

# Kev Kawm Txog COVID-19



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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Qhia Txog Koj Tus Kheej (Koj Lub Npe)

Hnub no peb yuav saib ob peb qho Kev Pab Cuam los Txwv COVID-19 hauv peb qhov chaw ua hauj lwm.

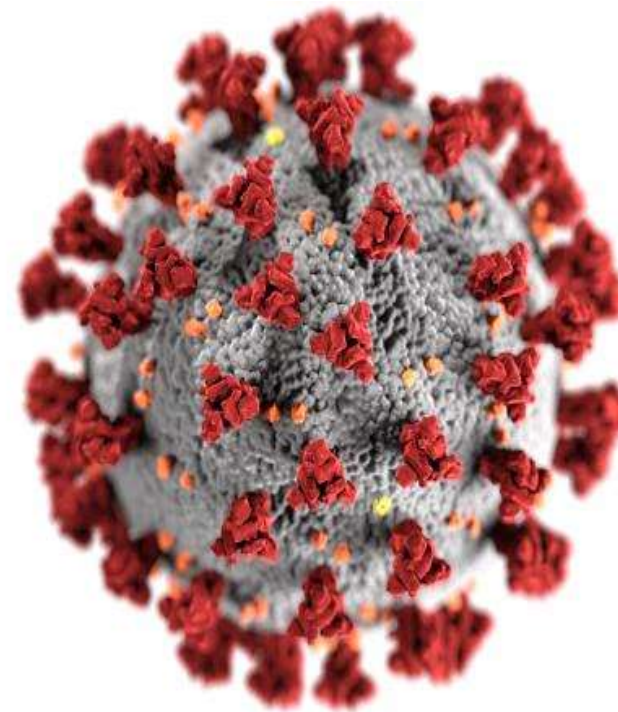
Nws Yog:

1. Tus kab mob COVID-19 yog dabtsi, cov tsos mob thiab nws kis tau li cas
2. Cov kauj ruam uas nws yuav ua koj muaj nyab xeeb tim chaw ua hauj lwm
3. Yuav ua li cas yog koj tsis xis neej thiab xav tau tias koj muaj tus kab mob COVID-19
4. Nyob thaum muaj mob thaib lwm yam txiaj ntsig
5. Muaj kuaj seb puas muaj tus kab mob COVID-19
6. Ntaub ntawv txog txhaj koob tshuaj tiv thaiv tus kab mob

# 1. SARS-COV2

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- Hom – Corona virus, vim nws lub cev zoo li cas
- Ua tus kab mob COVID-19



# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Peb pib los kawm txog tus kab mob es kis thoob teb chaw, nws lub npe yog SARS-COV-2, thiab tus kab mob nws ua tshwm sim hu ua COVID-19 .

CO = Corona, lub npe muab rau cov kab mob ua lub cev yog lub voj voog thiab muaj ib co protein ntsias rau daim “crust” tawv lossis corona

