



Cov ntaub ntawv tseem ceeb txog Medi-Cal thiab COVID-19

Hnub Tim:

Nyob Zoo Txog Cov Neeg Tau Txais Medi-Cal:

Medi-Cal cov kev pab tseem muaj!

Peb mob siab rau txog koj li kev noj qab haus huv thiab nyob zoo. Tsoom fwm tau kos npe daim ntawv xaj txog kev nyob sib nrug deb thiab cov cai kev nyob-hauv-tsev txhawm rau pab txo qis kev sib kis kab mob COVID-19. Peb xav ceebtoom rau koj tias koj tseem tau txais cov kev pab Medi-Cal txuas ntxiv.

The Department of Health Care Services (Lub Chaw Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv) (DHCS) tab tom sib zog tshuaj ntsuam cov xwm txheej kub ntxhov txog zej tsoom li kev noj qab haus huv los ntawm cov kab mob COVID-19. Peb tab tom ua hauj lwm txhawm rau yooj yim dua rau koj kom tau txais kev saib xyuas thiab cov kev pab uas koj xav tau nyob rau lub sij hawm zej tsoom sawv daws muaj kev kub ntxhov txog kev noj qab haus huv. Txawm tias txoj hauv kev uas koj tau txais kev pab yuav tau hloov pauv nyob rau lub sij hawm no txhawm rau ua kom koj muaj kev nyab xeeb, koj tuaj yeem txuas ntxiv tau txais cov kev pab noj qab haus huv.

Cov hauv kev txo qis koj li kev pheej hmoo

Txhawm rau txo qis koj li kev kis kab mob COVID-19, ua raws li cov kauj ruam tau qhia los ntawm Centers for Disease Control and Prevention (CDC) (Lub Tuam Tsev Tswj Hwm thiab Tiv Thav Kab Mob) thiab xeev California Department of Public Health (Lub Chaw Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv) (CDPH):

- Nquag ntxuav koj ob txhais tes nrog xab npum thiab dej yam tsawg kawg 20 vib nas this.
- Ntxuav thiab tua kab mob txhua qhov chaw uas koj niaj hnub kov. Muab dej ntxuav cov chaw no ua ntej mam muab tshuaj los yog xab npum ntxuav. Tom qab ntawv mam txhuav tshuaj.
- Zam tsis txhob kov koj ob lub qhov muag, lub taub ntswg, los sis qhov ncauj.
- Siv ntaub los sis koj lub lauj tshib npog qhov ncauj thaum hnoos thiab txham. Ces mam mus ntxuav koj ob txhais tes
- Zam tsis txhob mus nyob ze nrog cov neeg mob.
- Yog tias koj ua npaws los sis hnoos, ces nyob kom nrug deb ntawm chaw hauj lwm, tsev kawm ntawv thiab lwm tus neeg.



- Yog tias koj haus luam yeeb los sis yeeb nkab, ces yuav tau thum. Cov neeg haus luam yeeb uas muaj kab mob ntsws los sis muaj teeb meem kev ua pa yuav muaj pheej hmoo mob hnyav dua. Xav tau kev pab thum luam yeeb, hu rau 1-800-NO-BUTTS. Los sis, mus saib hauv www.nobutts.org.
- Ua raws li cov lus qhia ntawm cov neeg ua hauj lwm saib xyuas kev noj qab haus huv.
- Looj daim npog ntsej muag (ntaub npog ntsej muag) thaum koj tawm mus tom tshav puam los sis chaw ntiag tug nrog cov neeg uas tsis nyob hauv koj lub tsev.

Cov hauv kev tswj kev ntxhov siab

Xwm txheej kub ntxhov kab mob COVID-19 tau hloov pauv peb txhua tus lub neej. Koj yuav muaj kev ntshaus siab, ntxhov siab, txhawj xeeb, chim siab, dhuav, nyuaj siab, kho siab, los sis txob siab. Koj tsis nyob ib leeg. Nov yog qee cov hauv kev pab tuav tswj kev ntxhov siab:

