

Get INFORMED To Stay Healthy

Session 1



Project INFORMED

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Get INFORMED To Stay Healthy

Session 1

Talking Points

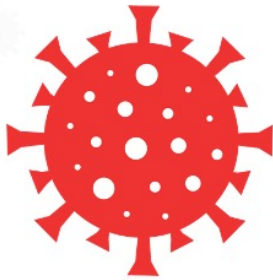
Here is what we will be learning today:

- COVID-19
- How to protect yourself and your family

Welcome To Project INFORMED, a Healthy Family Project

- Thank you for making your time to meet with me.
- We will have two meetings like this, one week apart, this is our first meeting
- As you may already know, COVID-19 pandemic has been impacting our lives tremendously for more than a year now
- I am sure you already know a lot of information on this topic
- Today, I would like to share with you the latest information on COVID-19 and hope that you can use the information to enhance your health and to protect yourself and your family

What Is COVID-19?



- COVID-19 is a disease that is caused by a Coronavirus.
- COVID-19 stands for:

CORONA **VIRUS** **DISEASE** **2019**
COVID19

From now on, we will be calling it COVID

What Is COVID-19?

- COVID-19 is a disease that is caused by Coronavirus.
- The scientists call it coronavirus or named it from an abbreviation from the elements below:
- “CO” comes from corona
- “VI” comes from the word virus
- “D” comes from Disease
- “19” is the year that it was discovered
- For the rest of this presentation, I will be calling it COVID.

Why Is COVID Being Called a Pandemic?



Why is COVID Being Called a Pandemic?

- When a disease spreads to a large population over the world, it becomes a pandemic
- COVID is a pandemic because it has spread to almost every country around the world

How Dangerous Is COVID?

- COVID can cause severe disability and death.
- Many people have been hospitalized from COVID and may continue to suffer long-term health issues.

Over **425 million** people
Infected, over **5.8 million**
people have **Died** Worldwide

Over **78 million** people
Infected, Over **935 thousand**
people have **Died** in the US

How Dangerous is COVID?

- COVID is very dangerous.
- COVID can cause physical harm, from minor symptoms, severe disability, to even death.
- Many people have been hospitalized from COVID and may continue to suffer long-term health issues.
- As of February 2022, over 425 million people have been infected with COVID, and over 5.8 million people have died worldwide.
- And there are over 78 million people who have been infected by COVID, and over 935 thousand have died in the United States alone.

Who Are At Risk Of Getting COVID?

- Everybody!
- Some people have higher risk because of their situations:
 - Healthcare and other essential workers
 - No remote work options
 - Living with large families or in a shared housing
- People who do not follow safety practices



Who are at risk of getting COVID?

- COVID is highly contagious and everybody is at risk of getting COVID
- Some people have higher risk because of the following situations:
- Essential workers, including Healthcare workers, cannot avoid physically reporting to workplace and meeting people
- Some people may not have the option to work remotely from home
- Living with large families or in a shared housing, such as nursing homes
- People who do not follow safety practices such as social distancing rules, wearing masks, washing hands. We will talk more about this later.

Who Are at Higher Risk for Being VERY SICK FROM COVID?



- People with following conditions have a higher risk for being very sick

- Age 65 or older
- Obesity
- Having cancer, heart & lung diseases, diabetes, weakened immune system, etc.
- Pregnancy
- Current smoking or vaping



Who are at higher risk for being very sick from COVID?

- What kind of people are prone to become severely ill after being infected with COVID?
- As I mentioned before, everyone is at risk of being infected by COVID, but due to certain circumstances, some people have a higher risk of being severely sick:
- Such as those who are aged 65 or older
- Obese
- Currently suffering from chronic health conditions, such as cancer, heart disease, lung disease, diabetes, and have a weakened immunity, etc.
- Or pregnant
- Smoking or using e-cigarettes will double the severity of COVID.

