

Get INFORMED To Stay Healthy

Session 1



Project INFORMED

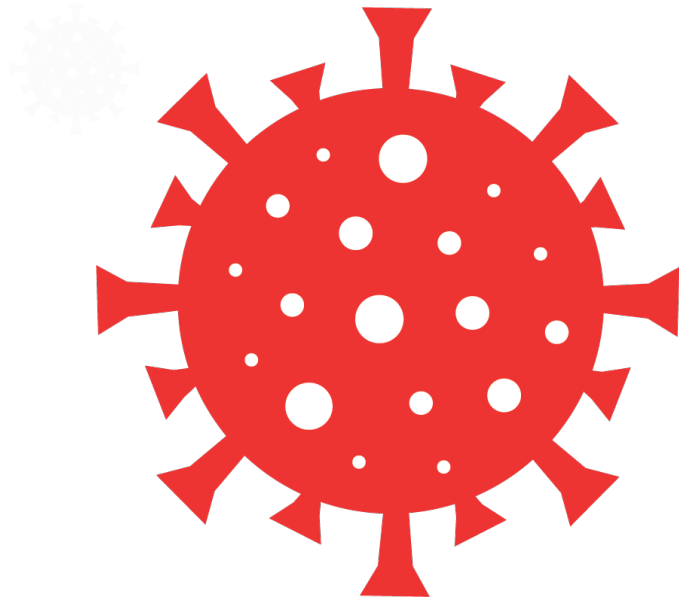
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Here is what we will be learning today:

- COVID-19
- How 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

C O V I D 1 9

From now on, we will be calling it COVID

Why Is COVID Being Called a Pandemic?

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



How Dangerous Is COVID?

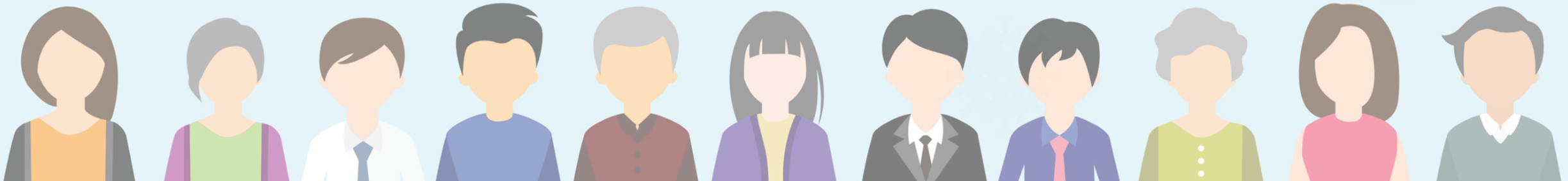
- COVID can cause severe disability and death.
- Many people have been hospitalized from COVID and may continue to suffer long-term health issues.

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

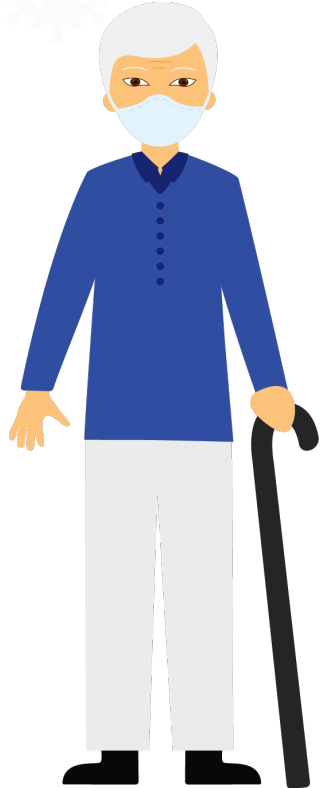
Over **78 million** people
Infected, Over **935 thousand**
people have **Died** in the US

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

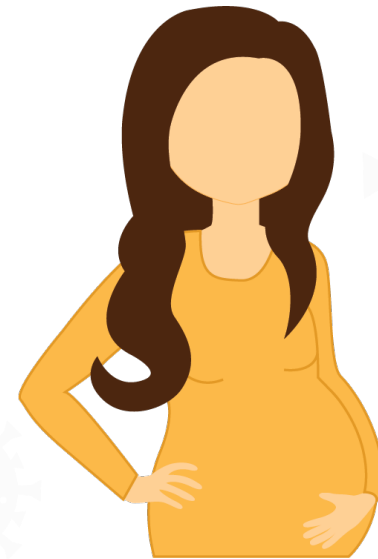


Who Are at Higher Risk for Being VERY SICK FROM COVID?