- Siv sij hawm so uas yog nyeem ntawv los sis saib xov xwm. Cov xwm hais txog kab mob vais lav tuaj yeem muaj ntau dhau.
- Tiv toj nrog tej phooj ywg, tsev neeg, los sis lwm tus neeg hauv xov tooj, sau ntawv, los sis hauv internet.
- Saib xyuas koj lub cev kom zoo, Noj khoom noj zoo, ua ev xaws xais yog tias koj tuaj yeem ua tau, thiab zam tsis txhob haus cawv ntau dhau.
- Hu rau koj tus neeg saib xyuas kev noj qab haus huv yog tias kev ntxhov siab cuam tshuam koj cov hauj lwm kev noj nyob.
- Nug koj cov kws npaj kho mob thiab saib xyuas txhawm rau pab yog tias koj xav tau kev pab kho mob hlwb los sis Medi-Cal cov kev pab quav yeeb tshuaj. Txhawm rau kawm paub ntau ntiv, nyeem **Lo Lus Nug 19** hauv qab no hauv Cov Lus Nug Nquag Nug (FAQ).
- Nco ntsoov tias koj tuaj yeem tau txais ntau cov kev pab kho mob hlwb thiab kev pab kho quav yeeb tshuaj los ntawm xov tooj thiab vis dis aus telehealth (kho mob hauv xov tooj) yog li koj tsis tas mus hauv lub chaw hauj lwm.

Yuav kawm paub ntau ntiv nyob rau qhov twg

Txhawm rau kawm paub ntau ntiv txog kab mob COVID-19 thiab txhawm rau pab koj kom hla dhau lub sij hawm nyuaj no, mus rau:

- Qhov CDPH website ntawm www.cdph.ca.gov
- Qhov DHCS website ntawm www.dhcs.ca.gov
- Lub Xeev COVID-19 website ntawm www.covid19.ca.gov

Txog cov chaw pab cuam ntawm txoj kev xav, kev nyob zoo, thiab cov hauv kev tuav tswj kev ntxhov siab, mus rau: www.covid19.ca.gov/manage-stress-for-health.



State of California—Health and Human Services Agency
Department of Health Care Services



BRADLEY P. GILBERT, MD, MPP
DIRECTOR

GAVIN NEWSOM
GOVERNOR

Txawm rau cov lus nug txog koj qhov muaj cai tau txais Medi-Cal, hu rau lub chaw hauj lwm Medi-Cal hauv koj cheeb tsam nroog.

Koj tuaj yeem nrhiav cov npawb xov tooj ntawm <http://dhcs.ca.gov/COL>. Los sis hu rau Medi-Cal Tswv cuab thiab Tus Muab Kev Pab Tus Xov tooj Pab Cuam ntawm 1-800-541-5555.

Yog tias koj nyob hauv Medi-Cal lub pab kas phais tuav tswj kev kho mob, koj qhov kev npaj kho mob yuav pab koj nrhiav ib tus kws kho mob los sis ib qho chaw mus ntsib kom tau txais kev saib xyuas. Koj kuj tseem tuaj yeem nyeem koj phau ntawv qhia tswv cuab, uas yog mus rau hauv koj lub pab kas phais tuav tswj kev kho mob tus website, los sis hu xov tooj rau koj qhov kev npaj Tus Npawb Xov tooj Pab Cuam Tswv Cuab los sis Tus Npawb Kws Saib Xyuas Neeg Mob. Koj tuaj yeem nrhiav cov npawb xov tooj no ntawm koj Daim Npav Tswv Cuab (Member Identification Card).

Yog tias koj tau txais koj li kev pab Medi-Cal hauv cov kev pab tau them nqi Medi-Cal thiab tsis yog nyob hauv Medi-Cal qhov kev npaj kho mob, koj tuaj yeem tham nrog tus kws saib xyuas neeg mob hla Medi-Nurse. Hu xov tooj rau DHCS COVID Tus Npawb ntawm 1-877-409-9052.



Cov Lus Nug Nquag Nug (FAQ)

Kev Muaj Cai

1. Puas yog kuv li nyiaj pab Medi-Cal yuav tag rau thaum muaj xwm txheej kub ntxhov COVID-19?

Tsis yog. Hauv Lub Peb Hlis, Tsoom fwm Gavin Newsom tau tawm ib tsab ntawv xaj kom ntseeg tias sawv daws txuas ntxiv tau txais Medi-Cal, CalFresh, California Work Opportunity and Responsibility to Kids, Cash Assistance Program for Immigrants, California Food Assistance Program, thiab los sis In-Home Supportive Services. Koj tuaj yeem nyeem Tsoom fwm tsab ntawv xaj ntawm www.gov.ca.gov/wp-content/uploads/2020/03/3.17.20-N-29-20-EO.pdf.

Yog tias koj nyob hauv Medi-Cal, koj tsis tuaj yeem poob koj li Medi-Cal thaum ncua sij hawm kev kub ntxhov COVID-19. Txog cov kev zam, yeem Nqi Lus Nug 4 hauv Cov Lus Nug Nquag Nug (Frequently Asked Questions (FAQ)).

