus kab mob](#), xws li tej qhov chaw muaj neeg coob sab hauv tsev li tshav dav hlau, caij ib yam rau kev mus los muaj neeg coob, thiaj mus koom tej kev paj nruas lom zem.
- Cuab zog kom cov mejiyig kuaj ua ntej lawv tshem tuaj nyob rau hauv cov tsev nyob (rau cov mejiyig nyob hauv tsev kawm cov stev-Housing) thiaj thawj hnuv pib kawm ntawv.
- Npaj ua ntej [kom muaj cov khoom kuaj antigen](#) kom koj kuaj tau yog muaj mob.
- [Kawm saib koj yuav tau ua li cas yog koj tau nyob ze ib tug mob COVID-19](#), xws li koj yuav tau npog ntaub ntev li cas thaum nyob ze lwm tus thiaj thaum twg koj yauv tau kuaj. Yog koj muaj cov cim mob tom qab nyob ze ib tug mob, cais thiaj kuaj sai li sai tau.
- Yog koj mob, nyob tom tsev thiaj mus kuaj.
- [Yog koj kuaj pom muaj mob](#), cais tsawg kawg 5 hnuv (hnuv koj kuaj pom los muaj cov cim mob yog hnuv 0) THIAJ txog thaum 24 xuabmoos koj tsis ua npaws lawm thiaj cov cim mob zoo me ntsis lawm.

- Ib co tib neeg tej zaum yuav tau cai ntev dua, xws li cov ua tsis tau pa zoo los ua pa nyuaj thiab cov tib neeg lub cev cov roj ntsha tsis muaj zog. Said CDC [rau kev muaj ua raws ntxiv](#).
- Koj yuav tsum npog ntaub kom txog hnuv 10 txhua lub caij koj nyob ze lwm tus tib neeg. Koj tshem tau koj daim ntaub ua ntej hnuv 10 yog koj tsis ua npaws lawm, koj cov cim mob zoo me ntsis lawm, thiab [kuaj ob qho antigen nrug 48 xuabmoos](#), tom qab koj xub kuaj pom mob, tsis muaj tus kab mob lawm.
- Rau cov mejiyig, [caij teem muaj nyob hauv myUHS](#) rau tuaj ntsib kiag thiab tham hauv xovtooj. Cov neeg ua haujlwm yuav tau hu rau lawv qhov chaw kuaj mob.

Rau ntaub ntawv qhia thiab kev qhia ntxiv txog *COVID-19* hauv tsev kawm ntawv, mus saib hauv covidresponse.wisc.edu.

Kab Mob *Monkeypox Virus (MPV)*

Monkeypox Virus (MPV) tau yog ib qho kev txhawj hauv ntiaj teb rau ob peb lub asthiv tas los. UW–Madison tab tom nrog cov neeg xyuas kev noj qab haus huv hauv xeev thiab zej zog ntsuam xyuas tus kab mob thiab qhov nws kis, nrog rau ho muaj neeg coob npaum cas mob hauv zej zog. Tam sim no, *MPV* tsis yog ib qho yuav ua tau puas tsuaj hauv peb thaj chaw kawm ntawv, tabsis tsev kawm ntawv yuav hloov nws cov kev ua tiv thaiv thiab tswj tus kab mob *MPV* yog muaj pauv thiab yuav qhia ntxiv.

Rau ntaub ntawv qhia ntxiv, nrog rau cov cim tus kab mob *MPV* thiab tam sim no twg ho hno tau koob tshuaj tiv thaiv, [mus saib hauv UHS sab qhia txog MPV](#).