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

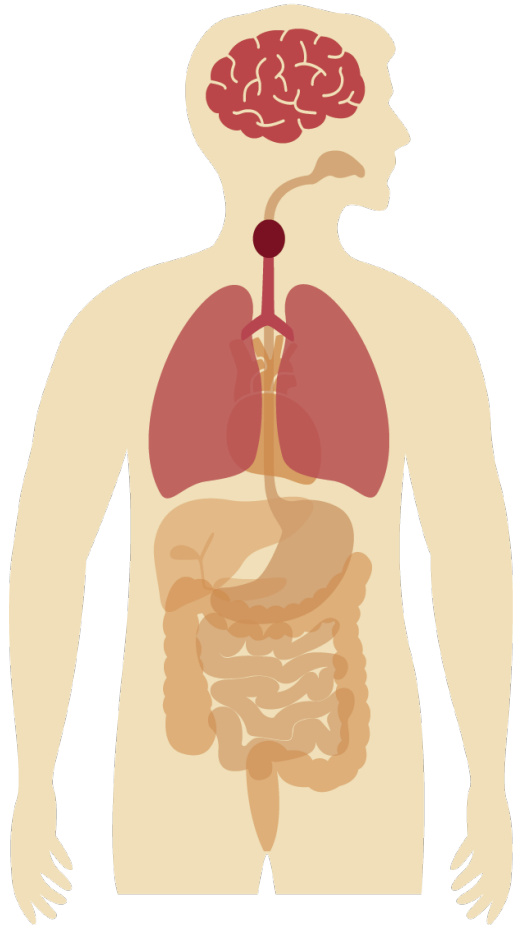
- Age 65 or older
- Obesity
- Having cancer, heart & lung diseases, diabetes, weakened immune system, etc.
- Pregnancy
- Current smoking or vaping



COVID Is a Serious Problem for Asian Americans

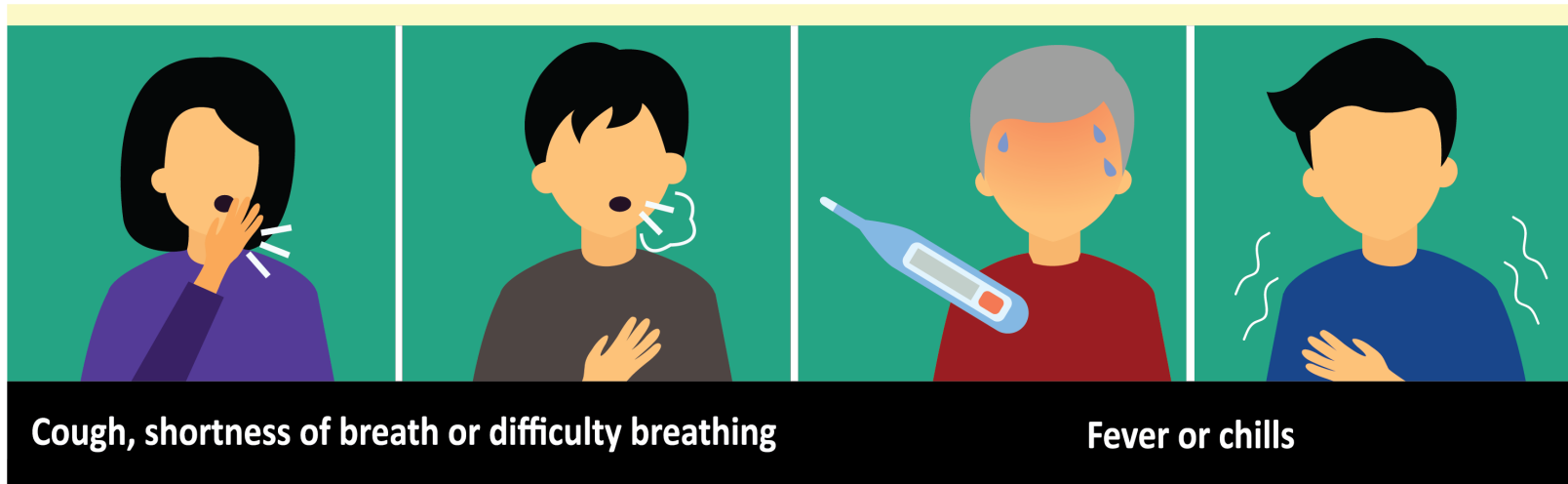
- 
- COVID death rates are **high among Asian Americans** because of the following reasons:
 - Some people wait too long to get tested and get very sick
 - Fear of racism makes some Asian Americans afraid to go out to get tested
 - Some Asian Americans do not have access to healthcare
- 
- 