2. Kuv tau txais qhov ntxiv hnuv nyoog rau kuv li kev pab Medi-Cal. Kuv yuav tsum ua dab tsi thiaj txuas ntxiv tau txais kuv cov nyiaj pab Medi-Cal?

Yog tias koj hnuv ntxiv hnuv nyoog yog Lub Peb Hlis 2020 los sis tom qab, ces koj tsis tas yuav ua dab tsi nyob rau lub sij hawm no. Koj yuav txuas ntxiv tau txais kev pab Medi-Cal kom txog thaum Tsoom fwm tsab ntawv xaj tag sij hawm, txawm hnuv ntxiv hnuv nyoog ntawm koj yog hnuv twg los xij los sis yam kev hloov pauv koj hais qhia. Koj tuaj yeem xa koj cov ntaub ntawv ntxiv hnuv nyoog, tab sis tus neeg ua hauj lwm hauv koj cheeb tsam nroog yuav tsis ua rau koj sai.

3. Kuv tau txais cov nyiaj txhawb kev cuam tshuam lag luam los ntawm Internal Revenue Service (IRS). Puas yog cov nyiaj no raug suav ua nyiaj khwv tau los thiab cuam tshuam txog kuv qhov muaj feem tau txais Medi-Cal?

Tsis yog. Cov nyiaj them txhawb kev cuam tshuam lag luam COVID-19 tuaj ntawm tsoom fwm teb chaws tsis raug suav ua nyiaj khwv tau los. Nws yuav tsis cuam tshuam txog koj qhov muaj cai tau txais Medi-Cal.

4. Puas yog muaj ib yam twg uas tuaj yeem ua rau kuv plam cov nyiaj pab Medi-Cal thaum ncua sij hawm xwm txheej kub ntxhov COVID-19?

Yog. Medi-Cal tuaj yeem tag yog tias:

- Koj tag txoj sia.
- Koj rhais chaw tawm ntawm lub xeev.



Cov Lus Nug Nquag Nug (FAQ)

- Koj hais rau koj tus neeg ua hauj lwm Medi-Cal tias koj tsis xav tau cov kev pab Medi-Cal txuas ntxiv lawm.

5. Puas yog kuv yuav tsum tau hu rau lub chaw hauj lwm Medi-Cal hauv kuv cheeb tsam nroog kom paub tseeb tias kuv txuas ntxiv tau txais Medi-Cal thaum ncua sij hawm xwm txheej kub ntxhov COVID-19?

Tsis yog. Tab sis koj yuav tau hu rau lub chaw hauj lwm hauv koj cheeb tsam nroog yog tias koj li Medi-Cal tsis ua hauj lwm, koj rhais chaw mus rau lub cheeb tsam nroog tshiab, los sis koj xav hais qhia txog yam kev hloov pauv uas yuav muaj feem tau txais cov kev pab uas muaj txiaj ntsig ntau dua.

Qee lub cheeb tsam nroog cov chaw hauj lwm Medi-Cal yuav tsis raug kaw qhov muab kev pab rau mus ntsib tim ntsej tim muag lub sij hawm no. Koj tseem tuaj yeem tiv toj lawv hauv xov tooj, xa ntawv, email, los sis hauv online. Koj tuaj yeem nrhiav lub chaw hauj lwm hauv koj cheeb tsam nroog cov ntaub ntawv ntawm <http://dhcs.ca.gov/COL>. Los sis hu rau Medi-Cal Tswv cuab thiab Tus Muab Kev Pab Tus Xov tooj Pab Cuam ntawm 1-800-541-5555 (TTY 1-800-430-7077). Sab Nraud ntawm California, hu rau 1-916-636-1980.

6. Yuav ua li cas yog tias kuv them tsis taus kuv cov nqi Medi-Cal (tus nqi)?

Yog tias koj tsis tuaj yeem them taus tus nqi Medi-Cal thaum ncua sij hawm xwm txheej kub ntxhov COVID-19 koj tuaj yeem hu mus thov kom zam koj cov nqi (tso tseg tam sim no).

- Txog kev pab me nyuam thiab poj niam cev xeeb tub, hu rau 1-800-880-5305.
- Txog Qhov Kev Pab 250 Feem Pua Ua Hauj Lwm Xiam Oos Qhab, hu rau 1-916-445-9891.

Yog tias koj cov nyiaj khwv tau los raug tso tseg, koj tuaj yeem hu rau tus neeg ua hauj lwm hauv koj cheeb tsam nroog. Nug seb koj puas muaj cai tau txais qhov tsis tau them nqi.