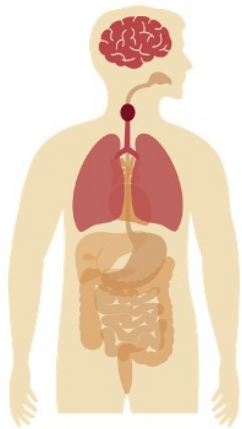
COVID Is a Serious Problem for Asian Americans

- **COVID death rates are high among Asian Americans because of the following reasons:**
 - Some people wait too long to get tested and get very sick
 - Fear of racism makes some Asian Americans afraid to go out to get tested
 - Some Asian Americans do not have access to healthcare

COVID poses a serious problem for Asian Americans

- Data shows that Asian Americans have a high mortality rate. Why?
- Some people wait too long to get tested, which makes their condition worse
- Racial discrimination scares Asian Americans and they do not dare to go out for testing
- Some people have misunderstandings about testing and worry that getting tested will increase the chance of infection
- Some Asians are also unable to access medical services due to language barriers, lack of medical insurance or lack of transportation.

How Does COVID Affect People?



- COVID primarily attacks the lungs. It can damage the brain, heart, liver, kidneys, and other organs.
- Death
- Long-term health effects

How does COVID attack people?

- It mainly attacks the lungs, but also damages the brain, heart, liver, kidneys and other organs.
- COVID can cause death
- On the other hand, patients with COVID may also have long-term health problems after they recover.

What are the symptoms of COVID-19?



What are the symptoms of COVID-19?

- The most common symptoms of COVID include: cough, shortness of breath, difficulty breathing, fever or chills, muscle or body aches, vomiting or diarrhea, loss of taste or smell, and fatigue.

Who Can Spread the Virus?

ANYONE INFECTED WITH COVID, WHETHER OR NOT THEY SHOW SYMPTOMS, CAN SPREAD TO OTHER PEOPLE



Who can spread the virus?

- Anyone who is infected with COVID can spread the virus to others with or without symptoms.
- Sometimes, the person carrying the virus may not know that he/she has been infected and may spread the virus to others.

How Is COVID Being Spread?

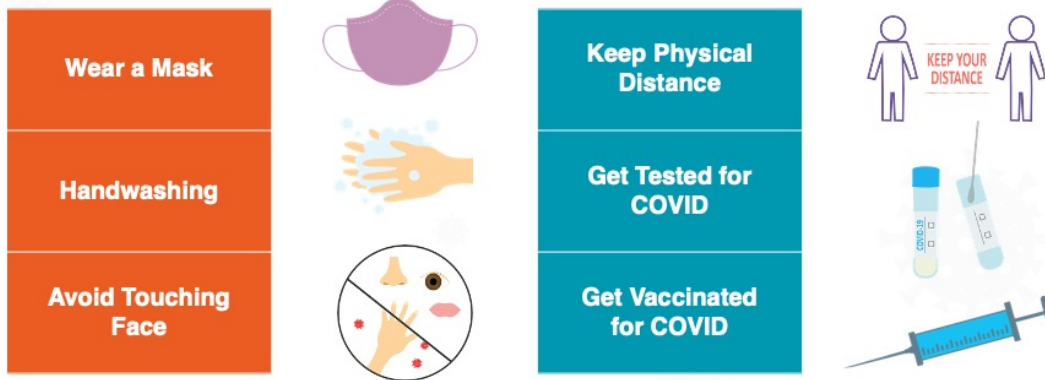
- COVID is an airborne virus that lives in bodily fluids and can stay on surfaces.
- COVID can infect the body by being inhaled from the air into the lungs.
- COVID can also enter the body by touching the eyes, nose, or mouth.



How does COVID spread?

- COVID can be transmitted through the air.
- It lives in body fluids and on the surface of objects.
- When an infected person sneezes, coughs, speaks, or sings, the virus can spread through the air and scattered on the surface of objects.
- COVID can invade the human body through air inhaled into the lungs.
- COVID can also enter the human body through the eyes, nose or mouth.

How Can I Protect Myself and Others?



How can I protect myself and others?