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

What are the symptoms of COVID-19?



Who Can Spread the Virus?

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



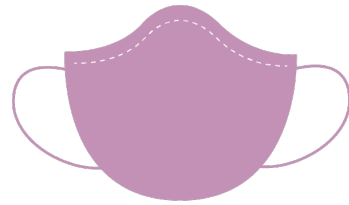
How Is COVID Being Spread?

- 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 Can I Protect Myself and Others?

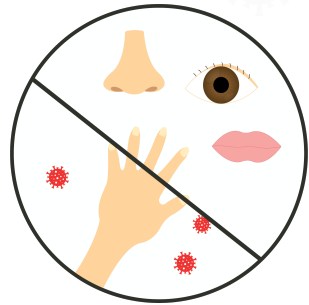
Wear a Mask



Handwashing



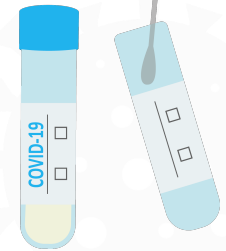
Avoid Touching Face



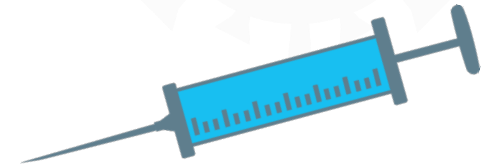
Keep Physical Distance



Get Tested for COVID



Get Vaccinated for COVID



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.

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

Why Is It Important to Get Tested for COVID?



