

HMOOB / HMONG

Rau: Tag nrho cov mejiyig, xibfwb thiab neeg ua haujlwm

Tuaj ntawm: *Chancellor* Rebecca Blank

Txog: Cov kev ua raws rau ob asthiv xyuas kom muaj kev noj qab haus huv thiab nyabxeeb

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Rau peb ib tsoom hauv UW-Madison,

Nrog tsab ntawv no, kuv tau txwv kom tag nrho cov mejiyig tseem kawm rau plaub xyoos txhob mus ub no ntau rau ob asthiv tom ntej kom txo cov kev kis tus kab mob COVID-19 nyuam qhuav muaj ntau no.

Pib 5 teev tsaus ntuj hnub Zwj Hli, Cuaj Hlis xiab 7, txog 5 teev tsaus ntuj Zwj Hli, Cuaj Hli tim 21, kuv kom tag nrho cov mejiyig tseem kawm rau plaub xyoo txo txhua yam kev ntsib nrog lwm tus thiab tsuas mus tau rau lwm qhov thwm tias tseem ceeb nkaus xwb.

Kuv ua coob tus mejiyig tsaug uas ua raws cov kev kom ua thiaj muaj kev noj qab haus huv rau pejxeem thiab hwm raws qhov *Badger Pledge* txo kom tus kab mob COVID-19 txhob kis: ntsuam cov cim mob, npog qhov ncauj qhov ntswg thiab nyob kom sib nrug, thiab txhob mus koom nrog lwm tus ntau.

Tab sis cov lej kuaj muaj tus kab mob hnub puav tas los no muaj tsis zoo thiab nws kuj yuav tshuam taus peb lub caij kawm uas tsev kawm ntawv qhib rau cov mejiyig.

- Tau kuaj muaj coob tus kis tus kab mob COVID-19, tiag yog cov mejiyig nyob tawm sab nraum tsev kawm ntawv, thiab tej zaum kuj yog rau tej thaum cov neeg tsis npog qhov ncauj qhov ntswg los tsis nyob sib nrug deb. Peb pom qhov no muaj nyob hauv cov ntaub ntawv, tab sis kuj tso rau hauv *social media* thiab kev nug kiag cov mejiyig kuaj muaj tus kab mob. Qhov tsis zoo, coob tus mejiyig tau muaj los koom nrog kev sib ntsib lom zem uas qhia tau tias tsis saib tus kab mob tseem ceeb thiab ua tsis zoo rau peb ib tsoom.
- Raws li koj pom nyob hauv peb qhov [Dashboard report](#), cov mejiyig kis tau tus kab mob muaj coob zuj zus rau tsib hnub dhaus los no. Qhov muaj coob tus mob tsis yog vim muaj coob tus mus kuaj.

Peb nyob rau qhov uas peb yuav tau txo qhov kev sib kis no ceev, los peb yuav xiam lub caij muaj tsev kawm ntawv qhib rau cov mejiyig lub caij kawm no, uas peb paub tias coob tus mejiyig xav kom muaj. Ib co kuaj muaj coob tus muaj tus kab mob vim sim coob tus thiab cov mejiyig rov tuaj rau hauv tsev kawm ntawv, qhov tus lej coob tus kis qhia tias tus kab mob pib kis rau coob zuj zus.

Rau qhov muaj no, kuv tau txwv kom tag nrho cov mejiyig kawm rau plaub xyoos txhob mus koom nrog lwm tus rau ob asthiv tom ntej no, tsuas tawm hauv lub tsev nyob mus rau lwm qhov tseem ceeb xwb:

- Koom nrog kev kawm xws li cov hoob, tshawb fawb ntsuam kawm; yuav muaj hoob kawm tim ntsej tim muaj ntxiv thiab cov chaw saib ntawv yuav qhib li qub; tsis muaj qhov qhia tias cov no kis tus kab mob
- Mus kuaj COVID-19 los ntsib kuaj mob lwm yam
- Yuav khoom noj
- Mus rau ntawm koj txoj haujlwm hauv los sab nraum tsev kawm ntawv
- Tus kheej ua tej yam nraum zoov, xws li khiav los taug kev
- Mus koom tej yam kev ntseeg (dab qhuas)

Tsev kawm ntawv ua cov nram no txhawb rau ob asthiv tom ntej (tsis yog tas li no xwb):

- Tsis muaj tag nrho cov kev koom tej yam ua ke (*activities*).
- Tag nrho mejyig cov kev sib tham, tsis yog cov kawm tim ntsej tim muag thiab cov hoob kawm ib nrab tuaj kiag tim ntsej tim muag thiab nyob *online*, yuav tsum kawm nyob *online* nkaus xwb
- Txhua yam cov mejyig cov koos haum muaj tsuas nyob *online* nkaus xwb
- Tag nrog *RecWell* cov vaj tse yuav kaw tag rau lub caij no
- Cov chaw ua zaub mov nyob hauv *Union* tsuas muaj nqa tawm nkaus xwb
- Tsis pub cov qhua tuaj hauv cov tsev nyob kawm ntawv li

Tseeb tiag, kuv thov kom tag nrho cov mejyig tseem kawm rau plaub xyoo txhob mus koom kev lom zem. Cov no yog cov peb pom kis tau rau coob tus.

