



“Coronavirus: An Almanac Special” - Frequently Asked Questions “Coronavirus:Xov Xwm Ib Zaug Ib Xyoos” – Hais Txog Cov Lus Nug Feem Ntau

Our first “Almanac” special on coronavirus, **airing February 28th, 2020**, generated many e-mail questions we weren’t able to answer on-air. Here are five of the most frequently-asked questions, with answers provided by the Minnesota Department of Health (MDH) and Dr. Craig Bowron, a Twin Cities practicing physician. (Last updated March 6th, 2020)

Thawj zaug peb “**Xov Xwm tawm**” txog txog cov kab mob coronavirus, rau **Hnub Tim 28, Lub Ob Hlis Ntuj, Xyoo 2020**., tshwm sim ntau tsab e-mail tuaj nug uas peb teb tsis tau saum thaum peb tab tom xov xwm tawm. Nov yog rau lo lus neeg nquag nug tshaj plaws, muaj lus teb los ntawm Minnesota Department of Health (MDH) thiab Dr. Craig Bowron, uas yog Twin Cities ib tug kws kho mob. (Kho tshiab lub Peb Hlis tim 6, 2020)

1- Where can I find reliable information on travel?

MDH: CDC is keeping their travel website up to date with the latest travel recommendations. You can find more information at Coronavirus Disease 2019 Information for Travel: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

Dr. Bowron: [As you’ll see on the website...] the highest level of caution is “Warning Level 3: Avoid Nonessential Travel,” followed by “Alert Level 2, Practice Enhanced Precautions.”

Kuv yuav mus nrhiav qhov twg thiaj tau cov lus qhia txaus ntseeg hais txog mus ncig teb chaws?

MDH: CDC yeej kho lawv lub website tas lis kom muaj cov lus qhia rau neeg paub yuav pom zoo rau lub caij ntawd hais txog kev yuav mus ua si ncig ntiaj teb. Koj mus nrhiav cov lus qhia ntxiv txog cov kab mob Coronavirus Disease 2019 Cov Lus Qhia Txog Kev Ua Si Ncig Ntiaj
Teb: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

Dr. Bowron: [Raws li koj yuav pom hauv lub website...] Qhov kev qhia kom ceev faj siab tshaj plaws yog "Ceeb Toom Theem 3: Zam Txhob Mus Ncig Yog Tis Tseem Ceeb," tag ces yog "Ceeb Toom Theem 2: Tau Ceev Faj Heev Dua."

2- What age groups are most at risk?

MDH: Older people and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, seem to be at greater risk of serious illness.

Dr. Bowron: People of virtually any age have become infected with coronavirus, but nearly 80% of cases in China have been in the 30-69 age range. Most of those who've gotten severely ill or died were typically older (starting at age 50 but peaking sharply at over 80) and/or had other medical problems.

Cov hnuv nyoog twg cov yuav raug kev muaj mob loj tshaj?

MDH: Cov neeg laus thiab cov neeg uas muaj qee yam kev mob nkeeg zoo li kab mob plawv, kab mob ntsws thiab ntshav qab zib, piv txwv, zoo li lawv muaj feem yuav muaj mob hnyav ntau dua.

Dr. Bowron: Cov neeg ntawm txhua lub hnuv nyoog yeej kis tau tus kab mob coronavirus, tabsis ze li ntawm 80% feem pua ntawm cov neeg raug mob nyob rau hauv Suav teb chaws, muaj hnuv nyoog li 30 rau 69 xyoo. Feem ntau cov uas tau mob hnyav lossis tau tuag yog cov laus dua (pib txij hnuv nyoog 50 xyoo tabsis cov hnuv nyoog 80 xyoo rov sauv yog cov feem coob) thiab/lossis muaj lwm yam mob nkeeg.

3- Who conducts COVID-19 testing, and who is currently tested?

MDH: The Minnesota Department of Health Public Health Lab is now conducting testing for COVID-19. CDC recently revised their testing criteria. Clinicians should use their judgment to determine if a patient has signs and symptoms compatible with COVID-19 and whether the patient should be tested. There are other respiratory diseases circulating in Minnesota, such as flu, so providers will consider things like travel history and other factors when making testing recommendations.

The best place to find information on COVID-19 is the Minnesota Department of Health website: <https://www.health.state.mn.us/index.html>

Dr. Bowron: Physicians caring for a patient they believe might require coronavirus testing call the MDH to discuss the patient's case. If the MDH staff agrees, a sample from both the nose and the mouth are collected by the physician and then sent to the MDH for actual testing. Of course, MDH investigators who identify a "Person Under Investigation" can simply perform the testing themselves.



Leej twg yog cov ntsuam xyuas COVID-19, thiab tam sim no leej twg raug kuaj xwb?

MDH: Lub sijhawm no Minnesota Department of Health Lab tab tom soj ntsuam xyuas COVID-19. CDC nyuam qhuav kho lawv cov kev tsim nyog kuaj. Cov kws kho mob yuav tsum siv lawv txoj kev txiav txim siab los ntsuas seb tus neeg mob puas muaj cov tsos mob zoo li cov COVID-19 thiab seb tus neeg mob puas tsim nyog kuaj ntxiv. Hauv Minnesota, nws yeej muaj lwm yam kab mob ua pa, xws li khaub thuas, li ntawd cov kws kho mob yuav nug txog tej yam xws li keeb kwm ncig teb chaws thiab lwm yam ntxiv thaum yuav txiav txim siab txog kev soj ntsuam mus ntxiv.