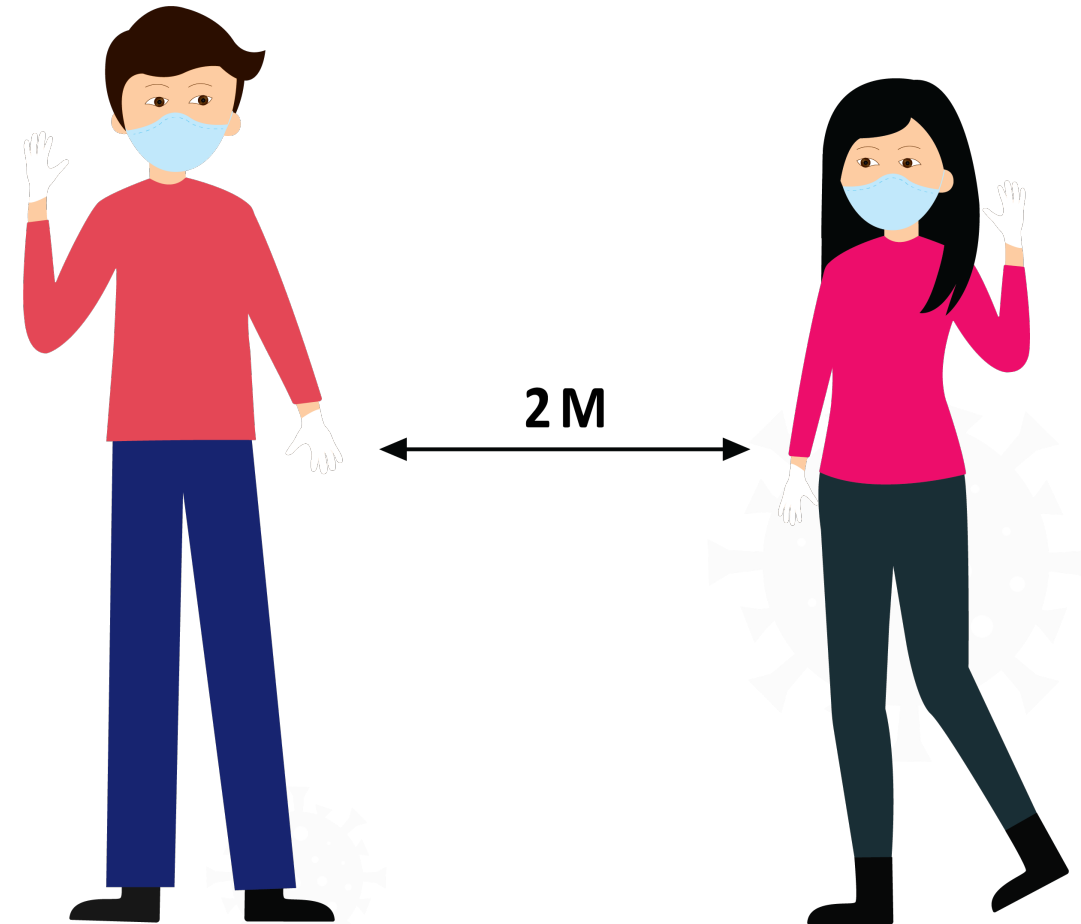
Protect

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

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.



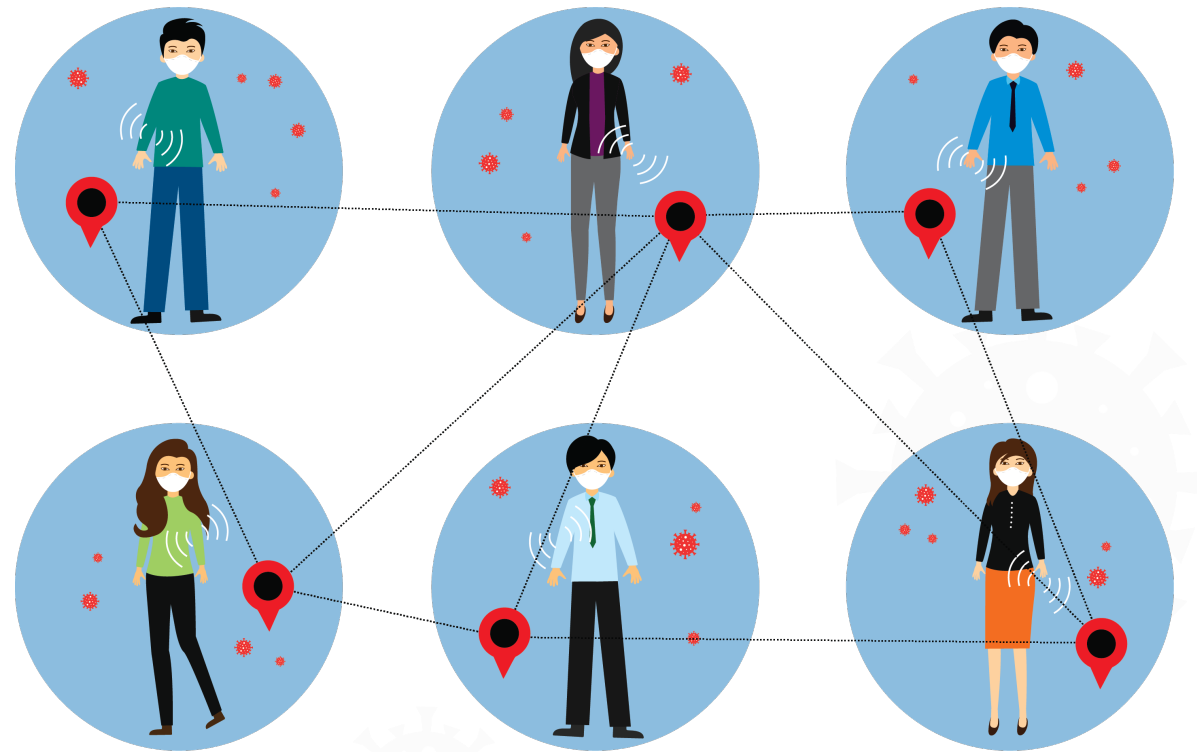
What Happens if I Test Positive?



