

ShakeOut rau thaum COVID-19

Rau thaum muaj tus kab mob puv ntiaj teb no, peb ntau leej tau los siv sijhawm nyob rau tom tsev thiab los mus hloov peb lub neej nrog rau tej yam zoo li peb yuav mus ua haujlwm thiab kawm ntawv rau qhov twg, thiab peb yuav siv sijhawm nrog rau lwm tus neeg rau qhov chaw twg. Thaum koj npaj ib lub tswv yim rau qhov Raug Co, xav txog: Zaug kawg uas kuv kuaj saib cov khoom uas npaj thaum muaj ib xwm txheej phem loj yog thaum twg? Kuv puas tau "Npaj Kuv Qhov Chaw Kom Khov Kho" kom tiv thaiv txhob raug mob tau? Yam yuav hloov los yog yam yuav npaj tshiab rau ntawm kuv lub tswv yim thaum muaj xwm txheeb thiab rau cov neeg tseem ceeb yuav tiv tauj puas tau muaj? Li ib txwm hais, cov neeg pab ntawm qhov ShakeOut yuav nyob ntawm no pab koj (thiab txhua tus tib neeg, txhua qhov chaw) kom los koom tes tau zoo.



Yam Xav Kom Ua:

- **Koj xyhaum ua tej no li cas?**
Muaj ib tug nyob ntawd qhia, nyob kev deb qhia los yog ob qho? Xam qho los siv video sib qhia thiab siv ib tug coj tuaj qhia nyob rau ntawm [ShakeOut.org/COVID19](https://www.ShakeOut.org/COVID19).
- **Xaiv ib hnub ra koj** (los yog xyhaum sib qhia li no nyob rau tej pawg neeg ntawm cov hnub xaiv tau). Feem ntau tseem yuav koom rau qhov International Shakeout Hnub (10/21 xyoo no
- **Ua raws nraim li cov kev qhia hauv koj lus zos thiab cov kev thaiv kab mob** rau ntawm nyob sib nrug thiab looj daim ntaub npog qhov ntswg qhov ncauj
- Ua li **cov xyha kauj ruam tiv thaiv kom txhob raug mob los ntawm av qeeg** rau koj tsev neeg, chaw ua haujlwm, chaw nyob, thiab txoj kev ua ntej muaj ib qho av qeeg loj tom ntej: bit.ly/7stepsECA.
- Kom tau cov ntaub ntawv thiab kev qhia pab los coj thiab txhawb qhov ShakeOut online los yog muaj ib tug neeg qhia, mus rau ntawm [ShakeOut.org/COVID19](https://www.ShakeOut.org/COVID19).
- Npaj rau **lwm yam kev raug mob phem** nyob ze ntawm koj, xws li tej huab cua loj, hluav taws, dej nyab, haiv txwv nyab, av pob, thiab roob tawg dhia pa taws

Koom Peb 10 Hli Ntuj tim 21 
[ShakeOut.org](https://www.ShakeOut.org)

[ShakeOut.org/COVID19](https://www.ShakeOut.org/COVID19)