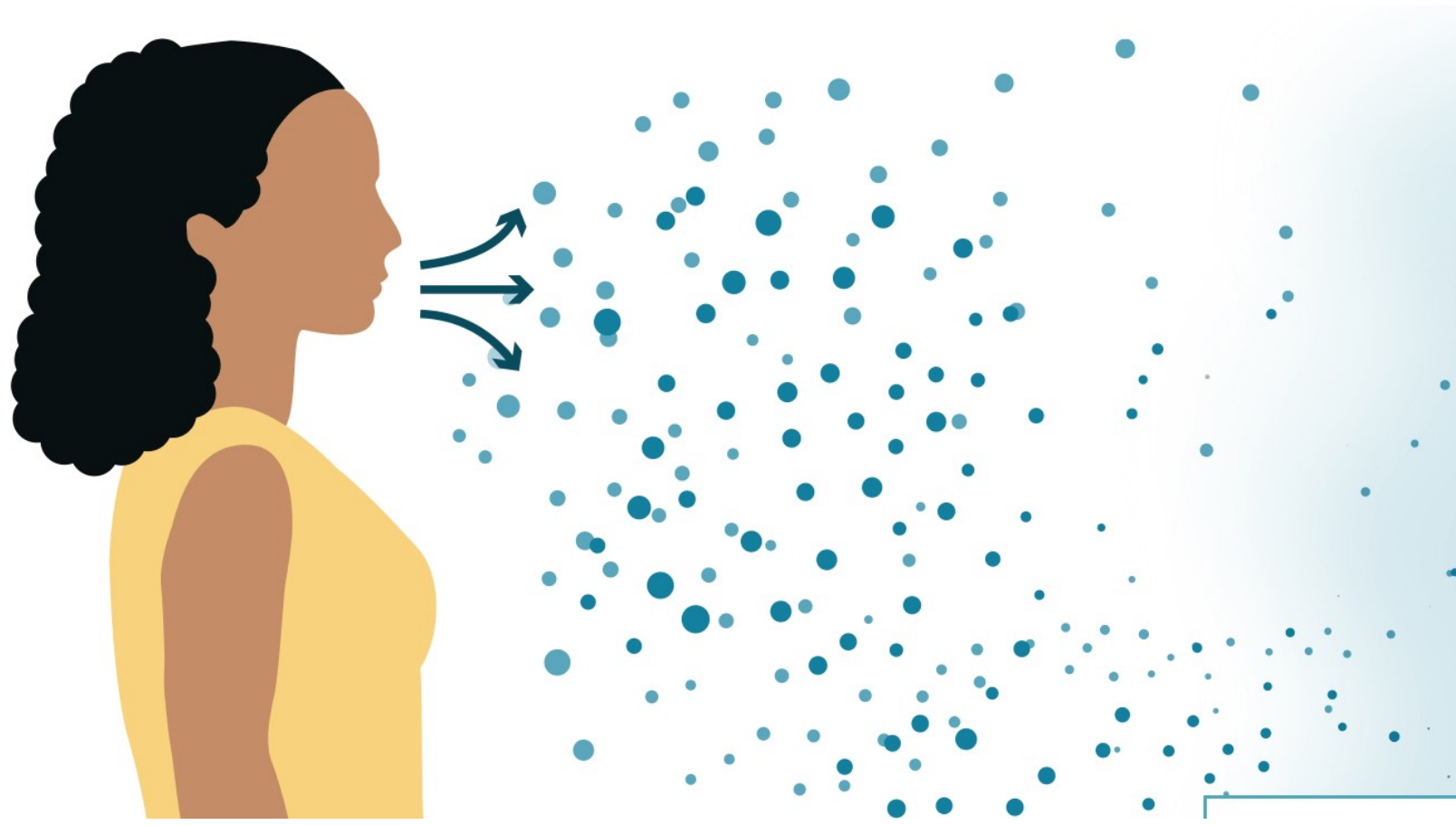
VI = tus kab mob

D = kab mob

19 = xyoo nhriav tau thiab paub txog tub kab mob

# 1. Nws kis tau li cas?

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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COVID-19 yog ib tug kab mob kis yooj yim hauv cov hlab ntsw ua pa los ntawm ib tug kab mob.

Nws kis tau los ntawm ib tug neeg-mus rau- ib tug neeg ntawm cov tij neeg ua nyob sib ze.

Cov pa cua tawm ntawm koj lub ntsw thaum koj ua pa, los ntawm cov kua nrog thaum hais lus, txham, hnoos lossis hu nkauj. Yog vim lis ntawd peb yuav tsum npog peb cov qhov ncauj thiab qhov ntswg nrog ntaub npog - los txo kom tsawg cov kua nrog peb tso tawm nrog huab cua.

Cov kua nrog ua loj yuav poob ze mus rau lwm tus neeg, cov kua nrog me yuav nrug mus 6 kauj ruam lossis deb tshaj nrog huab cua.

Yog vim li ntawd ib txoj hauv kev txawv los txo qhov kis tau yog los ntawm tsis txhob nyob ze lwm tus neeg tsawg tshaj 6 kauj ruam.