Nco tias cov kev txwv no tsis raug cov mejyig kawm ntxiv tom qab tag plaub xyoo (*graduates*), cov xibfwb los neeg ua num. Qhov zoo yog peb pom tsawg heev kis ntawm cov neeg no. Muaj qhov puav peb pom muaj, peb muab tsis tau pov thawj tias qhov kis yog koom ua tej yam nyob rau hauv tsev kawm ntawv.

Rau lub caij no, peb xav tias tag nrho cov mejyig thiab neeg ua haujlwm yuav ua li cov kev muaj ua raws qhov *Badger Pledge* thiab *Smart Restart*, xws li:

- Npog qhov ncauj qhov ntswg txhua qhov koj mus, ntshe ho tau cai tsis npog xwb. Peb tau muaj kom npog qhov ncauj qhov ntswg hauv tsev, tam sim no peb yuav kom npog qhov ncauj qhov ntswg sab nraum zoo tib si ntshe koj tus kheej ho ua kom ib ce muaj zog (*exercise*) xwb.
- Nyob kom nrug deb li 6 ruam los tshaj, hauv thiab sab nraum tsev kawm ntawv, hauv tsev thiab sab nraum zoov thiab yuav tsum npog qhov ncauj qhov ntswg
- Txhob mus koom ib qho muaj neeg li
- Teb sai li sai tau rau cov neeg taug qab hais lus tseg txog tus kab mob thiab qhia ncaj li ncaj tau.
- Ntsuam cov cim mob siv qhov *Health Screen tool*, <https://healthscreen.wisc.edu/>
- Ncua txhua yam yuav mus tsis tseem ceeb

Li peb tau qhia tas lo, peb yuav tuav cov mejyig rau txhua yam kev txhaum lawv tau ua hauv thiab sab nraum tsev kawm ntawv, txog thiab nrog qhov kom tawm kawm ntawv mus tsev tam sim. Cov neeg qhia tau tej yam lwm tus ua yuav kis tau tus kab mob rau pejxeem rau hauv <http://go.wisc.edu/publichealthconcern>.

Tej zaum koj kuj yuav hais tias vim li cas koj ho yuav tau ua raws qhov no. Kuv tau hnov los ntawm coob tus mejyig tias lawv xav tuaj rau hauv tsev kawm ntawv, txawm tias nws txawv thiab yog ib lub caij kawm tau nyob sib nrug. Peb cov mejyig kawm yuav tag (*seniors*) xav kawm kom tag xyoo txhob tau mus tsev. Peb cov mejyig nyuam qhuav tuaj (*freshmen*) xav pom kev kawm ntawv qhib siab ho zoo li cas, tsis xav kom yog rov mus rau lub caij zoo li tseem kawm *high school*. Yog sawv daws sib zog pab txhawb raws li kom ua no thiaj yuav muaj kev noj qab haus huv thiaj muaj tau qhov no xwb. Yog kev kis tsis nqis, peb yuav muaj kev txiav txim nyuaj uas yuav tso peb kev muaj peev xwm qhib tsev kawm ntawv rau cov mejyig.

Kuv paub tias cov kuv yuav kom peb cov mejiyig kawm rau plaub xyoos ua ntau heev. Nov ntxiv ib qho kev nyuaj siab rau lawv, thiab rau tag nrho peb. Tabsis peb yuav tsum tau txo kev tus kab mob kis ntawm peb cov mejiyig kom lawv muaj kev noj qab haus huv, thiab tiv thaiv kev noj qab haus huv ntawm peb cov xibfwb thiab neeg ua haujlwm nrog rau peb ib tsoom hauv Madison.

Yuav tswj tsis tau tus kab mob no yog peb txhua tus tsis pauv peb tus cwj pwm ib txum muaj yav tas. Txog thaum muaj tshuaj hno tiv thaiv, peb yuav tsum koj tam li tus kab mob yuav kis taus.

Kuv ua peb cov mejiyig, xibfwb thiab neej ua haujlwm tsaug rau lawv kev sib zog ua haujlwm txhawb thiab kev ntseeg. Kuv, tseeb tiag, ua tsaug rau coob coob tus mejiyig uas koj tau zoo heev thiab vam tias yuav muaj cov koom nrog li lawv coob ntxiv rau ob asthiv tom ntej no. Thov tiv thaiv koj tus kheej thiab lwm tus. Yog koj muaj lus nug, *email* rau smartrestart@vc.wisc.edu.

Chancellor Rebecca Blank