

Rau: Tag Nrho FCOE Cov Neeg Dhia Dej Num

Tus Xa: Larry L. Powell, Tus Thawj Tswj

Hnub: Tsib Hlis 1, 2009

Raws li koj twb tau paub lawm, tus kab mob nyuam qhuav tshwm sim muaj lub npe hu ua Khaub Thuas swine influenza (tus kab mob kis ntawm npua) thiab tam sim no hu ua Khaub Thuas H1N1 yog qhov uas peb lub xeev thiab thooq qab ntuj qhov kev txhawj xeeb. Kuv xav kom koj tso siab rau FCOE, tam sim no peb npaj txhua kauj ruam tiv thaiv chaw dhia dej num thiab tej chaw qhia ntawv kom nyab xeeb thiab huv si tsis muaj kab mob.

Peb tsis xav kom koj ceeb txog qhov teeb meem no, kuv xav kom koj npaj ua ntej, npaj tswv yim zoo los yog yam zoo, thiab qhov tseem ceeb tshaj plaws, muab yam zoo ntawm kev nyab xeeb coj los xyaum tiv thaiv koj thiab koj tsev neeg.

Cov kauj ruam nram qab no pom zoo coj los siv ntsuas kev tiv thaiv:

1. Vov koj lub qhov ncauj nrog daim ntawv so ntswg sij hawm koj hnoos los sis hnoos rau ntawm koj lub tes npab tsho. Muab daim ntawv so ntswg pov tseg rau thooq khib nyiab tom qab koj siv tas.
2. Ntxuav koj tes tas li, tshwj xeeb tshaj tom qab koj hnoos los sis txham thiab ua ntej noj mov.
3. Siv lub tshuaj ntxuav tes (hand sanitizer) thaum pib mus txog thaum xaus hauj lwm.
4. Tsis txhob kov koj qhov muag, qhov ntswg, thiab qhov ncauj.
5. Yog koj mob, nyob tom tsev. Siv koj cov hnub uas peb muab pub rau koj thaum koj muaj mob, thiab tsis txhob rov tuaj ua hauj lwm txog rau thaum koj tus mob zoo tu qab lawm.

Cov yam ntxwv ntawm tus Khaub Thuas H1N1 zoo li cov khaub thuas huab cua pauv thiab cov nram qab no:

1. Ua npaws (raws li dhau los kub tshaj 100° F)
2. Mob taub hau
3. Nkees heev li
4. Hnoos qhuav
5. Mob caj pas
6. Los ntswg los yog txhaws ntswg
7. Mob Leeg
8. Mob plab, xws li xeev siab, ntuav thiab raws plab los yuav tshwm sim thiab, tabsis yuav tshwm rau menyuam yaus ntau dua cov laus.

Yog koj los sis ib tug neeg hauv koj tsev neeg muaj cov saum toj no li ob nqis los yog tshaj nrog rau kev ua npaws, hu rau koj tus kws kho mob. Yog koj tus kws kho mob paub hais tias koj los yog ib tug neeg hauv koj tsev neeg tau tus mob ntawm tus Khaub Thuas H1N1, hu rau Laurie Gabriel, Administrator ntawm 265-3008 extension 13555 los yog Rhonda Lodridge, Benefits Specialist ntawm 265 – 3008 extension 13136 uas lawv nyob rau hauv Chav Human Resources sai li sai tau thiaj yuav tsis sib kis tus kab mob rau tom qhov chaw dhia dej num.

FCOE yuav khiav dej num txuas ntiv nrog California Department of Education, California Department of Public Health, thiab Fresno County Department of Public Health thiaj yuav muab tau cov xov xwm kawm nkaus tom qab rau koj. Thiab, peb twb tsim tau peb li FCOE homepage nrog ntau yam kev pab hais txog tus Khaub Thuas H1N1. Yuav nkag mus saib ntau qhov no : [www.fcoe.org/swineflu](http://www.fcoe.org/swineflu).

Kev nyab xeeb ntawm peb tsev neeg FCOE tseem ceeb heev rau peb. Ua hauj lwm sib koom tes ua ke, peb muab tau qhov chaw huv si tsis muaj kab mob rau cov neeg dhia dej num thiab thiaj tsis kis kab mob rau cov tub ntxhais kawm ntawv ib yam nkaus.