

Kev ntxuav tes rau cov neeg ua haujlwm ua zaub mov noj

Handwashing for food workers video script in Hmong

Kev ntxuav tes

Qhov uas cov neeg ua haujlwm paub tu lawv tus kheej kom zoo yog ib yam tseem ceeb los pab kom sawvdaws hauv tsev kawm ntawv, tej lab noj mov, khw muag khoom noj, thiab tej lag luam ua zaub mov noj muaj kev noj qab nyob zoo tsis muaj kev mob kev nkeeg.

Txhua tus neeg ua haujlwm ua zaub mov noj yuav tsum tau txais kev cob qhia thiab ua raws li tej kauj ruam ntxuav tes.

Tej lag luam ua zaub mov noj yuav tsum muaj tej dab ntxuav tes uas tsuas yog rau kev ntxuav tes xwb thiab muab tso rau qhov chaw uas yooj yim mus ntxuav tau.

Tsis txhob muab tej thawv, thoob khib hnyiab, thoob, laub rau khoom lossis lwm yam los thaiv lub dab ntxuav tes.

Siv tsis tau cov dab ntxuav tes no los mus ntxuav zaub lossis ntxuav tais diav.

Tiv ib daim paib rau ntawm txhua lub dab ntxuav tes thiab hauv chav dej kom cov neeg ua haujlwm nco qab mus ntxuav lawv txhais tes.

Txhua lub dab ntxuav tes yuav tsum muaj xuab npum kua thiab ntaub so tes.

Ib hnuv twg xyuas cov dab ntxuav tes tas li kom tsis txhob muaj dabtsi los thaiv kev thiab muaj xaub npum kua thiab ntaub so tes txaus.

Feem ntau tibneeg xav tias lawv yeej ntxuav tes tau zoo lawm.

Tiamsis, thaum peb siv cov tshuaj Germ Gel los pleev tes thiab muab tsom hauv qab lub teeb dub, peb pom tias tseem muaj cov kab mob khub rau txhais tes vim peb ntxuav tes tsis yog lawm.

Yuav kom ntxuav koj txhais tes yog

Siv cov dej sov los yaug koj txhais tes

Muab xaub npum los pleev rau txhais tes

Txhuam koj ob txhais tes ua ke kom ntev li 20 chib (seconds), ua tib zoo txhuam koj lub caj dab tes thiab hauv tej kem ntawm koj cov ntiv tes.

Muab yaug kom huv

So tes kom qhuav

Ces siv ib daim ntaub los muab cov dej tua

Li koj pom ntawm no, tom qab pleev cov tshuaj germ gel thiab ua raws li cov kauj ruam ntxuav tes kom yog li no, thaum muab txhais tes tsom hauv qab lub teeb dub no los tsis pom muaj kab mob khub txhais tes lawm.

Yuav kom pab cheem tsis txhob kis kab mob rau tej zaub mov, ntxuav koj txhais tes tom qab koj

Siv chav dej tag

Kov xov tooj

Kov koj cov plaub hau, lub ntsiab muag, lossis lub cev.

Hnoos, txham, tshuab ntswg.

Haus yeeb tshuaj

Kov tej tais diav lossis khoom uas tsis huv.

Thiab, ntxuav koj txhais tes ua ntej koj looj hnab looj tes,

Thaum koj hloov mus ua lwm yam,

Thaum koj pib hloov kov khoom noj nyoos mus rau kov khoom noj siav,

thiab raws li tsim nyog rau lub caij koj npaj ua zaub mov noj.

Koj yog thawj tug neeg uas pab tiv thaiv tau kev noj qab nyob zoo rau hauv koj lub zej zog.

Yog xav paub ntiv, tiv tauj koj lub chaw haujlwm saib xyuas kev noj qab nyob zoo lossis mus rau hauv City of Minneapolis lub vej xaij hais txog kev xyuam xim ntawm zaub mov

For reasonable accommodations or alternative formats please contact the Health Department at 612-673-2301 or Health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-263-6850. Para asistencia 612-673-2700
Rau kev pab 612-673-2800 - Hadio aad Caawimaad u baahantahay 612-673-3500.