Cov txiaj ntsig

7. Puas yog kuv tuaj yeem teem caij ntsib hauv xov tooj los sis hauv online?

Yog. Yog tias koj lub chaw muab kev pab muaj telehealth thiab koj haum raws li cov cai teem caij ntsib telehealth, koj tuaj yeem tau txais ntau cov kev pab Medi-Cal nyob hauv tsev. Telehealth muaj xws li kev teem caij ntsib hauv xov tooj los sis hu vis dis aus sib tham. Lawv txo qis koj qhov kev kis kab mob COVID-19. Koj tuaj



Yuav Ua Cas DHCS Thiaj Paub Tias Medi-Cal Tuaj Yeem Txuas Ntxiv Txhawm Rau Pab Tau Raws Qhov Xav Tau Thaum Ncuu Sij Hawm Xwm Txheej Kub Ntxhov COVID-19



Cov Lus Nug Nquag Nug (FAQ)

yeem tham nrog koj tus kws kho mob hauv computer los sis hauv xov tooj rau txhua cov kev pab kho mob tsim nyog. Txhawm rau kawm paub ntau ntxiv, mus rau: www.dhcs.ca.gov/Pages/dhcs-COVID-19-Response.aspx.

Yog tias koj tus kws kho mob tsis muaj telehealth thiab koj nyob hauv ub pab kas phais tuav tswj kev kho mob Medi-Cal, koj tuaj yeem hu rau qhov chaw npaj kho mob. Thov kom pab nrhiav ib lub chaw kho mob uas muaj telehealth.

8. Yam twg uas kuv yuav tau txais los ntawm kev teem caij telehealth?

Tus qauv txheej txheem ntawm kev saib xyuas zoo ib yam yog tias koj mus ntsib koj tus kws kho mob tim ntsej tim muag los sis hauv telehealth. Yog tias koj tus kws kho mob muaj telehealth thiab xaiv koj kom tau txais kev kho mob telehealth rau koj tus mob, ces lawv yuav teem caij ntsib hauv xov tooj, vis dis aus sib tham, email, los sis sau ntawv tham online. Hu rau koj tus kws kho mob nug seb lawv li telehealth ua hauj lwm li cas thiab yuav teem caij ntsib telehealth li cas.

9. Yog tias kuv muaj cov tsos mob COVID-19, yuav them nyiaj npaum cas rau qhov kev kuaj ntsuas? Yog tias kuv muaj mob COVID-19, yuav kho tag nyiaj npaum cas?

Kev kuaj mob COVID-19, cov kev pab cuam tshuam txog kuaj mob, thiab kev kho mob yog cov kev kho mob tsim nyog tsis tau them nqi nrog Medi-Cal. Thaum mus ntsib txhawm rau kuaj ntsuas, los sis kho mob COVID-19, cov kev pab no tau them los ntawm chaw kho mob xwm txheej kub ntxhov, kho mob maj ceev, thiab kev mus ntsib kws kho mob hauv chaw hauj lwm.

10. Kuv yuav hu rau leej twg yog tias kuv muaj cov tsos mob COVID-19?

Yog tias koj muaj ib qho ntawm cov tsos mob xwm txheej kub ntxhov txog kab mob COVID-19 no, ces nrhiav kev pab kho kom sai li sai tau:

- Ua pa nyuaj
- Mob ntev los sis hnov ceev hauv siab
- Muaj mob hnyav ntxiv lossis qaug txaj
- Di ncauj los sis ntej muag xiav

Cov npe tsos mob no tseem tsis tau tas. Koj tuaj yeem nyeem ntxiv hauv CDC cov npe tsos mob ntawm: www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html.



Cov Lus Nug Nquag Nug (FAQ)

Hu rau 911 yog tias koj muaj kev kho mob xwm txheej kub ntxhov. Hais qhia rau tus neeg txais xov tooj tias koj muaj los sis xav tias muaj mob COVID-19. Yog tias koj tuaj yeem ua tau, looj daim ntaub npog ntsej muag ua ntej tus neeg pab cuam tuaj txog.

Hu rau koj tus kws kho mob yog tias koj muaj lwm cov tsos mob uas mob hnyav los sis ua rau koj txhawj xeeb. Kuj tseem hu rau koj tus kws kho mob yog tias koj muaj cov tsos mob me xws li hnoos, ua npaws, tsis qab los los sis hnov ntxhiab, mob taub hau, ua npaws los sis ua npaws kub heev, los sis mob caj pas.

Yog tias koj nyob hauv lub pab kas phais tuav tswj kev kho mob Medi-Cal, koj tuaj yeem hu rau koj Tus Kws Kho Mob Xub Thawj (Primary Care Provider (PCP)). Los sis hu rau koj qhov chaw npaj kho mob Tus Npawb Pab Cuam Tswv Cuab los sis Tus Npawb Hu Kws Saib Xyuas Neeg Mob. Cov npawb xov tooj muaj nyob ntawm koj Daim Npav Tswv Cuab.

