

2020 COV CAIJ CAIV NYAB XEEB TXAWV

# COV HNUB TSHWJ XEEB – KEV SIB RAUG ZOO

(IDEAS TO MAKE YOUR 2020 HOLIDAYS STILL MEANINGFUL)

COV TSWV YIM UA KOM KOJ COV CAIJ CAIV HAUV XYOO 2020 MUAJ TXIAJ NTSIM



## 2020 COV CAIJ CAIV YUAV TXAWV.

Lub tswv yim pom zoo yog kom nyob twj ywm hauv tsev, nyob nyab xeeb, thiab pab cheem txoj kev sib kis tus kab mob COVID-19. Tiam sis peb yuav ua li cas thiaj muaj cov sij hawm caiv kom muaj txiaj ntsim, txaus siab yam tseem muaj kev nyab xeeb? Muaj tswv yim thiab tsim tej kab lis kev cai tshiab rau koj lub tsev neeg ua. **Yog koj muaj kev txaus siab thiab ua kom lom zem ces koj cov me nyuam yuav muaj kev lom zem thiab. Zoo Siab Rau Cov Caij Caiv!**

## NYOB NYAB XEEB THAUM MUAJ COVID-19



[CDC Kev Coj Qhia Txog Kev Ua Koob Tsheej Rau Cov Caij Caiv](#)



ME NYUAM MOS ME NYUAM ME  
UAS YUAV TSUM TAU PAB NEEG  
XYUAS TXOG COVID-19  
[children.wi.gov](http://children.wi.gov)

## UA KOM HNUB TSHWJ XEEB

- **Hnav zam** – hnav kom sib phim, hnav tso Christmas phem quav, los sis hnav zam zoo nkauj heev. Yees duab xa qhia rau cov neeg uas koj ntsib tsis tau nrog los sis sib tham hauv viv dis aus tsis tau nrog.
- **Kev mus khw rau hnuv Black Friday** – hloov koj txoj kev mus kiag rau hauv cov khw rau hnuv Black Friday mus muas khoom saum huab cua rau lub xyoo no.
- **Nyob hauv tsev saib cov koom txoos ncajs pob ntaus pob thiab nthuav txuj ci taug kev.** Yog koj ib txwm tsis tau saib hauv kev nthuav txuj ci taug kev rau hnuv caiv hauv TV dhau los, xyoo no yog xyoo zoo yuav tau pib. Xaiv koj cov tsheb nthuav txuj ci uas koj nyiam tshaj.
- **Pluas noj haus kev caiv hauv tshuab hluav taws xob** – noj koj puas noj rau hnuv cais thaum tib lub sij hawm nrog lub tsev neeg/cov phooj ywg thiab sib saib hauv viv dis aus.

## MUAJ KEV SIB RAUG ZOO NROG COV NEEG UAS KOJ IB TXWM NTSIB TIAM SIS XYOO NO NTSIS TSIS TAU VIM YOG TUS KAB MOB COVID-19

- **Npaj cov khoom noj khoom haus uas lub tsev neeg ib txwm muaj** rau lub tsev neeg/cov phooj ywg thiab **xa mus rau lawv** yam kom tsis muaj txoj kev sib chww nrog lawv.
- **Tso cov suab paj nruag nyiam tshaj** rau cov neeg hauv lub tsev/cov phooj ywg uas nyob ua ke tsis tau nrog koj. Kaw duab yeeb yaj kiab rau koj cov me nyuam hu nkauj thiab muab xa mus rau lawv saib.
- **Ua phau ntawv qhia ua noj ua haus rau lub tsev neeg thaum caij caiv** – cov neeg koom yuav tsum xa cov ntawv qhia ua noj ua haus thiab qhia zaj dab neeg tias vim li cas qhov khoom noj khoom haus thiaj li tshwj xeeb. Ib tug neeg sau ua ke cov ntawv qhia ua noj ua haus thiab muab yais rau lawv, hauv tshuab hluav taws xob los sis luam tawm. Cov tib neeg txais tau ua tau qhov khoom noj khoom haus rau lawv lub caij caiv thiab muab cov duab yees, viv dis aus xa mus qhia los sis xaim viv dis aus kom sib pom thaum hnuv caiv kom qhia tau yam lawv tau ua.
- **Santa Claus tuaj hauv tshuab hluav taws xob** – ib tug neeg hnav zam zoo li Santa thiab cov me nyuam ntsib nrog Santa hauv tshuab hluav taws xob.
- **Ua siab dawb pub rov qab** – Sim ua ib hnuv, ib lim tiam, los sis ib hlis. Ua ke lub tsev neeg tawm tswv yim txog cov yam ntxwv zoo yog dab tsi los sis nrhiav cov tswv yim saum huab cua.