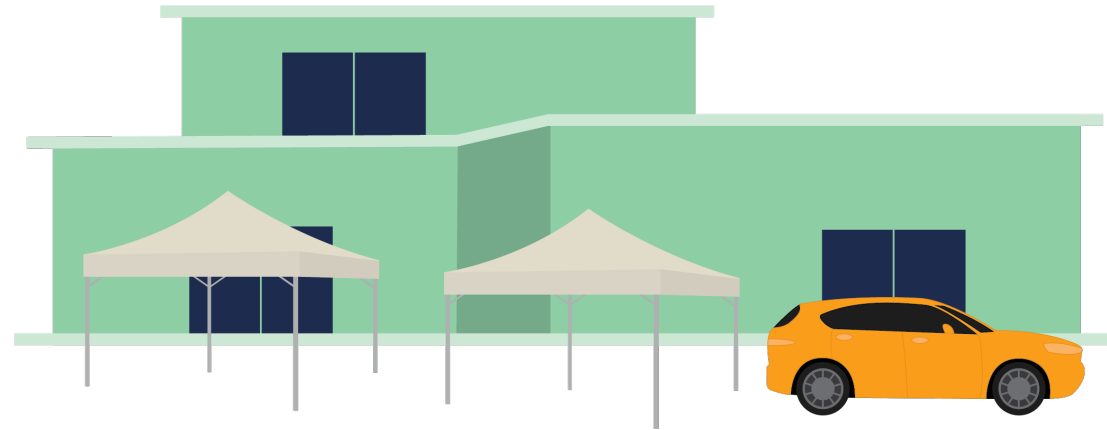
- Isolate yourself
- Talk to your healthcare provider
- Your local health department will report your test result for tracing

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.

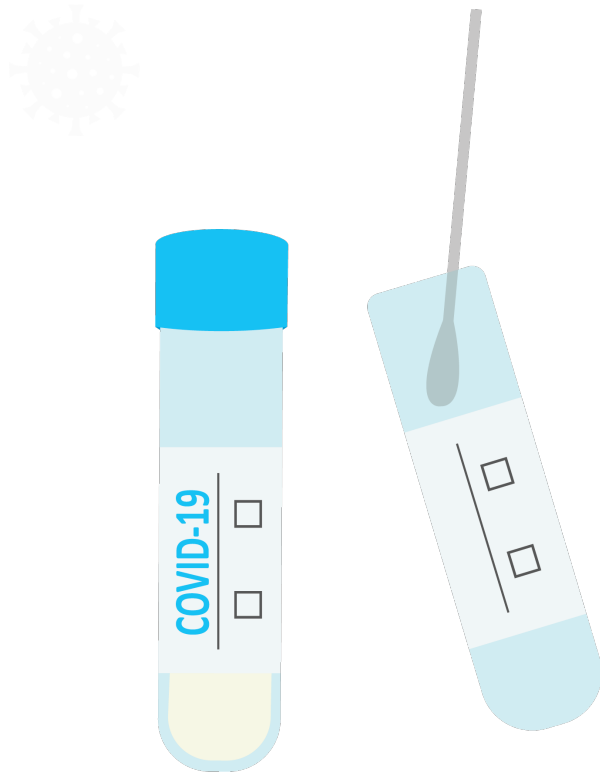


Where Do I Get a COVID Test?



- 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.

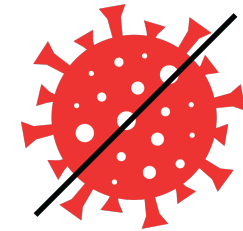
What Type of COVID Test Should I Get?



- 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 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.