Yog tias koj tau txais kev pab hauv cov kev pab tau them nqi Medi-Cal thiab tsis nyob hauv Medi-Cal qhov kev npaj kho mob, koj tuaj yeem tham nrog tus kws saib xyuas neeg mob hla Medi-Nurse. Hu rau DHCS COVID Tus Xov tooj ntawm 877-409-9052.

11. Kuv yog ib tus neeg nyob hauv cov kev txwv rau cov kev pab Medi-Cal thiab/los sis kuv yog neeg tuaj txawv teb chaws tseem tsis tau tau lees txais. Puas yog kuv tuaj yeem tau txais cov kev pab Medi-Cal cuam tshuam txog COVID-19?

Yog. Txhua tus neeg tau txais Medi-Cal tuaj yeem tau txais kev kuaj mob COVID-19, cov kev pab cuam tshuam txog kuaj mob thiab kev kho mob thaum lub sij hawm muaj xwm txheej kub ntxhov. Txhua tus neeg tau txais Medi-Cal tuaj yeem tau txais cov kev pab kho mob tsim nyog txog mob COVID-19 txawm tias lawv yuav yog tus tau txais tag nrho los sis tus uas muaj qhov kev txwv kev pab Medi-Cal. (Cov kev txwv-kev pab Medi-Cal yog cov poj niam cev xeeb tub los sis cuam tshuam txog poj niam cev xeeb tub thiab cov kev pab rau tus poj niam cev xeeb tub nkaus xwb.) Koj tuaj yeem tau txais cov kev pab uas cuam tshuam txog kab mob COVID-19 tag nrho ob yam Medi-Cal kev tuav tswj npaj kho mob thiab cov kev pab tau them nqi Medi-Cal, txog ntawm koj yog neeg tuaj txawv teb chaws.

Tsoom fwv cov kev pab neeg tuaj txawv teb chaws tau hais tias cov kev ntsuas mob COVID-19 thiab kev kho mob tsis suav ua lawv qhov “sau nqi zej tsoom”. Mus saib hauv:

www.uscis.gov/green-card/green-card-processes-and-procedures/public-charge.



Cov Lus Nug Nquag Nug (FAQ)

Txhawm rau kawm paub ntau ntxiv txog kev sau nqi zej tsoom, mus saib hauv:
www.chhs.ca.gov/blog/2020/02/24/update-chhs-public-charge-guide-2.

12. Kuv xav tias kuv xav tau kev kho mob tsis cuam tshuam txog COVID-19. Kuv yuav tsum ua li cas?

Yog tias koj xav tau kev kho mob, hu rau koj tus kws kho mob. Lawv tuaj yeem qhia koj yog tias koj yuav tsum tau teem caij ntsib tim ntsej tim muag. Tej zaum koj tus kws kho mob kuj yuav teem caij telehealth uas yog hu xov tooj los sis hu vis dis aus txhawm rau kom koj nyab xeeb. Saib Cov Lus Nug 7 thiab 8 kom paub ntau ntxiv txog telehealth.

Yog tias koj xav mus ntsib koj tus kws kho mob tim ntsej tim muag, ces looj daim npog ntsej muag. Nyob kom sib nrug deb li rau kauj ruam ntawm lwm tus. Yog tias koj muaj cov tsos mob hanyav thiab tsis tuaj yeem mus cuag tau koj tus kws kho mob, mus rau lub chaw kho mob maj ceev los sis chaw kho mob kub ntxhov. Los sis hu rau 911.

13. Cov “kev pab cuam tseem ceeb” yog dab tsi?

Kev kho mob maj ceev thiab kub ntxhov thiab cov txheej txheem pab cuam yog “cov kev pab cuam tseem ceeb.” Koj tuaj yeem tau txais cov kev pab no thaum lub sij hawm muaj mob kub ntxhov COVID-19. Cov kev kho mob no suav nrog cov tsos mob hanyav, cov kev pab cuam poj niam cev xeeb tub, kev saib xyuas thiab pab yug me nyuam, lim ntshav, kev hlov khoom hauv lub cev, kho mob khees xaws, thiab kho raug mob.

Koj kuj tseem tuaj yeem tau txais lwm cov kev pab los ntawm telehealth. Hauv qee cov chaw, koj tus kws kho mob yuav pib muab cov kev pab tiv thaiv ntawm tus kheej ua ntej. Txhawm rau kawm paub ntau ntxiv los ntawm CDPH ntawm California kev pib npaj thiab kev pab cuam tiv thaiv kab mob ntxiv, mus rau:
www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/ResumingCalifornia'sDeferredandPreventiveHealthCare.aspx.