- You can protect yourself and others in the following ways:
- Wear a mask when you are outside and in public places where you are with others.
- Do not wear a mask with an exhaust valve, because it can release COVID droplets into the air through the exhaust valve.
- Wash and scrub your hands often with soap and warm water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer containing at least 60% alcohol to clean your hands.
- Avoid touching your eyes, nose and mouth with dirty hands.
- Keep a distance of 6 feet away from others.
- Get tested for COVID to understand your own situation and to protect yourself and your family.
- Get vaccinated
- And even if you have been vaccinated, you should follow the safety measures as mentioned for caution.

How Do I Know if I Have COVID?



- You may have been infected with COVID if you are **showing symptoms** – called **SYMPTOMATIC**
- You may also have been infected but show **no symptoms** – called **ASYMPTOMATIC**

The only way to find out is to get a COVID test.

How can I tell if I have COVID?

- If you develop symptoms of COVID, you may have been infected; this is called a symptomatic infection. It is called SYMPTOMATIC.
- If there are no symptoms of COVID, you may still be infected; this is called an asymptomatic infection. It is called ASYMPTOMATIC.
- Therefore, the only way to confirm whether you are infected is to get tested for COVID.

Under What Circumstances Should I Get Tested for COVID?

- **You should get tested if you:**
 - Have COVID-related symptoms
 - Had close contact with someone with COVID
 - If your job or living situation puts you at risk
 - Take part in activities that put you at high risk
 - Were referred to get tested by your doctor

Under what circumstances should I get a COVID test?

- You should be tested if you encounter any of the following conditions:
- Symptoms of COVID appear
- Have been in contact with people infected by COVID
- Increased risk of infection due to work or living environment
- Participated in high-risk activities, failed to comply with safety measures, or used public transportation such as buses, trains or planes
- Referred by a doctor to get tested

Why Is It Important to Get Tested for COVID?



Protect

- 1) Yourself
- 2) Family and Friends
- 3) Community

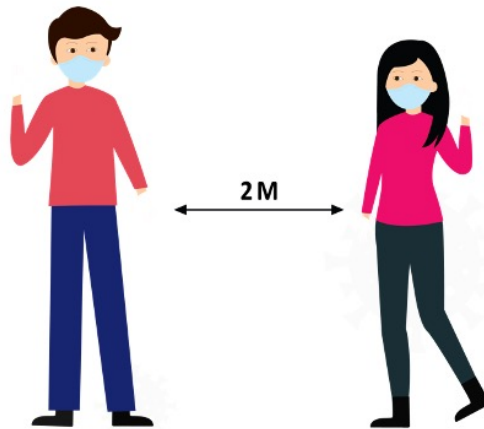
Why is it important to get tested for COVID?

- You can pay more attention to your health and stay vigilant to protect yourself, your family, friends and the community.
- Getting tested can also help local health bureaus and government officials formulate policies.

What Happens if I Test Negative?

You will continue to:

- Maintain safe practices (2 meter/6 feet) in order to protect yourself and others.
- Pay attention to any symptoms and talk to your doctor if you should test again.



What should I do if I test negative?

- You will continue to:
 - Follow safety measures to protect yourself and others.
 - In some cases, symptoms may appear even if the test result is negative. You should still pay attention to your body and if you experience any symptoms, please consult your doctor if you need to be tested again.

What Happens if I Test Positive?



- Isolate yourself
- Talk to your healthcare provider
- Your local health department will report your test result for tracing

What should I do if I test positive?

- This shows that you are infected.
- According to the guidelines of the US Centers for Disease Control and Prevention, you should self-isolate for at least 5 days*.
- Self-isolation means that you will not come into contact with anyone, including those living in the same household.
- You should also inform your doctor about a positive test result, especially if symptoms worsen.
- The test station will hand over the test results to the local health bureau for contact tracing.

