

**THOV TIV THAIV KOJ TUS KHEEJ THIAB  
TXHUA TUS NEEG KOM TXHOB RAUG  
TUS KAB MOB KHAUS E**



**COVID-19**

**Rau daim ntaub npog qhov  
ncauj qhov ntswg los sis  
ntaub npog ntsej muag.**



**Yog muaj mob nyob twj ywm rau hauv tsev.  
Cov yeeb yam mob ntawm Tus Kab Mob  
Khaus COVID-19 muaj xws li ua npaws,  
hnoos thiab ua pa txog siav.**



**Npog qhov ncauj thaum hnoos. Tsis  
txhob chwv koj lub ntsej muag thiab  
lub qhov ncauj.**

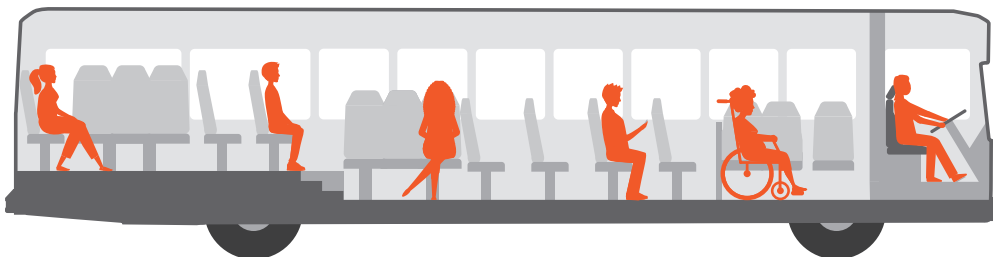


**Nquag ntxuav koj txhais tes. Siv tshuaj  
tsuag tua kab mob.**

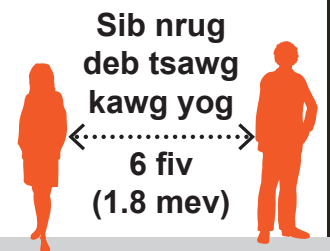


**Tsuas tawm mus sab  
nrauv rau tej yam hauj  
lwm tseem ceeb xwb.**

**Thaum nyob saum lub tsheb npav thauj  
neeg, yuav tsum nyob kom sib nrug deb  
ntawm lwm cov neeg kom deb li deb tau.**



**Nyas sawv ntsug  
nyias kom sib  
nrug thau  
tseem nyo tos.**



## Social media translation – Hmong

Please use and share with your community.

English	Translation
Public Health and King County Metro want you to stay safe while riding transit.	Public Health thiab King County Metro xav kom koj nyob nyab xeeb thaum caij tsheb.
Follow these safety tips to protect yourself and others from COVID-19.	Coj raws cov lus qhia kev nyab xeeb no los pab pov thaiv koj thiab lwm tus neeg los ntawm mob COVID-19.
Learn more about Metro’s reduced service at <a href="http://www.kingcounty.gov/metro/reducedschedule/hm">www.kingcounty.gov/metro/reducedschedule/hm</a> .	Kawm paub ntxiv txog ntawm Metro qhov kev pab cuam uas tau muab txo lawm nyob ntawm <a href="http://www.kingcounty.gov/metro/reducedschedule/hm">www.kingcounty.gov/metro/reducedschedule/hm</a> .

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 TXHUA TUS NEEG KOM TXHOB RAUG  
 TUS KAB MOB KHAUS E



# COVID-19

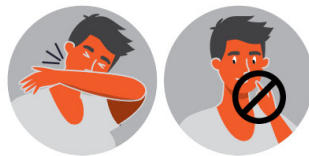
Rau daim ntaub npog qhov  
 ncauj qhov ntswg los sis  
 ntaub npog ntsej muag.



Yog muaj mob nyob twj ywm rau hauv tsev.  
 Cov yeeb yam mob ntawm Tus Kab Mob  
 Khaus COVID-19 muaj xws li ua npaws,  
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Npog qhov ncauj thaum hnoos. Tsis  
 txhob chwv koj lub ntsej muag thiab  
 lub qhov ncauj.

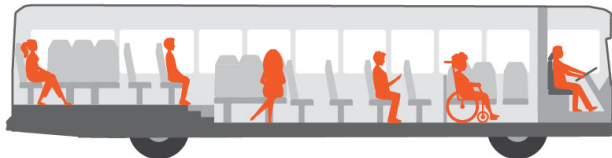


Nquag ntxuav koj txhais tes. Siv tshuaj  
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Tsuas tawm mus sab  
 nrauv rau tej yam hauj  
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Thaum nyob saum lub tsheb npav thauj  
 neeg, yuav tsum nyob kom sib nrug deb  
 ntawm lwm cov neeg kom deb li deb tau.



Nyias sawv ntsug  
 nyias kom sib  
 nrug thau  
 tseem nyo tos.

Sib nrug  
 deb tsawg  
 kawg yog  
 6 fiv  
 (1.8 mev)



Yog xav paub ntau ntxiv   
[kingcounty.gov/covid/hmong](https://kingcounty.gov/covid/hmong)

Public Health   
 Seattle & King County

  
 Moving forward together