Feem ntau tus kab mob kis tau thaum tij neeg ua pas nqus tau.

# 1. Tsos Mob = Qhia Tias Muaj

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Tus kab mob ua rau tij neeg mob nyias txawv nyias, ib txhias yuav tsum mus pwm tim tsev kho mob, mus rau ib txhias tsis muaj tsos mob qiang li thiab mam li paub tias nws ki tau thaum nws mus kuaj. Thiab vim yog li ntawd nws zoo kom nco ntsoov txhob nyob ze lwm tus neeg thiab loob ntaub npo qhov ncauj qhov ntswg thaum tsis nyob hauv tsev.

Feem ntau cov tsos mob rau COVID-19 yog:

- Hnoos, Ua pa luv lossis ua pa nyuaj
- Ua Npaws lossis ua no
- Mob leeg lossis mob ib ces
- Ntuav lossis raws plab
- Tsis hnov tsw lossis noj mob tsis hnov qab uas niam qhuav ua tshiab

Cov tsos mob no mob tau tsis hnyav heev mus mob tau hnyav heev thiab tshwm sim tau 2 (ob) mus rau 14 (kaum plaub) hnuv tom qab koj kis tau tus kab mob ua COVID-19.

Yog koj hnov tau cov tsos mob no, hu mus rau koj tus tus nais tim chaw ua hauj lwm lossis tus sawv cev rau koj chaw ua hauj lwm thiab txhob tuaj ua hauj lwm. (Sau lub npe thiab xov tooj rau tus neeg yuav tsum mus rau thiab ceeb toom thaum tsis tuaj ua hauj lwm)

## 2. Yuav ua li cas thiaj li yuav nyob nyab xeeb thiab txwv tsis txhob kis tawm tus kab mob

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Muaj ntau yam koj ua tau tam sis no los pab txwv tsis txhob kis tawm tus kab mob COVID-19.

1. Nquag ntxuav koj txhais tes tsis pub tsawg tshaj 20 feeb. Peb muaj chaw ntxua tes, nrog xab npum thiab ntaub so tes. (Muaj chaw ntxuav tes tim chaw ua hauj lwm)
2. Yog koj tsis tau mus txhaj koob tshuaj tiv thaiv kab mob thiab yuav tsum looj ntaub npog qhov ncauj qhov ntswg nco ntsoov tsis txhob mus nyob ze li 6 kauj ruam ntawm lwm tus neeg thaum noj mov lossis haus dej.

## 2. Ua li cas thiab li nyob tau nyab xeeb thiab txwv txoj kev kis tu kab mob

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Lwm txoj hauv kev los nyob tau nyab xeeb thiab txwv txoj kev kis tu kab mob COVID-19 yog looj ntaub npog qhov ncauj qhov ntswg.

Ntaub npog yuav tsum npog lub qhov ncauj thaib qhov ntswg. Qhov chaw ua hauj lwm muab ntaub npog qhov ncauj qhov ntswg rau koj siv.

