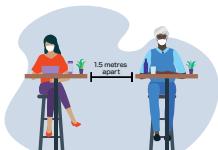


LOS SIBPAB KOOM TES TIV-THAIV KOM PEB LUB ZEJZOG MUAJ KEV NYAB-XEEB

Yog Sibkoom tes, peb yuav pab ua kom kev sibkis COVID-19 muaj tsawg thiab pab tiv-thaiv tau peb lub zejzog.



Muab ntaub mask npog ntsej muag thaum nyob hauv thajchaw muaj neeg coob



Nyob nrug deb 1.5 metre ntawm lwm tus neeg



Ntxuav ob txhais-tes tsis-so



Npog qhov-ncauj thaum hnoos thiab txham



Mloog xovxwm txog kev txhaj tshuaj COVID-19 uas pomzoo txhaj rawsli koj lub hnub-nyoog thiab txojkev muaj mob



Nyob hauv tsev thaum koj tsis xis-neej



Xav tau xovxwm ntxiv, hu rau the National Coronavirus Helpline xovtooj 1800 020 080. Nyem option 8 rau kev pabcuam txhais-lus pub dawb.