



## 2019 Sin-hîng kuan-tsōng pēnn-tòk / Bú-hàn hì-iām ( COVID-19 )

### Sù-siōng tú-tiòh ê bün-tê

2020 Nî 3 Guát 6 Hō king-sin

Ti-leh Tsiu-tiúnn Hōo-kang ( Larry Hogan ) ê tsí-sī hā, tsiu-tsing-hú ki-kòo ē kè-siok tsuân-bīn hiáp-tiau ũ-hông kap ìng-piàn Bú-hàn hì-iām ( COVID-19 ) ê khang-khuè.

Má-lí-lân tsiu uē-sing-kiok ( MDH ) ē tit-tsiap kap bīn-tsiòng kái-suat, thê-kiong ík-tsing siōng-sin ê huat-tián, í-kip beh án-tsuánn iōng tsing-khak ê tì-sik lâi pó-hōo ka-tī kap tshù-lāi-té ê lāng.

#### Siánn-mih sī COVID-19?

COVID-19 sī tsit-khuán ē ín-khí hì-kng kap hì-pōo bün-tê ê pēnn-tòk, siōng khí-sing sī 2019 nî 12 guéh tī-leh Tiong-kok Ôo-pak-sing Bú-hàn-tshī huat-hiān ê. COVID-19 kuè-khì koh m̄-bat tsō-sing jīn-lūi liám-pēnn. Tsit-má COVID-19 tī-leh tsuân-sè-kài i-kng tsō-sing kui-tshing lāng tiòh-pēnn, phuà-pēnn, sīm-tsi sī sí-bông. Tiòh-pēnn ê àn-lē i-kng thuànn-khui kàu kuí-ā-ê kok-ka, muí-tsit-kang lóng-ē tsing-ka àn-lē.

#### COVID-19 kám i-kng thuànn lâi-kàu Bí-kok?

COVID-19 i-kng thuànn lâi-kàu Bí-kok ah, mā i-kng tsō-sing kuí-ā-ê lāng phuà-pēnn, sīm-tsi kha giām-tiōng ê i-kng sí-bông.

Bók-tsing tuā-pōo-hūn khak-tsín ê àn-lē lóng-sī tuì kok-guā, ík-tsing khah giām-tiōng ê kok-ka tó-tng lâi ê, m̄-koh tī-leh Bí-kok lâi-té mā-ū tsit-kuá sī siā-khu kám-jiám. “Siā-khu kám-jiám” ì-sù sī kóng lāng tī bóo-tsit-ê sóo-tsai kám-jiám tiòh pēnn-tòk, pau-kua hia m̄-tsai-íánn án-tsuánn tit-tiòh kap tī-tó-uī tit-tiòh ê huān-tsiá.

#### Tsit-tsūn tuì tsiòng lâi kóng ũ siánn-mih huí-hiám?

Tsuè-kīn tī-leh bóo-tsit-ê sī-kan-tiám, ũ-khó-ling ē huat-sing COVID-19 tuā-kui-bōo ê thuànn-khui. Tsuan-ka ũ-tshik tī-leh bī-lâi kuí lé-pài iáh-sī kuí-kó-guéh, tī Bí-kok kap tsuân-sè-kài lóng-ē koh tsing-ka koh khah-tsē ê pēnn-lē.

Siā-khu kám-jiám sī it-puann hong-siā kap kam-mōo / liú-kám thuān-jiám ê lōo-tōo — ì-sù sī-kóng tuì it-puann sing-uáh tang-tiong kap lāng tsiap-tshioh tit-tiòh. Ū thong-pò ê COVID-19 siā-khu kám-jiám tī-leh Bí-kok lóng-ē má-siōng thê-sing hit-ê siā-khu tsik-khik ui-hiáp ê kng-kak.

#### Tī Má-lí-lân tsiu kám ũ-lāng i-kng uè-tiòh tsit-khuán pēnn-tòk ah?

Tī-leh 2020 nî 3 guéh 5 hō Má-lí-lân tsiu suan-pòo i-kng ũ sann-ê COVID-19 khak-tsín pēnn-lē. Tsit-kuí-ê huān-tsiá sī tī kok-guā jiám-tiòh tsit-khuán pēnn-tòk, tsit-má in lóng i-kng hue-hók jī-tshiánn tī tshù keh-lī.