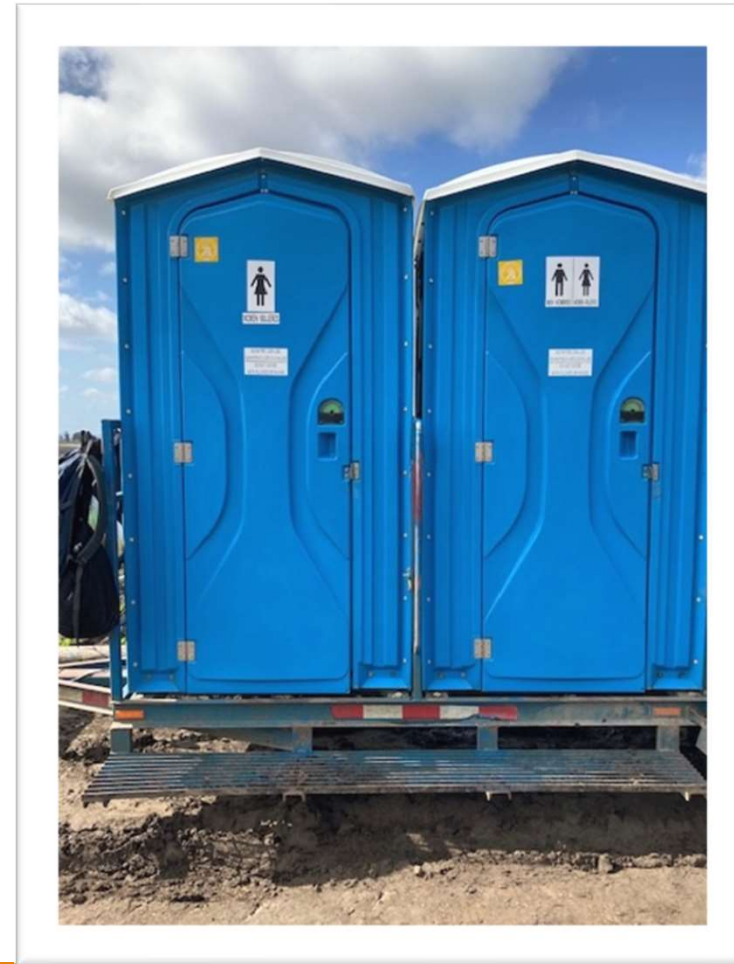
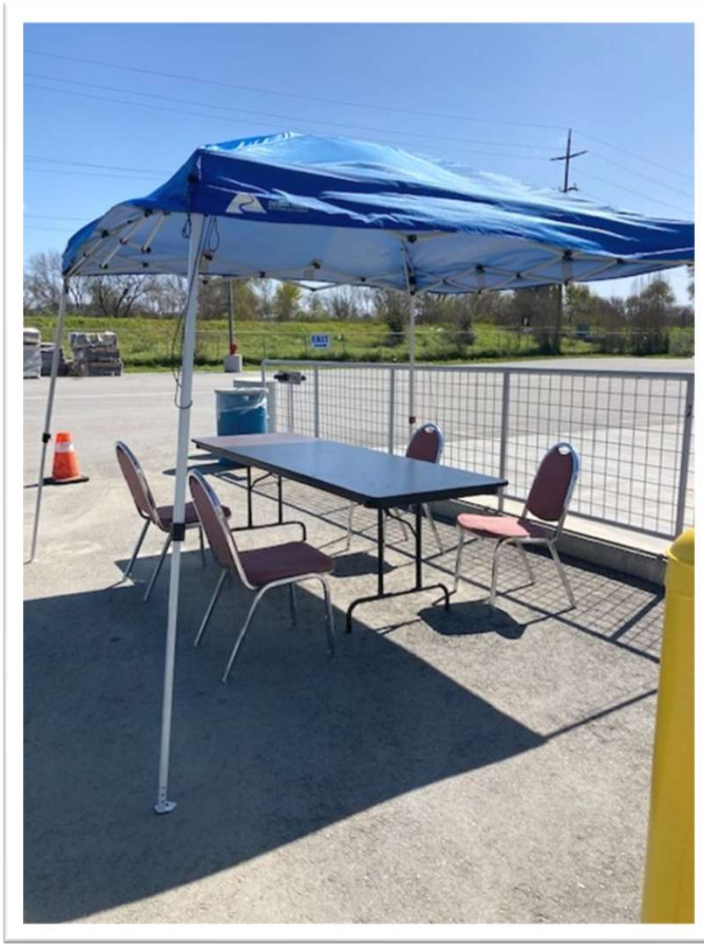
(Qhia txog qhov chaw ua hauj lwm cov ntaub npog qhov ncauj qhov ntswg – chaw rau ntaub npog qhov ncauj qhov ntswg lossis tus neeg tiv tauj)