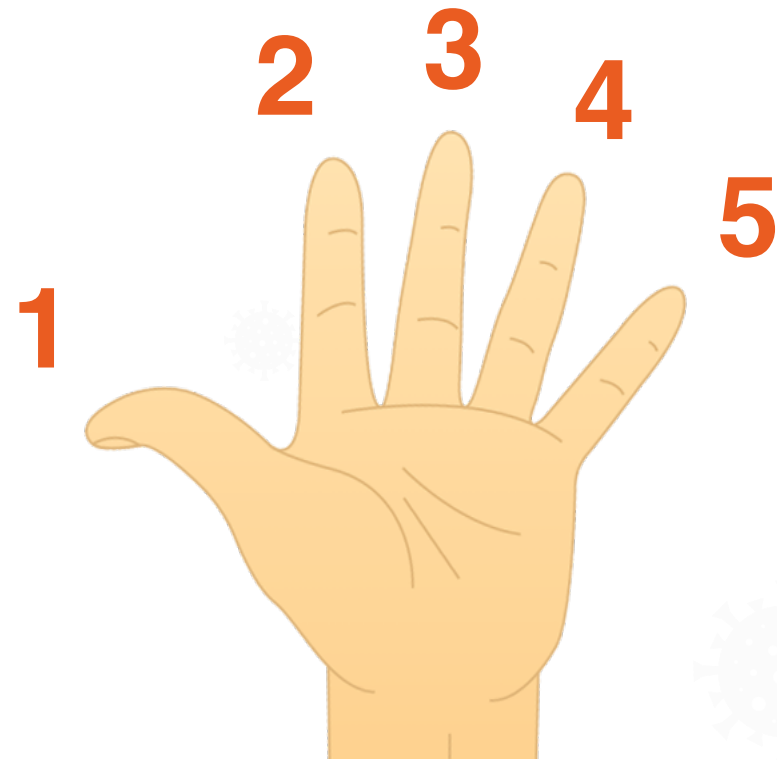
PROTECT YOURSELF



PROTECT OTHERS

Health is in Our Hands

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

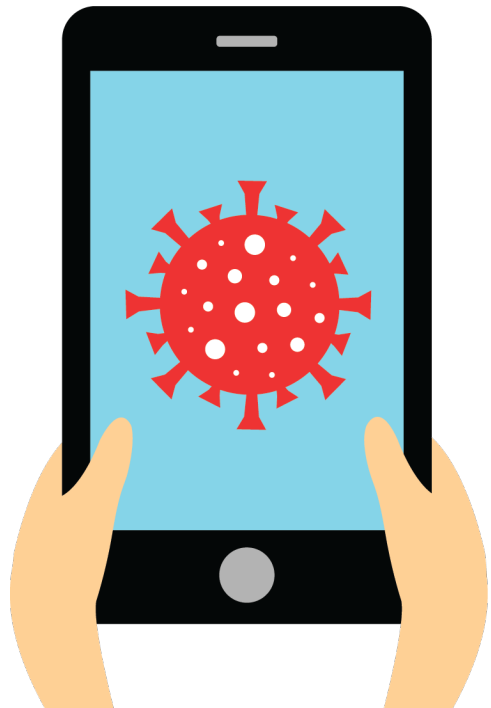


Action Item 1: Talk With Your Family and Friends



- 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 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 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 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 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

Healthy Action Plan

Getting INFORMED to Stay Healthy

HEALTHY ACTION PLAN
Getting INFORMED to Stay Healthy

Name: _____ Date: _____

Project INFORMED

STEP 1: Mark Your Current Situation...
Ask: *What is my current status about protecting myself and my family from COVID-19?*

Not thinking about getting
 tested
 vaccinated

Wanting to get ...
 tested
 vaccinated

Already got ...
 tested
 vaccinated

STEP 2: Pick 1 or more Action Item(s)

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.)

STEP 3: Commit To Do One or More Action Item(s)
Check one or more boxes correspond to the selected action item(s) and write below WHAT and HOW to complete the item(s).

I AM COMMITTED TO STAY HEALTHY BY TAKING THESE "HEALTHY ACTIONS" THIS COMING WEEK

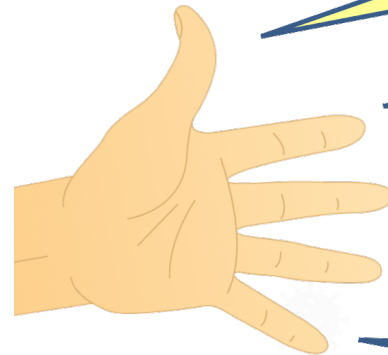
1. Talk with family or friends
About: _____

2. Get most current information related to COVID
Sources: _____

3. Go talk to a doctor
About: _____

4. Check in with yourself
Ask these questions: _____

5. Take Action(s)
I will: _____



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 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.**





Project INFORMED

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