Qhov chaw zoo tshaj plaws los nrhiav cov ntaub ntawv hais txog COVID-19 yog Minnesota Department of Health website:

<https://www.health.state.mn.us/index.html>

Dr. Bowron: Cov kws kho mob saib xyuas ib tus neeg mob uas lawv ntseeg tias tsim nyog kuaj seb puas mob coronavirus hu rau MDH thiab tham txog tus neeg ntawv tus mob. Yog tias MDH tus neeg ua hauj lwm pom zoo thiab, ces tus kws kho mob muab ib qho kua los ntawm ob lub qhov ntswg thiab qhov ncauj xa mus rau MDH ntsuam xyuas mus ntxiv. Tiamsis, yog MDH cov neeg tshawb fawb pom tias ib tug "Neeg Raug Kuaj", lawv tuaj yeem ua tus soj ntsuas xyuas kiag los yeej tau.

4- How long does the virus last on surfaces?

Dr. Bowron: Probably a matter of a few hours, but it depends on the surface. Typically the virus is spread in various-sized respiratory droplets—tiny little snot balls. The mucus in these droplets keep the virus moist and alive. Porous materials like cloth and paper tissue allow air circulation, which dries out the virus and kills it. Non-porous surfaces like stainless steel and plastic do the opposite, allowing the virus extra time to lie in wait.

Tus kab mob yuav muaj taug kis ntev npaum li cas nyob rau ntawm tej chaw?

Dr. Bowron: Tej zaum yuav muaj taug kis nyob li ob peb teev, tabsis nyob ntawm tej qhov chaw xwb thiab. Feem ntau tus kab mob kis tau los ntawm cov tee dej thaum ua pa---cov tee dej kua ntswg me me. Cov hnoos qeev hauv cov tee dej no ua kom tus kab mob noo thiab nyob ciao sia. Tej yam khoom xws li daim ntaub thiab daim ntawv so ntswg uas cua tshuab tshiab, thaum nws qhuav ces kab mob tuag. Cov chaw uas cua tshuab tsis tshiab xws li hlau thiab yas, muab sijhawm ntxiv rau tus kab mob nyob tos.

5- Can people recover completely?

Dr. Bowron: They can and certainly do. Although those with chronic medical conditions or a more severe coronavirus infection make take longer to fully-recover.

Cov neeg mob puas rov qab zoo hlo?

Dr. Bowron: Lawv tuaj yeem zoo tau thiab yeej zoo tiag. Tiamsis cov neeg muaj mob ntev los lawm lossis muaj tus kab mob coronavirus hnyav dua yeej siv sijhawm ntev mam zoo hlo.

6- How would I know if I should consider self-quarantine?

Dr. Bowron: If you have symptoms of a respiratory infection, ideally you should “self-quarantine” no matter what is causing the infection—coronavirus, influenza, rhinovirus etc. A simple screening question might be, “Would I want to be working with, or sitting by, or walking next to someone in my condition?” Granted, real-life pressures can make completely removing ourselves from the world quite difficult, but we should all do what we can to protect others. So at a minimum, those with active symptoms should minimize their time out in public, practice excellent hygiene (mask, hand washing etc.) and avoid family, friends, or groups that are more susceptible to coronavirus, such as those with chronic medical conditions. And because people tend to be the most contagious when they are the most sick, the sicker one is, the more isolated one should be.

Kuv yuav ua li cas thiaj paub tias yuav tsum caiv tsis tawm?

Dr. Bowron: Yog tias koj muaj cov tsos mob ntawm cov mob ua pa, txawm licas los koj yuav tsum "caiv tsis tawm" tsis hais tau tus kab mob twg, coronavirus, khaub thuas, rhinovirus los yog lwm yam mob. Ib lo lus nug yooj yim soj ntsuam yog, “Kuv puas xav ua haujlwm nrog, lossis zaum nrog, lossis taug kev puab ib tug neeg muaj mob li kuv?” Tiamsis, qhov tseeb tiag yuav tshem yus tus kheej deb ntawm ntiaj teb tib neeg tsis yooj yim, tabsis peb yuav tsum ua txhua yam kom pab tiv thaiv lwm tus. Yog li ntawm yam tsawg kawg, cov neeg muaj mob yuav tsum txo lawv lub sijhawm tawm ntawm pej xeem, xyaum tu cev kom huv si (looj daim npog qhov ncauj, ntxuav tes thiab lwm yam) thiab zam txheeb zeb, phooj ywg, lossis cov pab pawg uas yuav kis yooj yim tus mob coronavirus, xws li cov muaj mob ntev los lawm. Thiab vim tib neeg yim mob heev yim kis yooj yim, yog li yus yim mob heev ces yuav tsum yim caiv txhob mus qhov twg.

This content prepared in multiple languages linguists supported by TPT NOW, Channel 2.5.
<https://www.tpt.org/post/introducing-tpt-now/>



Cov ntsiab lus no npaj tau rau ntau hom lus txhawb nqa los ntawm TPT NOW, Tshooj 2.5. <https://www.tpt.org/post/introducing-tpt-now/>

We recognize translations may not be 100% but continue to work on best method with support from local linguists. Thank you. Questions? Contact LMcDonald@tpt.org