***Refer to these sources for updated guidelines on isolation and quarantine:**

-- California Department of Public Health website:

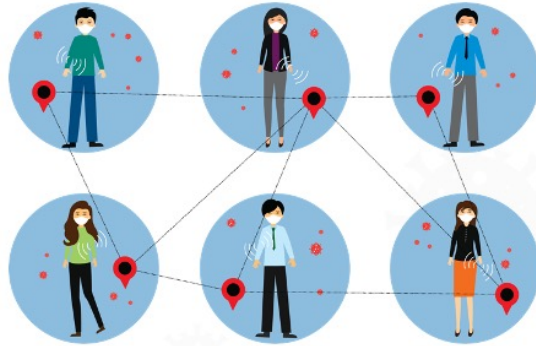
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

-- OR San Francisco Department of Public Health:

<https://www.sfdph.org/dph/COVID-19/Isolation-and-Quarantine.asp>

What Is Tracing?

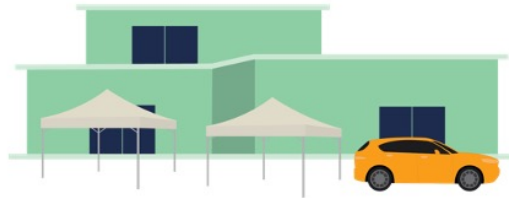
- The health department may contact you and the people you have close contact with
- Your name is **NOT** shared with anyone
- Tracing helps stop the spread and does not target you personally.



What is contact tracing?

- If your test result is positive, the Department of Health , may use contact tracing to identify and notify people who have been in contact with you and may have been infected.
- But please rest assured that your name will not be published. Your personal information and medical records will only be provided to relevant persons, such as your doctor, when necessary.
- Contact tracing is not aimed at a certain individual, but to control and reduce the spread of the virus.

Where Do I Get a COVID Test?



- Contact your family doctor about which test to take and where to get it
- If you don't have a family doctor or health insurance, there are public health hospitals and clinics, or community clinics in your area which provide free testing.

Where can I go to get tested?

- If you want to get a COVID test, you can contact your family's doctor.
- If you do not have a family doctor or medical insurance, you can go to a public hospital or clinic, or community clinic for free testing.
- Later, I will provide a list of testing stations for your reference; you can also go to our project's website for more information.

What Type of COVID Test Should I Get?



- There are several types of COVID tests available, but the antigen and PCR test are the most commonly used.
- They work differently, but generally have the similar purpose
- Any test is better than no test

What type of testing should I get?

- There are different COVID detection methods, the most commonly used are antigen detection (Antigen) and nucleic acid detection-abbreviated PCR [Note: the full name is polymerase chain reaction test].
- They are different, but the purpose is the same.
- However, please remember: it is better to accept any test than no test.

What Can I Do to Help Fight This Pandemic?

- **Nobody** is safe from the COVID pandemic until everybody is safe.
- And everybody needs to do their parts to fight this pandemic together in order to protect themselves and their loved ones.



PROTECT YOURSELF



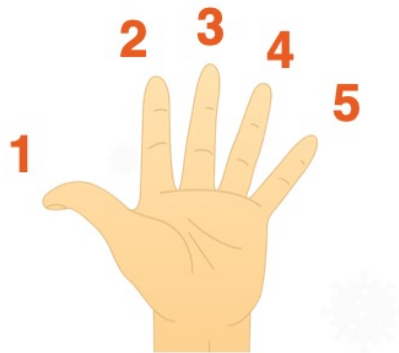
PROTECT OTHERS

Health is in Our Hands

How to fight the pandemic?

- I believe everyone has understood the importance of testing. Let us talk about how to fight the pandemic?
- First of all, **Nobody** is safe from the COVID pandemic until everyone is safe.
- To protect themselves and their loved ones, everyone should do their part to fight the pandemic.
- We have to take control of our health

No Matter What Your Health Situation Is, Taking 5 Actions Is an Easy Way to Stay Healthy During the Pandemic



- Regardless of your health, the following five simple actions can help you stay healthy during the epidemic
- Let's discuss

Action Item 1: Talk With Your Family and Friends



- How COVID pandemic affects you and your family, your friends, and community
- Concerns and questions you may have about getting tested or vaccinated
- Your plan to get tested or vaccinated
- What you learned or your experience getting tested or vaccinated