Yog koj tsis tau mus txhaj koob tshuaj tiv thaib kab mob, koj muaj txoj cai los thov kom tau ib lub npog qhov ncauj qhov ntswg muaj lub lim tshuiab nqus pa ces lawm yuav muab rau koj raws sijhawm. (Qhia txog qhov chaw ua hauj lwm cov ntaub npog qhov ncauj qhov ntswg – chaw rau ntaub npog qhov ncauj qhov ntswg lossis tus neeg tiv tauj)

Peb mam li muab ntaub ntawv qhia siv kom thwj, yuav ua kom ruaj li cas thiab qhov txawv ntawm ntaub npog qhov ncauj qhov ntswg thiab lub npog qhov ncauj qhov ntswg nuaj lub lim tshuab nqus pa. Ntaub npog qhov ncauj qhov ntswg feem ntau tiv thaiv cov tij neeg ntawm tus looj. Lub npog qhov ncauj qhov ntswg ua muaj lub lim tshuab nqus pa tiv thaiv tus neeg looj thiab cov tij neeg nyob ze nws.

## 2. Kev Xyaum Ua Kom Nyab Xeeb tim Chaw Ua Hauj Lwm

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Ob peb yam peb ua tim chaw ua hauj lwm los ua kom koj nyab xeeb yog tu huv thiab muaj tshauj tsau cov khoom kov ntau ntau. Cov ntawm no yog:

- rooj zaum thiab rooj noj mov hauv chaw so
- khoom siv haus dej
- khoom hauv chav dej, pob qhov rooj, chaw ntxuav tes
- cov twj siv ntau ntau

(Ntxiv tej yam khoom tshwj xeeb nyob rau tim chaw ua hauj lwm)

# 2. Daim ntawv qhia npe thaib Kuaj cov khoom muaj kev phom sij

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## Appendix A: Identification of COVID-19 Hazards

All persons, regardless of symptoms or negative COVID-19 test results, will be considered potentially infectious. Particular attention will be paid to areas where people may congregate or come in contact with one another, regardless of whether employees are performing an assigned work task or not. For example: meetings, entrances, bathrooms, hallways, aisles, walkways, elevators, break or eating areas, cool-down areas, and waiting areas.

Evaluation of potential workplace exposure will be to all persons at the workplace or who may enter the workplace, including coworkers, employees of other entities, members of the public, customers or clients, and independent contractors. We will consider how employees and other persons enter, leave, and travel through the workplace, in addition to addressing fixed work locations.

Person conducting the evaluation: **[enter name(s)]**

Date: **[enter date]**

Name(s) of employee and authorized employee representative that participated: **[enter name(s)]**

Interaction, area, activity, work task, process, equipment and material that potentially exposes employees to COVID-19 hazards	Places and times	Potential for COVID-19 exposures and employees affected, including members of the public and employees of other employers	Existing and/or additional COVID-19 prevention controls, including barriers, partitions and ventilation



# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Peb qhov chaw ua hauj lwm txoj hauj lwm yog los ua kom koj nyab xeeb tim chaw ua hauj lwm. Peb kuaj cov khoom muaj kev phom sij tim chaw hauj lwm ntau zaum (**sau ua ntau npaum li cas**) thiab tom qab peb paub cov khoom muaj kev phom sij yog dabtsi peb yeej kho kom zoo.

Peb xav txhawb nqa kom nej pab qhia peb txog tej yam COVID-19 kev phom sij tim chaw ua hauj lwm.

(**Muab ntaub ntawv tshwj xeeb los qhia txog txoj kev los qhia txog cov khoom muaj kev phom sij**)

### 3. Tsis xis neej thiab xav tias tej zaum muaj tus kab mob COVID-19

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Yog koj tsis xis neej thiab muaj cov tsos mob peb tau tham txog, tej zaum koj muaj tus kab mob COVID-19.

Txhob tuaj ua hauj lwm, hu tuaj tias koj mob lawm.

Nyob twj ywm tim tsev thaib ua raw koj tus kws kho mob hais.