Koj kuj tseem tuaj yeem hu rau koj tus kws kho mob los sis lub pab kas phais tuav tswj kev kho mob kom nrhiav seb ntawm koj thaj chaw puas tau muaj tus kws kho mob uas mus ntsib tim ntsej tim muag lawm, thiab yuav mus cuag lawv tau li cas.

14. Kuv muaj cov kev teem caij kho mob uas tsis maj ceev. Puas yog kuv yuav tsum mus ntsib lawv?



Cov Lus Nug Nquag Nug (FAQ)

Tham nrog koj tus kws kho mob seb yuav rov teem caij dua los yog siv telehealth rau cov kev teem caij ntsib uas tsis maj ceev. Koj tus kws kho mob yuav xaiv seb qhov twg zoo dua txog kev teem caij rau koj tuaj ntsib, kev siv telehealth, los sis tos kom txog thaum cov xwm txheej kub ntxhov COVID-19 dhau tso.

Yog tias koj nyob hauv lub pab kas phais tuav tswj kev kho mob, koj tuaj yeem hu rau koj lub chaw kho mob los sis lub chaw npaj kho mob kom nrhiav seb koj thaj chaw puas muaj cov kev pab uas mus ntsib tim ntsej tim muag ntxiv lawm. Koj tuaj yeem kawm paub seb thaum twg thiab yuav tau txais kev pab li cas. Txhawm rau kawm paub ntau ntxiv, mus hauv:

www.dhcs.ca.gov/Documents/COVID-19/Non-Essential-Essential-Procedures-032420.pdf.

15. Kuv muaj teeb meem mus cuag kuv tus kws kho mob. Kuv yuav tsum ua li cas?

Qee lub chaw hauj lwm hauv koj thaj chaw yuav raug kaw tam sim no vim yog xwm txheej kub ntxhov COVID-19.

Yog tias koj nyob hauv lub pab kas phais tuav tswj kev kho mob, hu rau koj qhov chaw npaj kho mob kom nrhiav koj cov kev xaiv. Koj qhov chaw npaj kho mob tuaj yeem pab koj nrhaiv txoj hauv kev zoo tshaj kom tau txais kev pab kho mob. Yog tias koj xav tau kev pab ntau ntxiv hu rau Department of Health Care Services Lub Chaw Tuav Tswj, Hnub Monday txog Friday, 8 teev sawv ntxov txog 5 teev tsaus ntuj ntawm 1-888-452-8609. Yog tus xov tooj hu dawb.

Yog tias koj tau txais cov kev pab tau them nqi Medi-Cal thiab tsis yog hauv Medi-Cal kev npaj kho mob, koj tuaj yeem tau txais kev pab nrhiav tus kws kho mob Medi-Cal. Hu rau DHCS COVID Tus Xov Tooj ntawm 877-409-9052.

16. Kuv tus me nyuam muaj hnub nyoog qis dua 21 xyoo txog sij hawm rau qhov kev kuaj mob. Kuv yuav ua li cas?

Hu rau koj tus me nyuam tus kws kho mob. Nug txog cov hauv kev koj tus me nyuam tuaj yeem tau txais cov kev pab li txhua zaus xws li mus kuaj mob thiab txhaj tshuaj tiv thaiv kab mob (txhaj tshuaj). Tus kws kho mob yuav piav qhia lawv cov kev hloov pauv rau lub chaw kuaj mob los sis lub chaw hauj lwm yog li koj tus me nyuam tuaj yeem tau txais kev saib xyuas tim ntsej tim muag yam nyab xeeb. Los sis lawv yuav hais kom koj tus me nyuam mus ntsib thiab mus tshuaj xyuas kev kho mob hauv xov tooj los sis telehealth. Yog tias telehealth, koj yuav tsum tau coj koj tus me nyuam mus rau ntawm lub chaw hauj lwm los sis lub chaw kuaj mob tom qab txhawm rau tshuaj xyuas cov kev kuaj mob los sis txhaj tshuaj.



Cov Lus Nug Nquag Nug (FAQ)

Kev mus kuaj mob thiab mus tshuaj xyuas raws caij nyoog yog ib txoj hauv kev tseem ceeb txhawm rau tshuaj xyuas koj tus me nyuam kev loj hlob thiab kev kawm paub. Nrog rau cov cai kev nyob-nyab xeeb-nyob hauv-tsev, DHCS nkag siab tias koj yuav muaj kev txhawj xeeb txog qhov coj koj tus me nyuam mus cuag kws kho mob thiab chaw kuaj mob. Kom paub tias koj tus me nyuam tau txais kev ntsuas thiab txhaj tshuaj, hu rau koj tus me nyuam tus kws kho mob txhawm rau tham txog koj cov kev xaiv.