Tī 3 guèh 5 hō Hōo-kang Tsiu-tiunn suan-pòò tsin-jip kín-kip tsōng-thài, jī-tshiánn tōng-uân sóo-ū tsiu-lāi tsu-guân hong-ik. Tsit-ê siann-bīng tsí-sī kap siū-khuân MDH kap Má-lí-lân kín-kip ìng-piàn-tshú ( MEMA ) ka-kiōng tsiu-lāi kap tē-hng kok kiok-tshù ê tiàu-tōo. Tsit-ê siann-bīng mā hōo MDH kap MEMA ē-sái khuài-sok hiáp-tiau lán-ê tsiu kap tē-hong ê uē-sing pōo-mńg kap kín-kip ìng-piàn sió-tsoo.

Má-lí-lân tsiu siōng-sin ê kiám-giām kiát-kó kap khak-tsín pēnn-lē lóng ē-sái tī [health.maryland.gov/coronavirus](http://health.maryland.gov/coronavirus) khuànn-tiòh, tàk-kang lóng-ē king-sin tsu-liáu.

### **Siann-mih-khuán lāng ū-khó-líng ē uè-tiòh?**

Tsit-tsūn, nā-ū tsit kuí-tsióng tsing-hīng ē-khah huī-hiám :

- Tsuè-kīn ū-khì ik-tsing giām-tiōng tē-khu
- Ū bit-tshiat tsiap-tshiok COVID-19 khak-tsín huān-tsiá
- Tsiàu-kòo COVID-19 khak-tsín huān-tsiá

### **COVID-19 sī án-tsuánn thuann-khui?**

COVID-19 khó-líng ná-tshin-tshiūnn hong-siá kap kám-mōo / liū-kám thuann-jiám kāng-khuán :

- Khuh-khuh-sàu koh lâu-phīnn-tsuí, tiòh ē-ū nuā-tshiu
- Bit-tshiat tsiap-tshiok, khó-pí kóng bong--tiòh iah-sī at-tshiú
- Ū bong--tiòh tǐng-bīn ū pēnn-tók ê mih-kiānn

### **COVID-19 ū siann-mih tsing-thâu?**

- Huat-sio
- Khuh-khuh-sàu
- Tshuán-khui tshuán bē kuè-lāi
- Khah giām-tiōng ê tsōng-hóng, ē piàn-sing hì-iām (hì-pōo kám-jiám)

### **Guá nā-sī kám-kak ū uè-tiòh COVID-19, guá ing-kai ài án-tsuánn tsò?**

Lí nā-sī tsuè-kīn ū-khì jīm-hô ik-khu lú-iú, iah-sī ū tsiap-tshiok tiòh COVID-19 khak-tsín huān-tsiá liáu-āu, kám-kak ū huat-sio, khuh-khuh-sàu iah-sī tshuán-khui tshuán bē kuè-lāi ê tsing-thâu, tsit-má ài suī kín-khì khuànn i-sing. Jī-tshiánn it-tǐng ài tsiàu tsit-kuí-ê hong-huat:

- Beh tshut-mńg tsin-tsing, sin khà-tiān-uē hōo lí-ê i-sing, iah-sī kip-tsín-sit
- Kap in kóng lí tsuè-kīn ū-khì tó-uī sńg, kap siann-mih-lāng sio-tshuē (phì-lūn kóng lín-tau ê lāng)
- Nā-ū tshui-am, ài kuà tshui-am

### **Nā-ū-lāng kám-jiám tiòh COVID-19, ē tú-tiòh siann-mih-khuán kiát-kó?**

Tuā-pōo-hūn ê huān-tsiá lóng-ē hók-guân, jī-tshiánn tuā-pōo-hūn ê lāng kan-na ū khah sió-thing-tōo ê tsing-thâu. Tsit-pòo-hūn ê lāng ê kiàn-gī in tiām teh tshù-lāi hue-hók, mā sūn-suà tsoh kik-lī. Tsiá--ê huān-tsiá nā-ū tsing-thâu piàn giām-tiōng ê tsing-hīng, ing-kai ài khà-tiān-uē hōo in ê i-sing, iah-sī i-hōo jīn-guân.

