

Kev Rho Tawm thiab Kev Cais Tawm



Cov neeg saib kev nojqab haushuv siv kev rho tawm thiab kev cais tawm los txwv kom cov kabmob uas kis, xwsli SARS (Kabmob Heev Rau Hlab Ntsws), TB (kabmob ntsws), lossis lwm yam kabmob uas kis tsis txhob kis mus rau lwm tus neeg.

- **Kev rho tawm** (*isolation*) yog rau cov neeg uas *mob lawm*, thiab
- **Kev cais tawm** (*quarantine*) yog rau cov neeg uas *tsis ntev yuav mob* vim lawv kis tus kabmob ntawm tus neeg uas mob lawm.

Kev rho tawm yog dabtsi?

Kev rho tawm yog rho tus neeg uas mob tawm ntawm cov neeg uas tsis tau mob.

Coob tus neeg xaiv qhov kev rho nws tuskheej tawm uas yog nyob hauv tsev thaum lawv mob kom tsis txhob kis rau lawv tsevneeg thiab lwm tus. Cia menyuam nyob tsev thaum lawv ua qhuamaj yog ib txoj kev rho tawm. Rau cov neeg uas muaj kabmob, xwsli TB thiab SARS, tsev khomob yuav muab lawv rho tawm ntawm lwm tus neeg uas tuaj khomob.

Kuv puas yuavtsum raug rho tawm?

Raug. Yog ib tus neeg saib kev nojqab haushuv xaj kom rho koj tawm, koj yuavtsum tau ua li nws hais.

Yuav muaj dabtsi rau kuv yog kuv raug rho tawm?

Koj yuav tau txais kev kho koj tus mob. Luag yuav kho koj hauv:

- Koj tsev,
- Tsev khomob, lossis
- Chaw khomob.



Cov neeg raug rho tawm *yuavtsum* nyob hauv qhov luag kom nws nyob. Cov neeg khomob nkaus xwb thiaj mus tau rau lub chaw ntawd.

Kev cais tawm yog dabtsi?

Kev cais tawm yog cais cov neeg uas kis tus mob tawm ntawm cov neeg uas tsis mob.

Kev cais tawm yog siv los saib cov neeg uas tseem tsis tau mob, tabsis tsis ntev yuav mob thiab yuav kis tus mob mus rau lwm tus.

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Kuv puas yuavtsum raug cais tawm?

Raug. Yog cov neeg saib kev nojqab haushuv xav tias koj kis tus kamob uas yuav kis mus rau lwm tus, lawv yuav xaj kom muab koj cais tawm ntawm lwm tus.

Yuav muaj dabtsi rau kuv yog kuv raug cais tawm?

Tej zaum luag yuav kom koj:

- Nyob tsev,
- Txav tawm ntawm lwm tus neeg,
- Mloog saib koj puas mob qhov twg, thiab
- Hu rau kws khomob yog tias koj mob.

Kev rho tawm thiab cais tawm puas tivthaiv tau kom lwm tus txhob mob?

Tau. Kev rho tawm thiab cais tawm xyoo 2003 hauv Tebchaws Amelikas tau tivthaiv kom tus kabmob phem uas yog SARS tsis kis mus rau lwm tus. Qhov no pab tau kom neeg tsis txhob mob, txawm tias tsis muaj kev kho tau, tshuaj tivthaiv, lossis tshuaj tshwjxeeb los kho.

Yog xav tau kev qhia ntxiv...

Hu rau CDC (Centers for Disease Control) mus muab kev qhia ua lus Askiv:

800-CDC-INFO (800-232-4636)
888-232-6348 (TTY)

Lossis mus xyuas: www.bt.cdc.gov/ncidod
www.dhs.ca.gov/epo

This form is available in English at:
www.dhs.ca.gov/epo