Action item 1: Talk to your family and friends

- At the beginning, you can talk to your family about how the pandemic affects you and your family, friends and community
- You can also discuss with them your concerns about getting tested or vaccinated
- You can also plan with them how and when they will be tested or vaccinated
- If you have been tested or vaccinated, you can also share your experience with them

Action Item 2: Get Most Current Information Related to COVID



- COVID virus and its variants
- Recommended safe practices
- Guidelines for COVID testing and COVID vaccination
- Sites for COVID testing and vaccination
- If you or your family members are smokers, learn about how tobacco can increase your risk of being very sick from COVID

Action item 2: Get the latest information on COVID

- Try to find the latest information about:
 - COVID and its variants
 - Recommended prevention and safety measures
 - Guidelines for Testing and Vaccination
 - Your nearest testing and vaccination location
 - If you or your family smoke, please understand how smoking increases the risk of becoming very sick from COVID

Action Item 3: Talk to Your Doctor

- About any concerns you may have about COVID, testing, and vaccination
- Ask for recommendations for testing and vaccination
- Ask about COVID risk factors, such as tobacco use or other chronic health conditions
- If you or your family use tobacco or vape, ask for help to be tobacco free. Remember, the doctor can also find out any tobacco-related health problem you have before it's too late.



Action item 3: Talk to your doctor

- If you have other questions, you can discuss with your doctor any concerns about COVID, testing and vaccination
- You can ask your doctor for advice on testing and vaccinations
- You can ask your doctor about COVID risk factors, such as tobacco use or other health conditions
- If you or your family use tobacco or e-cigarettes, please seek help to quit smoking. Remember, doctors can also find out if you have tobacco-related health problems early.

Action Item 4: Check In With Yourself



Ask Yourself:

- Do I have enough information about COVID, testing, and vaccination?
- Do I know the benefits and risks of testing and vaccination?
- Do I know how to protect myself, friends, and family?
- Do I have the resources and support to overcome the barriers that prevent me from getting tested or vaccinated?

Action item 4: Self-reflection

- Ask yourself:
 - Do I have enough information to learn about COVID, testing and vaccination?
 - Do I know the benefits and risks of testing and vaccination?
 - Do I know how to protect myself, friends and family?
 - Do I have the resources and support to overcome the barriers that prevent me from being tested or vaccinated?

Action Item 5: Take Action

Do what you can to protect yourself, your family, and friends!



- Make an appointment and arrangement to get COVID testing and/or vaccination
- Follow safe practices, such as wearing a mask, handwashing, and keep distance
- Ask for help and support from family and friends if needed
- If you or your family use tobacco or vape, try to be tobacco free or call the Asian Smokers' Quitline

- **Action item 5: Take action**
- Do your best to protect yourself, family, and friends!
- Make an appointment and schedule a COVID test and/or vaccination
- Follow safety measures, such as wearing a mask, washing your hands and keeping your distance
- If needed, ask for help and support from family and friends
- If you or your family members use tobacco or e-cigarettes, please try to quit smoking or call the Asian Smokers' Quitline

Healthy Action Plan Getting INFORMED to Stay Healthy

1. Talk with Family or Friends

2. Get Most Current Information Related To COVID

3. Talk to a Doctor

4. Check In With Yourself

5. Take Action (e.g., make appointment for testing/vaccination, continue safety practices, tobacco free, etc.)

In the coming week, which action item(s) can you commit to do to stay healthy?

Health Action Plan

- Now, let's think about what actions you might want to take to stay healthy in the next week!
- We have a health action plan here, let's take a look together

Tips:

- Show participants the health action plan form and complete each step with the participants.
- Encourage everyone to work on at least one action item-encourage them to share with other group members during the meeting
- Please note down the action items selected by each participant and record them in the meeting log (this information will be used for telephone follow-up)

Health Is in Your Hands

- **Our meeting has finished today.**
- **Thank you for your participation and sharing your experience on staying healthy.**
- **I will call you next week to follow-up on your plan to stay healthy.**



Please remember that your health is in your hands

- Our meeting for today is now done.
- Thank you for participating and sharing your experience with us.
- I will call you next week to follow up on your experience of staying healthy during the pandemic.



Project INFORMED

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