Tsit-kuá COVID-19 kám-jiám ê tsing-hing ē piàn ka tsin-giâm-tiōng, ū tsit-kuá-lâng koh-ē sí-khì. Nā-sī ū-lâng in-uī uè-tiōh COVID-19 suah-lâi ín-khí tsiok-giâm-tiōng ê tsing-thâu, in tiōh ing-kai ài lâu tī-leh pēnn-īnn. Lâu-tuā-lâng kap hia i-kīng tài-tsing-thâu ê lêng lóng tsiok ū-khó-ling ē piàn kah tsiok giâm-tiōng. Sáo-uī i-kīng tài-tsing-thâu ê lêng tiōh-sī hia ū tsia-ê tsing-thâu: gâm-tsing, thng-jīō-pēnn, sim-tsōng-pēnn, iah-sī ū tsit-kuá bián-ik hē-thóng siong-kuan ê pēnn hōo sin-thé bō-huat-tōo tui-khòng pēnn-khún.

### **Guá kám ài tshú-siau tshut-kok ê hing-ting?**

Pēnn-tsing kuán-tsè ū-hông tióng-sim (CDC) ē it-tit king-sin pit-iàu ê lú-iú kiàn-gī. CDC i-kīng kiàn-gī tshú-siau kàu ik-tsing ū kòo-lū ê sáo-tsai tsoh bō-pit-iàu ê lú-iú hing-ting. Hia-ê ū tsing-thâu ê lêng mā kiàn-gī mài-tsò bō-pit-iàu ê lú-iú.

Nā-sī bīn-tsiōng ū-siūnn-beh kè-uē tshut-kok lú-iú, ē-sái kàu CDC ê bāng-tsām khuann lú-iú kiàn-gī, lâi liáu-kái siōng-sin ê lú-iú kóng-kò:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

### **Guá nā-sī khi kong-kiōng tiūnn-sáo kám ài kuà tshui-am?**

M-bián. Bō kiàn-gī tī it-puann kong-kiōng tiūnn-sáo kuà tshui-am, m̄-koh tī tsit-kuá sáo-tsai kuà tshui-am ē khah-hó - khó-pí kóng tī-leh pēnn-īnn iah-sī tsín-sáo ê thing-hāu-sit - phiah-bián tsit-kuá ū hì-kng pēnn-tsing ê huān-tsiá tsiong pēnn-tók thuân-jiám hōo pát-lâng.

CDC bō kiàn-gī kiān-khong ê lêng kuà tshui-am lâi tī-hông hì-kng pēnn-tsing, COVID-19 mā-sī käng-khuán. Lí kan-na tán i-liâu tsuan-giap jīn-uân kā-lí kiàn-gī ê sī-tsūn kuà leh tiōh hó. Tshui-am sī hōo ū uè-tiōh COVID-19 ê lêng kap ū khó-ling tsing-thâu ê lêng kuà tiōh hó, tse-mā-sī uī-tiōh mài hōo pát-lâng khi kám-jiám tiōh. Tī bit-pì khong-kan (tshù-lâi iah-sī pēnn-īnn lâi-té) ê i-liâu jīn-uân kap COVID-19 huān-tsiá ê tsiàu-hōo jīn lâi sú-iōng tshui-am mā-sī pit-iàu tshò-si.

### **Guá ē-sái tsò siánn-mih lâi pó-hōo guá ka-kī kap pát-lâng?**

Muí tsit-kang lóng ài-tsò kiàn-gī ê tī-hông tshò-si, tiōh ē-sái hōo tshin-tshiūnn hong-siá kám-mōo kap liú-kám ê hì-kng pēnn-tsing ê thuân-jiám kàng-kē:

- Tiānn-tiānn iōng tām-pòh-á sio ê sio-tsuí kap tê-khoo sé-tshiú, tsi-tsió sé 20 bió
- Nā-sī bō tê-khoo kap tsuí thong sé-tshiú, tiōh-iōng tsi-tsió ū 60% tsiú-tsing-hun ê ta-sé-tshiú lâi sé
- Khuh-khuh-sàu iah-sī lâu-phīnn-tsuí ê sī-tsūn, ài-iōng uē-sing-tsuá, tshiú-ńg iah-sī tshiú-khiau am leh
- Tsīn-liōng mài bong lí-ê bák-tsiu, phīnn-á kap tshui
- Kap ping-siōng-sī tiānn-tiānn ē bong--tiōh ê mih-kiānn sé-tshing-khì, mā-ài tsiàu-khí-kang siau-tók
- Tsīn-liōng mài tsiap-kīn phuà-pēnn ê lêng
- Lí nā-sī jiám-pēnn, hó-hó-á tiām-tī tshù-lâi-té, tū-liáu beh-khì pēnn-īnn khah tshut-m̄ng

### **COVID-19 kám-ū ioh-á iah-sī ik-biâu ē-sái bé?**

láu-buē, in-uī COVID-19 sī tsit-khuán sin-ê pēnn, m̄-koh, tsiok tsē tsuan-ka i-kīng tī-leh gián-huat. Ík-biâu mā-sī káng-khuán, it-tīng ài tán tshì-giām háp-keh koh an-tsuân ū-hāu tsia ē-sái. COVID-19 ík-biâu ū-khó-ling ài tán tshiau-kuè tsit-tang tsia ē-sái hōo tàk-ke sú-iōng.