Peb xav txhawb kom koj mus kuaj seb koj puas muaj tus kab mob COVID-19. (Muab ntaub ntawv mus kuaj hauv koj zej zog hiab/lossis koj chaw ua hauj lwm)

Qhov chaw ua hauj lwm mam li soj ntsuam tim chaw hauj lwm seb puas muaj leej twg kis tau thiab muab ntaub ntawv qhia txog mus kuaj tus kab mob qhov twg. (Muab cov txheej txheem tshwj xeeb rau koj chaw ua hauj lwm)

# 4. COVID-19 Kev Pab Them Nyiaj Ntxiv Mus Nyob Thaum Mob

## Pib rau Hnub:

Ib(1) Hli Ntuj Hnub Tim 1, 2021 mus rau Cuaj (9) Hli Ntuj Hnub Tim 30, 2021.

### **2021 COVID-19 Supplemental Paid Sick Leave**

Effective March 29, 2021

Covered Employees in the public or private sectors who work for employers with more than 25 employees are entitled to up to 80 hours of COVID-19 related sick leave from January 1, 2021 through September 30, 2021, immediately upon an oral or written request to their employer. If an employee took leave for the reasons below prior to March 29, 2021, the employee should make an oral or written request to the employer for payment.

**A covered employee may take leave** if the employee is unable to work or telework for any of the following reasons:

- Caring for Yourself: The employee is subject to quarantine or isolation period related to COVID-19 as defined by an order or guidelines of the California Department of Public Health, the federal Centers for Disease Control and Prevention, or a local health officer with jurisdiction over the workplace, has been advised by a healthcare provider to quarantine, or is experiencing COVID-19 symptoms and seeking a medical diagnosis.
- Caring for a Family Member: The covered employee is caring for a family member who is subject to a COVID-19 quarantine or isolation period or has been advised by a healthcare provider to quarantine due to COVID-19, or is caring for a child whose school or place of care is closed or unavailable due to COVID-19 on the premises.
- Vaccine-Related: The covered employee is attending a vaccine appointment or cannot work or telework due to vaccine-related symptoms.

# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Ib qho chaw ua hauj lwm uas muaj tshaj 25 tus tij neeg ua hauj lwm, muaj txoj cai los nyob txog 80 xuab moo thaum muaj mob rau tej yam txheeb tus kab mob COVID-19.

Txoj keb nyob no feem ntau siv tau rau koj mob tus kab mob no lossis thaum koj mus kis tau, mus txhaj koob tshuaj thiab thaum koj rov qab zoo, lossislos tu koj tsev neeg thiab tsev kawm ntawv/saib menyuum vim raug kawm los ntawm tus kab mob COVID-19.

Yog koj twb nyob vim tus kab mob COVID-19 rau xyoo 2021 tab sis lawv tsis tau them koj, koj mus thov **(HR department)** kom lawv them koj rau lub caij koj yuav tsum tau so tim chaw ua hauj lwm, them txog 80 xuab moo. Qhov nyob no pub ua tau mus txog Cuaj(9) Hli Ntuj Hnub Tim 30, 2021.

Yog koj twb siv tas koj cov 80 xuab moo los nyob tab sis koj xav tau sij hawm ntxiv, koj siv tau peb hnub nyob tauj ib xyoo ua lawv yuav tsum them. Koj siv tau cov hnub nyob no yog koj muaj mob lossis mus kuaj kws kho mob. Koj siv qhov no los tus koj tsev neeg thaib. Koj muaj txoj cai siv qhov nyob no yog koj ua hauj lwm rau ib qho chaw ua hauj lwm tshaj 90 hnub. Mus nug **(npe ntwm tus neeg sawv cev rau qhov chaw ua hauj lwm)** rau sij hawm nyob yog koj muaj mob. Koj thov siv koj cov sij hawm nyob thaum muaj mob tim ntsej tim muag tau lossis sau ntawv thov los tau.

