



DAIM NTAWV QHIA NRHIAV KEV PAB RAU LUB SIB HAWM MOB THOOB NTIAJ TEB

KAB MOB THOOB NTIAJ TEB: COVID19
theseadproject.org/covid19

**NEEG SIB TAWM TSAM THOOB NTIAJ TEB
VIM KEV COJ TSIS NCAJ NCEES: NTXEEV
TEB CHAW**
theseadproject.org/sea-solidarity

Kev Pab Nrog Covid19

THOOB TEB CHAWS AMERICA:

- Lub Tuam Tsev Tswj Kab Mob (Center for Disease Control)
- 800-CDC-INFO (800-232-4636)
- Qhib 24/7

HAUV LUB STATE MINNESOTA:

- Minnesota Lub Tuam Tsev Saib Xyuas Kev Noj Qab Haus Huv (Minnesota Department of Health)
- 651-297-1304 or 1-800-657-3504
- Qhib Mondays-Fridays 9:00 AM - 4:00 PM
- health.state.mn.us/diseases/coronavirus

Hu Qhia Txog Lwm Haiv Neeg Ua Saib Tsis Taus Koj Vim Koj Yog Kmoob

HAUV LUB STATE MINNESOTA:

- Minnesota Lub Tuam Tsev Saib Xyuas Kev Ncaj Ncees (Minnesota Department of Human Rights)
- 1-833-454-0148
- Qhib Mondays - Fridays 8:00AM - 4:30PM
- mn.gov/mdhr/intake

Hu Qhia Txog Chaw Ua Hauj Lwm Kev Ruaj Ntseg Thiab Kev Noj Qab Nyob Zoo (Reporting Workplace Safety & Health)

THOOB TEB CHAWS NO:

- 800-321-6742 (OSHA)
- www.osha.gov/workers

HAUV LUB STATE MINNESOTA:

- 621-284-5050 or 877-470-6742
- www.dli.mn.gov/workers

Kev Pab Nrog Txoj Kev Mob Hlwb (Mental Health Help)

HAUV LUB STATE MINNESOTA:

- Minnesota Lub Tuam Tsev Saib Xyuas Kev Noj Qab Haus Huv (Minnesota Department Of Health)
- Yog hais tias koj los ib tug neeg koj paub muaj teeb meem loj nrog txoj kev mob hlwb los sis xav txog txoj kev txo koj los nws txoj sia, hu rau tu xov tooj **CRISIS (**274747)
- Yog hais tias koj tsis nyob hauv nroog ntxaib (Twin Cities), nrhiav tus xov tooj hu ntawm qhov website no: bit.ly/MNCrisisLines

MINNESOTA TUS XOV TOOJ HU NRHIAV KEV PAB RAU KOJ TUS KHEEJ TXOG NTAWM TXOJ KEV MOB HLWB THIAB NYUAJ SIAB.

- Hu rau tus xov tooj 651-288-0400 los ntaus ntawv (text) "Support" to 85511
- Qhib Mondays - Saturdays 5:00PM - 10:00PM
- mentalhealthmn.org

Nrhiav Koos Haum Pab Pejxeem (Social Services Help)

HAUV LUB STATE MINNESOTA:

- Hu rau 2-1-1 los sis (502) 583-2821
- Yog hais tias koj tsis hnov lus zoo, hu rau tu xov tooj no: (502) 589-4259
- Qhib 24/7
- metrounitedway.org