**Xaav Tej Yaam Yuav Tshwm hab Tsws Leeg Paub Txug Cov Kaab Mob/COVID-19**

Cov kaab mob, COVID-19, yog ib cov kaab mov kws mob thoob nplajteb tsaws le lub Koom Hum Thoob Nplajteb qha tawm. COVID-19 ma kis tau yooj yim heev hab ntseeg tau tas nwg kis tau ntawm ib tug neeg rua ib tug neeg. Winona Tsev Neeg YMCA tau tswm muaj kev tiv thaiv lug txu kuam COVID-19 tsws txhob kis tau ntxiv moog, tamsws, **Winona Tsev Neeg YMCA** **yuav laav tsws tau tas koj yuav tsws kis tau tug kaab mob COVID-19**. Ntxiv moog, cov neeg tuaj ua si ua ke nrug koj yuav ua rua koj muaj feem tau tug kaam mob COVID-19.

# NYEEM ZOO ZOO UA NTEJ LE MAAM SAU NPE – KHIJ KOJ OB TUG NAM NTAWV

\_\_\_\_ KHIJ RUA NUAV Yog sau npe rua dlaim ntawv sib nkaag sab nuav lawm, **Kuv tau taub txug tug kaam mob COVID-19 nuav hab txaus sab hlo pum tau tas kuv muaj feem yuav kis tau tug kaab mob COVID-19 lug ntawm kev koom nrug lwm tug; hab kim tau mob lossws thaum kis tau lawm ua tau rua tug neeg tsaug mob, tsws xws neej, xiam oos qhab, hab tuag**. Kuv nkaag sab has tas yuav tau lossws kis tau tug kaab mob COVID-19 nyob rua tom Winona Tsev Neeg YMCA tej zag yuav muaj kev tawm tsaam, tsws muaj dlaabtsw, lossws teem meem rua kuv tug kheej hab lwm tug neeg, nrug rua, tamsws tsawg tsawg rua Winona Tsev Neeg YMCA’s cov neeg ua haujlwm, paab dlawb, hab cov neeg tuaj koom tej qhoos kaas hab puab tsev neeg.

\_\_\_\_ KHIJ RUA NUAV **Kuv tug kheej txaus sab rua txhua yaam kev kws yuam muaj tswm swm hab yuav laav txhua yaam kws yuav tsaug mob rua kuv tug kheej (nrug rua, tamsw tsws yog taag nrho, kev tsaug mob rua tug kheej, xiam oos qhaab, hab kev pluj kev tuag), mob nkeeg, puag, poob, has nyiaj, tsaug mob, lossws nuj nqes, ntawm txhua yaam, kws kuv tau tsaug nrog rua kuv kev koom nrug rua Winona Tsev Neeg YMCA.** Ntawm kuv tug kheej, Kuv nyob nua tso cai, kuv yuav tsws foob, tso tseg, hab tsws xaam kuam muaj teeb meem rua Winona Tsev Neeg YMCA, nwg cov neeg ua haujlwm, cov oos kaas, hab cov neeg sawv cev, hab ntawm qhov chaw them nqe, nrug rua txhua qhov kev tsaug mob, nqes yuav them, kev foob, khoom puag, tug nqe them lossws nqe ntawm txhua yaam khoom nce nqe lossws tej yaam ntxiv ntawd. Kuv nkaag sab hab txaus sab tso txhua yaam nuav nrug rua tej yaam kws Yuav Tau nyob tsaws kev foob, tshu, lossws tej yaam kws tsws zoo nyob rua Winona Tsev Neeg YMCA, nwg cov neeg ua haujlwm, lwm cov oos kaas, hab cov sawv cev, seb puas yog COVID-19 kis mob ua ntej, rua lub sijhawm ntawd, lossws koom Winona Tsev Neeg YMCA tom qaab.