# 4. Lwm Cov Txiaj Ntsig Them Nyob Thaum Muaj Mob

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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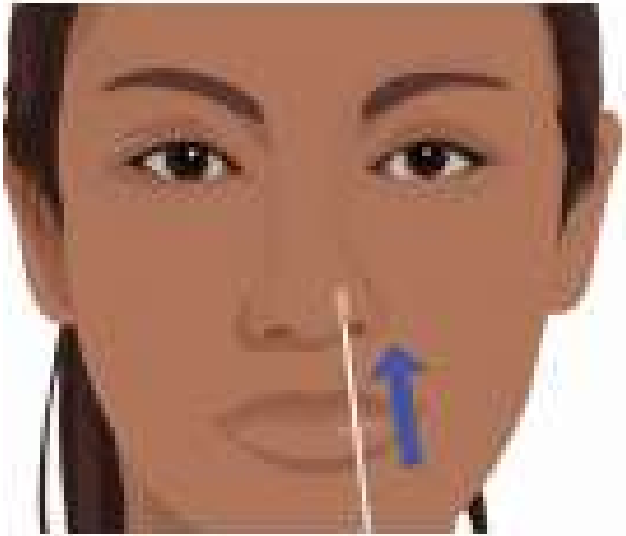
Tej zaum koj tsim nyog tau lwm yam txiaj ntsig them nyob thaum muaj mob ua yog:

Worker's Compensation (yog xav tias tshwm sim tim chaw ua hauj lwm).

Thiab tej zaum muaj lwm yam kev nyob. (Muab ntaub ntawv txog lub xeev caijyuav tasm tau nyob thiab lwm cov txiaj ntsig los ntawm qhov chaw ua hauj lwm )

# 5. Mus kuaj COVID-19

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Yog koj tsis xis neej thiab xav tias yog tus kab mob COVID-19 nws tseem ceeb mus kuaj.

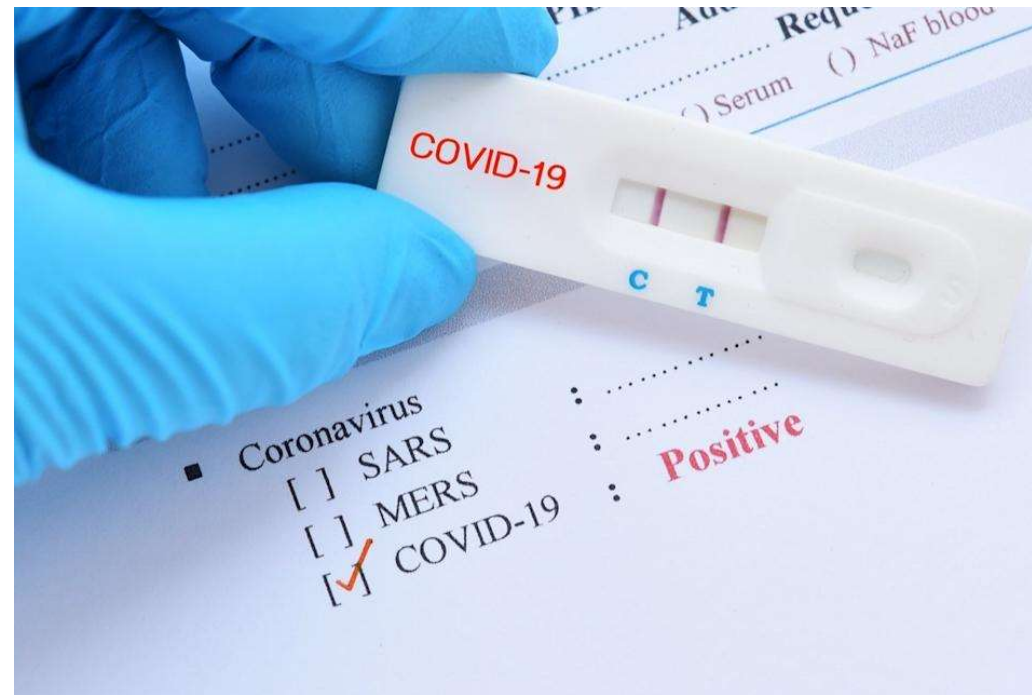
Peb qhov chaw ua hauj lwm muaj ntaub ntawv qhia txog yuav mus kauj qhov twg.  
(Muab ntaub ntawv qhia txog chaw mus kuaj)

Nws tseem ceeb los qhia rau qhov chaw ua hauj lwm thaum twg koj tsis xis neej, ces qhov chaw ua hauj lwm mam li mus soj ntsuam kuaj tim chaw ua hauj lwm.