Cov Kev Pab Kho Hniav

17. Kuv xav mus ntsib kws kho hniav. Kuv yuav ua cas thiaj tau txais kev pab kho hniav?

Yog tias koj mob hniav los sis mob hniav kub ntxhov, hu rau koj tus kws kho hniav lub chaw hauj lwm. Yog tias koj tsis muaj ib tus kws kho hniav los sis koj tus kws kho hniav lub chaw hauj lwm tau kaw lawm los sis tsis tuaj yeem ntsib koj, hu rau Medi-Cal Lub Chaw Pab Cuam Kho Hniav (Dental Telephone Service Center) Hauv Xov tooj. Lawv tuaj yeem pab koj nrhiav tus kws kho hniav. Lawv tus npawb xov tooj yog 1-800-322-6384.

18. Kuv yuav paub tau li cas tias kuv muaj mob hniav kub ntxhov?

Qhov kev mob hniav kub ntxhov yuav tsum tau txais kev kho kiag tam sim. Nov yog qee cov piv txwv:

- Ntshav tawm ntawm lub qhov ncauj tsis tu
- Nqaij o loj hauv lub qhov ncauj los yog ntawm ntsej muag
- Ntsej muag to loj, xws li txha pob tsaig thiab ntsej muag
- Mob hnyav ntawm tus kaus hniav, pos hniav, los sis lub pob tsaig

Kev mus kuaj hniav raws caij nyoog tsis suav ua mob kub ntxhov. Nov yog qee cov piv txwv ntawm cov tsis yog mob kub ntxhov:

- Koj qhov mus kuaj hniav thawj zaug los sis mus kuaj hniav hauv ib xyoos thiab xoo hluav taws xob
- Mus ntxuav cov hniav thiab tiv thaiv cov hniav xws li lo hniav
- Kho cov hniav kom sib ncaj
- Kev ntsia hniav tsis yog mob kub ntxhov
- Lwm yam kev kho hniav, xws li kho hniav po uas tsis hnov mob

Kom tau txais cov ntaub ntawv hloov tshiab thiab kawm paub ntau ntxiv txog koj cov kev pab kho hniav, mus saib hauv www.smilecalifornia.org.



Cov Lus Nug Nquag Nug (FAQ)

Cov kev pab kho mob hlwb thiab kho neeg quav yeeb tshuaj

19. Kuv xav tham nrog tus kws tshaj lij kho mob hlwb txog kuv txoj kev xav. Kuv yuav nrhiav cov kev pab kho mob hlwb nyob qhov twg?

Medi-Cal pab them rau cov kev pab kho mob hlwb. Koj tuaj yeem nrhiav thiab tau txais cov kev pab no thaum lub sij hawm muaj xwm txheej kub ntxhov los ntawm telehealth, xov tooj, los yog mus ntsib tim ntsej tim muag yog tias xav tau. Yog tias koj nyob hauv Medi-Cal lub pab kas phais tuav tswj kev kho mob, ces hu rau koj lub chaw npaj kho mob Lub Chaw Pab Cuam Tswv Cuab ntawm Koj Daim Npav Tswv Cuab. Yuav muaj tus npawb sib txawv rau qhov kev pab kho mob hlwb.

Yog tias koj tsis tau txais kev pab Medi-Cal los ntawm lub pab kas phais tuav tswj kev kho mob, tab sis muaj qhov xav tau kev pab kho mob hlwb heev, los sis tau txais cov kev pab ua ntej hla lub cheeb tsam nroog qhov kev npaj kho mob hlwb, koj tuaj yeem hu rau lub cheeb tsam nroog kom muab tus npawb xov tooj muab kev pab kho mob hlwb los sis kho cov neeg quav yeeb tshuaj.

Koj tuaj yeem nrhiav tus npawb huav koj cheeb tsam nroog txhawm rau kho mob hlwb ntawm www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx.

20. Yog tias kuv los sis ib tus neeg hauv kuv tsev neeg muaj mob hlwb hanyav, yuav ua cas peb thiaj tau txais kev pab?

Yog tias koj los sis ib tus neeg hauv kuv tsev neeg muaj mob hanyav, txawm tias koj yuav muaj Medi-Cal thiab tsis muaj los xij, koj tuaj yeem tham nrog cov kws sab laj uas tau txais kev cob qhia hauv xov tooj.