\_\_\_\_ KHIJ RUA NUAV Kuv qha meej tas kuv yeej muaj puab kaas phais zoo lug kuaj tej mob kuv tsaug lossws khaub thuas kws tej zag kuv yuav tsaug thaum kuv muaj kev ua sw, lossws lwm yaam kuv txaus sab yuav them rua kuv tej kev tsaug mob lossws mob. Kuv has ntxiv moog tas kuv tsws muaj mob muaj nkeeg kws yuav tswm teeb meem rua kuv kev ua sw, lossws kuv txaus sab ua – hab yuav them tej nqe – txais txhua yaam mob kws kuv yuav muaj, kuv ua rua kuv lossws lwm tug ua rua kuv.

\_\_\_\_ KHIJ RUA NUAV Yog has tas nyob nyob es kuv foobt, kuv txaus sab yuav ua rua lub xeev kws Winona Tsev Neeg YMCA nyob, hab kuv has ntxiv moog tas kuv yuav ua kuam tau tsaws le txuj cai has nyob rua huv lub xeev. Kuv txaus sab has tas yog qhov kev swb ntseeg sab nuav tsws muaj lawm lossws moog tsws taug lawm, yaam kws ua tau tseem yuav ua hab swv agree.

\_\_\_\_ KHIJ RUA NUAV **Thaum sau npe rua dlaim ntawv nuav lawm, Kuv txaus sab has tas yog kuv muaj lossws kis tau COVID-19 rau lub sijhawm kuv koom kev ua sw nuav, tes kuv yuav pum tau has tas lub xaam tsws pub kuv foob cov neeg kws kuv xaav foob ntawd rau tej yaam kws kuv xaav tas puab ua tsws zoo ntawd.**

\_\_\_\_ KHIJ RUA NUAV **Kuv muaj sijhawm txaus nyeem taag nrho cov ntaub ntawv nuav hab, yog has tas kuv yuav ua, yuav ntshav tug neeg has plaub ua ntej kws kuv yuav sau npe rua dlaim ntawv nuav.** Ntxiv moog, Kuv tau taub tej yaam khoom ua nuav yuav tsws muaj rua kuv lossws tug nqe kws yuav lug ua cov ntau ntawv kws luj dlua yog has tas kuv tsws txaus sab sau npe rua dlaim ntawv, hab txaus sab rua cov nqe kws yuav thim tso qaab lug ntawm txujkev swb has hum.  **Kuv tau nyeem hab nkaag sab rua dlaim ntawv nuav hab yuav ua le cov lug has nuav.**

\_\_\_\_ KHIJ RUA NUAV Yog has tas kuv tau sau npe rua lwm dlaim ntawv tso cai kws yog nrug rua kev ua sw nyob rua huv Winona Tsev Neeg YMCA, kuv txaus sab siv cov ntaub ntawv ntawd rua dlaim ntawv nuav hab.

**\_\_\_\_ KHIJ RUA NUAV *Kuv txaus sab xyum tsws nyob ze lwm tug hab tug cev kuam zoo nyob rua Winona Tsev Neeg YMCA.***

**Sau npe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sau npe ib tug ib tug\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Chaw Nyob \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Lub Zog \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lub Xeev\_\_\_\_\_ Ziv Khauj \_\_\_\_\_\_\_\_\_\_**

**Xuv Tooj ( \_ \_ \_ ) - \_ \_ \_ - \_ \_ \_ \_**  **Vaas Thib \_\_\_\_\_\_\_\_**

**NAM/TXIV LOSSWS TUG SAIB XYUAS SIB NKAAG SAB NTXIV**

**(Yuav tau ua rua cov neeg tuaj ua sw es tsws tau muaj 18 xyoo)**

Lug ntawm kev pum zoo \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (SAU menyuam cov npe) yuav ca lug koom rua kev ua sw nuav, kuv has ntxiv tas kuv kuv txaus sab tsws ua phem hab tsws pub kuam muaj teeb meem rua ib tug twg lug ntawb ib tug menyuas lossws koom kev ua sw lug ntawm menyuas.

Nam/Txiv lossws Tug Laug Sau Npe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sau npe ib tug ib tug\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vaas Thib \_\_\_\_\_\_

 **Email dlaim ntawv rua info@winonaymca.org lossws coj tuaj rua peb qhov tshooj.** Luam Tawm 11/23/2020