

# Cov Lus Qhia Txhua Yam Txog Khoom Kuaj Tus Kab Mob COVID-19 Sai Hauv Tsev: iHealth

## Dab tsi yog cov chaw nqa cov khoom kuaj sai hauv tsev?

Txhawm rau pab ua kom koj lub zej zog muaj kev noj qab nyob zoo thiab txa qis kev kis tus kab mob COVID-19, Minnesota Lub Chaw Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv (MDH) tau koom tes nrog cov koom haum saib xyuas kev noj qab haus huv hauv cheeb tsam, cov thawj coj saib xyuas kev noj qab haus huv hauv pab pawg thawj saib xyuas kev noj qab haus huv haiv neeg, cov txee rau zaub mov thiab cov koom haum hauv zej zog los muab cov khoom kuaj mob sai hauv tsev pub dawb rau cov neeg nyob hauv Minnesota ntawm cov chaw txais uas tau qhia tseg.

## Qhov khoom kuaj sai iHealth antigen yog dab tsi?

Qhov khoom kuaj iHealth antigen sai pab kuaj tus kab mob uas ua rau mob COVID-19. Yog tias koj muaj cov tsos mob, qhov kev kuaj sai tuaj yeem qhia tias seb koj puas muaj tus kab mob COVID-19. Koj tuaj yeem ua qhov ntsuas daim ntaub so qhov ntswg tau txhua qhov chaw thiab tau txais txiaj ntsig kev kuaj li hauv 15 feeb.

## Thaum twg kuv yuav tsum siv kuv qhov khoom kuaj iHealth?

Koj tuaj yeem siv koj qhov khoom kuaj iHealth rau cov neeg nyob ntawm koj tsev neeg uas muaj hnub nyoog 2 xyoos los sis loj dua thaum twg los tau. Minnesota Lub Chaw Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv pom zoo kom kuaj rau cov laj thawj hauv qab no:

- Koj tab tom hnov cov tsos mob ntawm tus kab mob COVID-19;
- Koj tau nyob ze nrog ib tus neeg uas muaj tus kab mob COVID-19;
- Tej zaum koj yuav chwv raug tus neeg uas muaj tus kab mob COVID-19;
- Koj tab tom kuaj ua ntej mus rau kev sib sau nyob ua ke coob.

Yog tias koj tau mus kuaj tab sis tsis muaj tsos mob, thov mus saib hauv iHealth cov lus qhia, los sis mus rau MDH [Close Contacts and Quarantine](https://www.health.state.mn.us/diseases/coronavirus/close.html) ([www.health.state.mn.us/diseases/coronavirus/close.html](https://www.health.state.mn.us/diseases/coronavirus/close.html)).

## Kuv yuav siv qhov khoom kuaj li cas?

**Thov ua raws li cov lus taw qhia tag nrho uas pom hauv pob khoom kuaj.** Txhawm rau pom qhov kev kuaj ua hauj lwm li cas, koj tuaj yeem saib daim vis dis aus no: [How to use the iHealth COVID-19 Antigen Rapid Test](https://youtu.be/qBt_H4Gc-rU) ([https://youtu.be/qBt\\_H4Gc-rU](https://youtu.be/qBt_H4Gc-rU)).

## Yuav ua li cas yog tias kuv muaj cov tsos mob tab sis kuaj tsis pom muaj tus kab mob nrog qhov kuaj iHealth?

Txawm tias qhov kev kuaj sai tsis pom muaj tus kab mob los xij, ib tus neeg uas muaj cov tsos mob yuav tsum tau kuaj PCR tus kab mob COVID-19 thiab yuav tsum tsis txhab rov qab mus ua hauj lwm li txhua hnub kom txog thaum cov tsos mob zoo dua qub lawm hauv 24 teev. Nrhiav cov kev xaiv kuaj PCR ntawm [Minnesota COVID-19 Response](https://mn.gov/covid19/) ([mn.gov/covid19/](https://mn.gov/covid19/)). Yog tias koj muaj lus nug txog koj cov tsos mob, hu rau tus kws kho mob los sis tus kws muab kev saib xyuas kev noj qab haus huv.

## Yuav ua li cas yog tias kuv kuaj pom muaj tus kab mob nrog qhov kuaj iHealth?

Yog tias koj kuaj pom muaj tus kab mob, nyob hauv tsev twj ywm thiab nyob deb ntawm lwm tus. Yog tias koj muaj tsos mob, hu rau tus kws kho mob los sis tus kws muab kev saib xyuas kev noj qab haus huv. Ua raws li cov lus qhia txog kev noj qab haus huv rau pej xeem uas pom nyob ntawm no [If You Are Sick or Test Positive](https://www.health.state.mn.us/diseases/coronavirus/sick.html) ([www.health.state.mn.us/diseases/coronavirus/sick.html](https://www.health.state.mn.us/diseases/coronavirus/sick.html)).

## Kuv yuav ua li cas yog tias kuv muaj lus nug?

Thov hu rau Minnesota Lub Chaw Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv Tus Xov Tooj Saib Xyuas Tus Kab Mob COVID-19 Rau Pej Xeem ntawm 1-833-431-2053, qhib Hnub Monday txog Hnub Friday thaum 9 teev sawv ntxov txog 7 teev tsaus ntuj, thiab Hnub Saturday thaum 10 teev sawv ntxov txog 6 teev tsaus ntuj.