- 24-teev Suicide Prevention Lifeline: Hu rau 1-800-273-8255, los sis sau ntawv 838255.
- 24-teev Domestic Violence Hotline: Hu rau 1-800-799-7233.
- 24-teev Crisis Text Line: Sau ntawv HOME rau [741741](https://www.crisistextline.org/).
- Yog tias koj los sis tus neeg uas koj pab tab tom muaj qhov txaus ntshai, hu rau **911**.

21. Yog tias kuv los sis ib tus neeg hauv kuv tsev neeg muaj teeb meem loj txog kev quav yeeb tshuaj, suav nrog siv dej cawv los sis lwm yam tshuaj, kuv yuav tau txais kev pab li cas?

Medi-Cal pab them rau cov kev pab kho neeg quav yeeb tshuaj. Koj tuaj yeem tau txais kev pab los ntawm telehealth, xov tooj los sis mus ntsib tim ntsej tim muag yog tias xav tau.



Yuav Ua Cas DHCS Thiaj Paub Tias Medi-Cal Tuaj Yeem Txuas
Ntxiv Txhawm Rau Pab Tau Raws Qhov Xav Tau Thaum Ncu
Sij Hawm Xwm Txheej Kub Ntxhov COVID-19



Cov Lus Nug Nquag Nug (FAQ)

Txhawm rau nrhiav tus npawb xov tooj hauv koj cheeb tsam nroog txog kev kho quav yeeb tshuaj, mus saib hauv www.dhcs.ca.gov/individuals/Pages/SUD_County_Access_Lines.aspx.

Los sis hu tus npawb xov tooj pab cuam kev kho mob hauv teb chaws ntawm 1-800-662-HELP (4357).

Cov chaw pab cuam ntau ntxiv

- Nrhiav COVID-19 cov kev pab txhawb kev xav ntawm www.covid19.ca.gov/resources-for-emotional-support-and-well-being.
- Nrhiav cov hauv kev txhawm rau pab txo qis kev ntxhov siab ntawm www.covid19.ca.gov/manage-stress-for-health.
- Hu rau **211**. Ua thawj qhov chaw pab rau txhua yam kev pab khoom noj thiab lwm yam kev pab tib neeg uas xav tau, Lub Xeev yog tus koom tes nrog 211 hauv txhua lub zej zog. Txhawm rau kawm paub ntau ntxiv, mus saib hauv www.211.org.

Cov kev pab rau cov neeg laus

- **Cov kev pab rau cov neeg laus thiab cov neej loj:** Lub xeev Tus Npawb Cov Ntaub Ntawv Neeg Laus thiab Neeg Loj txuas nrog Cov Chaw Sawv Cev Hauv Zej Zog ntawm Cov Neeg Laus. Hu rau 1-800-510-2020.
- **Kev Nyob Deb:** Cov chaw pab tshiab kom tau raws li cov kev pab pheej hmoo maj ceev los ntawm cov neeg nyob deb
 - Tus Npawb Friendship, ua hauj lwm los ntawm Lub Koom Haum Saib Xyuas Neeg Laus, muaj cov kev pab tiv toj tau 24/7 thiab tus npawb pab kev phom sij rau cov neeg laus. Hu rau 1-888-670-1360.
 - “Kaj Siab thiab Nyob Nrog Kev Sib Nug Moo (Feeling Good & Staying Connected)” yog ib txoj hauj lwm qhia tshiab thiab qhov kev npaj hauv lub lim tiam los ntawm California Lub Chaw Hauj lwm Saib Xyuas Cov Neeg Laus. Txhawm rau kawm paub ntau ntxiv, mus rau www.aging.ca.gov/covid19.
 - Koj tuaj yeem nrhiav cov chaw pab ntau ntxiv txog qhov yuav txo qis cov kev mob nkeeg los ntawm kev ntxhov siab kab mob COVID-19 li cas ntawm www.ACEsAware.org.



Yuav Ua Cas DHCS Thiaj Paub Tias Medi-Cal Tuaj Yeem Txuas
Ntxiv Txhawm Rau Pab Tau Raws Qhov Xav Tau Thaum Ncua
Sij Hawm Xwm Txheej Kub Ntxhov COVID-19



Cov Lus Nug Nquag Nug (FAQ)

- **Kev tshuaj xyuas noj qab nyob zoo los sis kev ua phem, tsis saib xyuas, los sis quab yuam:** Lub xeev Cov Kev Pab Tiv Thaiv Neeg Loj txuas xov toj nrog cheeb tsam nroog Cov Kev Pab Tiv Thaiv Neeg Loj 24/7. Hu rau 1-833-401-0832.