Bók-tsing mā iū-uân bô iòh-á thang tī-liâu COVID-19. M̄-koh, jiám-tiòh COVID-19 ê láng ing-kai ài tshué i-liâu tan-uī lâi liáu-kái ka-kī tsing-thâu ê giām-tiōng thing-tōo.

### **Guá koh ē-sái tò siánn-mih lâi bīn-tuì COVID-19?**

- Ài tsún-pī hó m̄-bián i-sing tshú-hng ê iòh-á kap siōng-kuan mih-kiánn tī-leh hong-piān theh ê sóo-tsai, pau-kua tsí-thiánn iòh-á, pháinn-pak-tóo iòh-á, sàu iòh-á kap kám-mōo iòh-á
- Kiám-tsa lí píng-siōng-sī leh tsiáh ê tshú-hng iòh-á ū-kàu-bô, nā-bô ài kín-khì theh
- Ài tsún-pī tōo-tsiam, uē-sing-tsuá kap ta-sé-tshiú, lí nā bān-put-jī phuà-pēnn, ài tiām--leh tshù-lí hioh-khùn tiòh ū thang-iōng
- Kap tshù-lāi-té ê láng koh-ū tiōng-iàu ê láng kóng-hoo-hó, in nā-sī phuà-pēnn ing-kai ài tsù-ì siánn-mih, koh-ū in tī-leh tshù-lāi-té ài tsù-ì siánn-huè
- Tī tshù-lí tsún-pī n̄ng lé-pài-hun ê tsuí kap sít-bút

### **Koh-ū siánn-mih sī guá ing-kai ài tsù-ì ê?**

- M̄-thang tsiam-tuì jīm-hô tsók-kûn iah-sī jīn-tsing leh oo-pèh-kóng. Pēnn-tòk bē tsiam-tuì jīm-hô tik-sû jīn-kháu, bīn-tsók iah-sī jīn-tsióng lâi kong-kik.
- Pó-tshī siōng-sin ê tsu-sìn, mā ài-khì ē-tàng sìn-jīm ê kuann-hong bāng-tsām lâi tshué tsu-sìn. Bīn-tuì bāng-lōo liú-thuân ê thuân-suat, iàu-gián kap ké-tsu-sìn ài sè-jī m̄-thang hōo phián khì. Tī-leh siā-kûn muí-thé hun-hióng ê kiān-khong tsu-sìn thong-siōng lóng-ú m̄-tiòh ê sóo-tsai, tū-hui sī tuì ē-tàng sìn-jīm ê kuann-hong bāng-tsām thuân-lâi ê, khó-pí sī tuì CDC, MDH iah-sī tong-tē uē-sing-sóo.

### **Kám-ū kī-tha koh khah-tsē ê tsu-sìn thê-kiong hōo tik-piát ê tsók-kûn, pí-lūn kóng sing-lí-lâng?**

CDC lóng-ú thê-kiong siōng-sin ê COVID-19 tsu-sìn tī [cdc.gov](https://www.cdc.gov)

#### **Sing-lí-lâng**

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

#### **Ū-sin ê hū-lú, tshī bó-ling ê hū-lú kap gín-á**

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women.html>

#### **Hák-hāu**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html>

## **Tshut-khì sng ê lâng**

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>

## **Muí tsit-lé-pài ê king-sin**

Siūnn-beh muí lé-pài long siu-tiòh COVID-19 siong-kuan ê tiān-tsú-phue, tī bang-lōo tng-kuân tshuē-tiòh ē-kha tsit-ê bang-tsām, tī-leh bang-iáh bīn-tíng phah-jip lí-ê tiān-tsú-phue tē-tsí, tsù-tsheh liáu-āu, tī bang-tsām tshiau-tshuē ê sóo-tsai phah-jip “COVID-19”.

[https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic\\_id=USCDC\\_20](https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic_id=USCDC_20)

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