Yog tias peb xav tau tias nws tshwm sim thim chaw ua hauj lwm, peb qhov chaw ua hauj lwm muaj txoj cai yuav tsum mus kuaj. (Qhia koj chaw ua hauj lwm cov cai kuaj tim chaw ua hauj lwm)

# 5. COVID-19 Kuaj Qhia Tau Li Cas

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Yog koj kuaj tau tias koj muaj tus kab mob COVID-19, mus nyob ib leeg thiab ua raws koj tus kws kho mob hais, lossis koj chaw kho mob hais.

Yog koj kuaj tias koj tsis muaj tus kab mob, tab sis ntseeg tias koj raug kis tus kab mob, mus nyob koj ib leeg thiab ua raws koj tus kws kho mob hais, lossis koj health department tau hais.

Thaum koj tus kws kho mob tso lus tias zoo lawm, lossis health department lossis nyob ib leeg tau ob peb lim tiam lawm, tiv tauj (Muab npe thiab xov tooj rau tus neeg txoj hauj lwm yog los pub neeg ua hauj lwm rov qab tuaj hauj lwm).

# 6. Txhaj Koob Tshuaj Tiv Thaiiv Kab Mob

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Ib txoj hauv kev tseem ceeb los txo txoj kev kis tus kab mob COVID-19 yog mus txhaj koob tshauj tiv thaiv tus kab mob.

COVID-19 koob tshauj tiv thaiv tus kab mob nyab xeeb thiab ua hauj lwm zoo.

Tej zaum koj yuav muaj ib co tsos mob tom qab mus txhaj koob tshauj tiv thaiv kab mob uas yuav ua koj cab npab mob, nkee nkees lossis ua npaws tau ob peb hnuv tom qab mus txhaj koob tshauj tiv thaiv kab mob. Vim muaj ib txhais tsos mob no, tij neeg xav tias koob tshauj no ua tau muaj tus kab mob COVID-19, tab sis qhov no tsis muaj tseeb. Cov tsos mob no feem ntau yeej muaj rau txhaus koob tshauj txaj tiv thaiv kab mb, no txhais tau tias lub cev tiv thaiv nws tus kheej ntawm tus kab mob. Cov tsos mob no yeej yuav ploj mus ob peb hnuv tom qab thiab tsis muaj kev phom sij.

Ua raws li lub xeev thiab tsev qho mob cov cai ( looj ntaub npog qhov ncauj qhov ntswg, muaj kuaj rau tus kab mob thiab lwm yam cai) txawm tias mus txhaj koob tshuj tiv thaib tas lawm.

# Puas Muaj Lus Nug?

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Ua Tsaug rau koj kev koom tes!



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Western Center for  
Agricultural Health and Safety

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# Tus Saib Xyuas Hauj Lwm Cov Ntaub Ntawv:

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Nug seb cov neeg ua hauj lwm puas muaj lus nug ntxiv.

Yog muab tau ntaub ntawv rau co neeg ua hauj lwm kom lawm muaj kev nyab xeeb uas yog:

Chaw nyob thaib daim ntawv luam txog koj chaw ua hauj lwm qhov Kev Pam Cuam los Txwv Kis COVID-19

Ib daim ntaw luam txog cov txiaj ntsig rau sij hawm nyob thaum muaj mob thiab cov cai

Lwm yam ntaub ntawv txog koob tshuaj tiv thaib kab mob thiab kev txwv kis tus kab mob.



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