

Txog: Kev nyabxeeb rau sab nraum zoov, tej yam muaj rau cov neeg koom, koob tshuaj tiv thaiv thiab ntau yam

Tsab xov xwm no yog txog

- *Tswv yim pab rau kev noj qab haus huv thiab nyabxeeb nyob sab nraum zoov*
- *Qhia ntxiv txog cov muaj rau neeg mus koom*
- *Kev kuaj*
- *Koob tshuaj tiv thaiv*
- *Yuav muab kev pab li cas*

Tswv yim pab kom ntsib kev noj qab haus huv thiab nyabxeeb nyob rau sab nraum zoov

Tam li huab cua sov zuj zus, nws yog ib lub caij zoo tawm mus rau sab nraum zoov kom tau cua thiab ua kom ib ce muaj zog. Nco cov tswv yim no tseg kom ntsib kev nyabxeeb:

- **Npog qhov ncauj qhov ntswg** yog koj nyob nrog lwm tus, tiag yog nej nyob tsis tau nrug kom deb li 6 ruam.
- **Yog nej xav mus koom nrog cov phooj ywg, npaj mus sib ntsib rau tej qhov nyob tau sib nrug**, xws li rauv taws nte nraum zoov, noj mov nraum zoov (txhob sib koom noj khoom), ncab ib ce (*yoga*), thiab taug kev. Txhob ua tej yam nyob tsis tau sib nrug nyuaj, xws li sib twv swb los yeej haus dej cawv, nqa zaub mov tuaj sib koom noj, thiab kev lom zem, thiab tej yam kis las yuav muaj sib tsoo.

Kev qhia ntxiv txog tuaj sib koom (rau tej yam dabtsi)

Pib lub Peb Hlis xiab 8, **pub txog 50 leej tuaj koom tej yam muaj hauv tsev kawm ntawv uas nyob rau hauv tsev thiab txog 150 leej rau cov nyob rau sab nraum zoov**. Yuav tsum npog qhov ncauj qhov ntswg thiab nyob kom sib nrug. Tsis pub muaj dej haus los khoom noj. Tsuas pub cov neeg nyob rau hauv qhov *Safer Badgers program* tuaj koom tej yam tsev kawm ntawv yog qhov txhawb nkaus xwb; tsis pub muaj cov qhua los neeg tuaj saib. [Saib ntxiv hauv no](#)

Kev kuaj

Qhov PCR siv kuaj nyob hauv tsev kawm ntawv yog qhov zoo tshaj muaj kuaj tus kab mob COVID-19 kis. Txawm tias txhua yam kev siv kuaj muaj ib co qhia yuam kev los, cov neeg uas kuaj pom tias muaj tus kab mob yuav tsum cais lawv tus kheej tswj kom txhob kis ntxiv. Rau teb raws cov lus neeg hauv tsev kawm ntawv tau hais, **University Health Services muaj ib qho kev ua raws rau cov neeg muaj kev txhawj txog qhov lawv kuaj muaj li cas** thov kom rov xyuas qhov lawv kuaj. Nyob rau ntawm koog *Messages* hauv *MyUHS*, xaiv “*new message*” thiab

“COVID-19 Related Messages.” Nws yuav siv txog li 24-48 xuabmoos rau qhov chaw kuaj xyuas dua nej cov ntaub ntawv kuaj pom muaj li cas.

Koob tshuaj (tiv thaiv)

- **Qhov yuav hno tau tshuaj rau cov neeg ua haujlwm thiab mejyig hauv tsev kawm ntawv nyob ntawm saib** *University Health Services* tau cov tshuaj los ntawm xeev los ntau npaum cas, nrog rau cov kev xeev thiab tsoom fwm kom xyuas seb leej twg hno tau.
- **UHS yuav qhia rau cov neeg hno tau koob tshuaj** raws li nthuav dav rau coob pawg neeg hno tau. Thov txhob hu rau UHS; saib koj tus *wisc.edu email* rau kev qhia ntxiv.
- Tam sim no tsuas hno rau cov neeg lub luag haujlwm yog tu neeg mob, cov ua haujlwm kuaj tus kab mob los kua nruab nrog saib puas mus mob, thiab [cov neeg tseem ua haujlwm rau hauv tsev kawm ntawv muaj 65 xyoos thiab tshaj](#). Thaum muaj tshuaj hno ntau lawm, UHS yuav qhia rau cov pawg yuav hno tau rau tom ntej xws li cov kws qhia ntawv tim ntej tim muag (muaj 55 xyoos thiab tshaj), cov ua haujlwm zov menyuam yaus, thiab cov ua zaub mov noj hauv tsev kawm ntawv (muaj 55 thiab tshaj).
- **Koom nrog ib lub caij sib tham txog kev hno tshuaj hauv tsev kawm ntawv** thaum tav su hnuv [Zwi Teeb \(Thursday\)](#), [lub Peb Hlis xiab 4](#), los hnuv [Zwi Feej \(Wednesday\)](#), [lub Peb Hlis tim 17](#). Muaj cov ntawv sau raws cov lus hais thiab siv tes piav txhais lus; yuav kaw cov kev sib tham tso rau hauv [covidresponse.wisc.edu](#).

Yuav muab kev pab li cas

- **Yog nej muaj lus nug** tsis tau teb txog nyob hauv peb [Cov Lus Neeg Nug Txog Tas Li \(FAQs\)](#), xa ntawv rau covidresponse@vc.wisc.edu los hu *UW–Madison COVID-19 Assistance Line* rau (608) 262-7777.
- Thov mus saib hauv lub [COVID-19 Response website](#) rau cov kev qhia ntxiv.