

Get INFORMED To Stay Healthy

Session 2



Project INFORMED

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Today is the last meeting. Here is what we will be doing today:

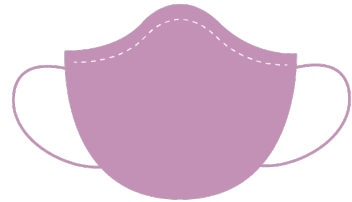
- Share your experiences
 - ✓ Action Plan
 - ✓ COVID Testing and Vaccination
 - ✓ Other information
 - Learn about the COVID Vaccine
 - Question & Answer
 - Future Action Plan
- 

Share Your Experience...

- Action Plan
- COVID Testing and Vaccination
- New Information

Continue Safe Practices: Whether You Have Been Tested or Vaccinated

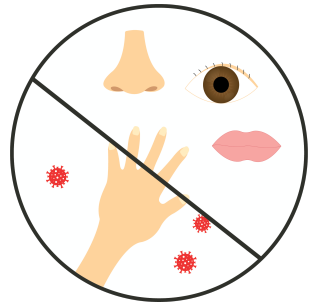
Wear a Mask



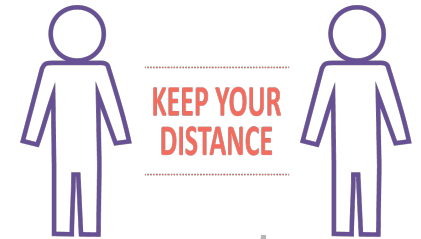
Practice Hand Hygiene



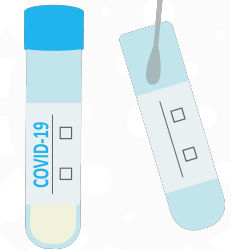
Avoid Touching Face



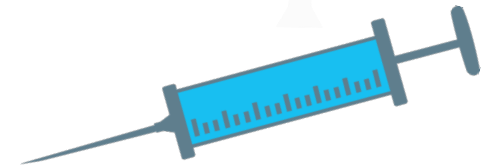
Practice Physical Distancing



Get Tested for COVID-19



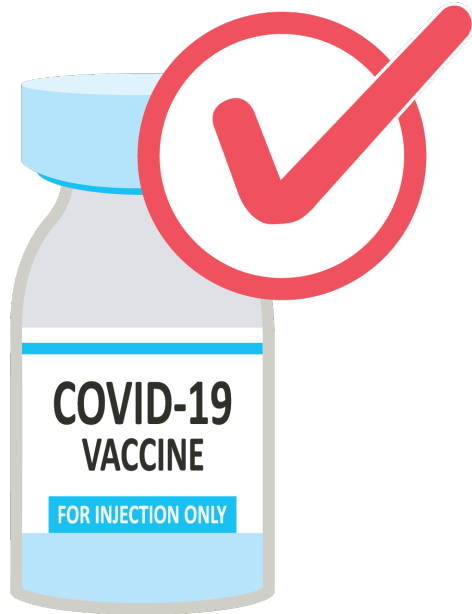
Get Vaccinated for COVID-19



About COVID Vaccine

- Vaccines greatly reduce the likelihood of getting very sick from COVID, including hospitalization or death
- But vaccination may not prevent you from spreading COVID to others
- Continue to follow safe practices even after vaccination
- Testing remains important for people who are vaccinated

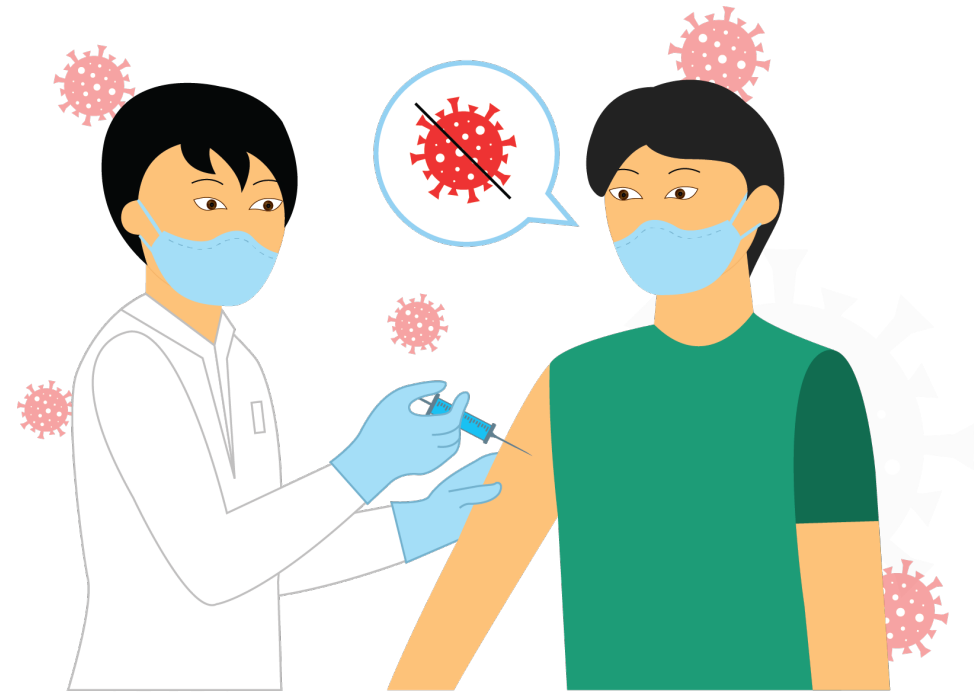
Vaccine Safety



- COVID Vaccines are safe
- The COVID Vaccines meet rigorous scientific standards for safety set by the U.S. Food and Drug Administration (FDA)
- Hundreds of millions of people have already been vaccinated

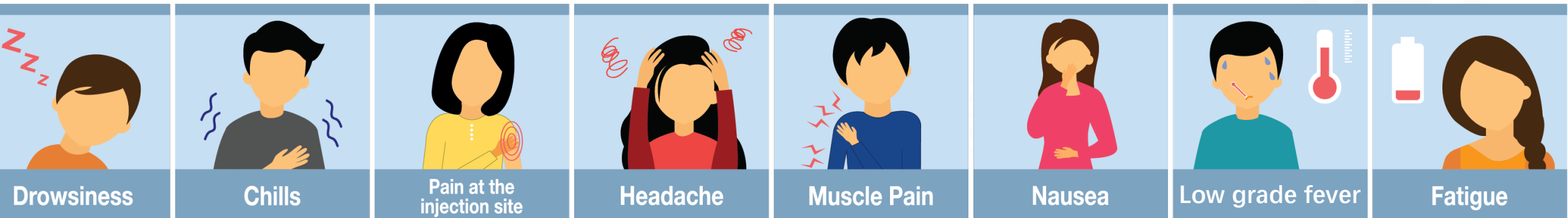
Vaccine Effectiveness

- COVID vaccines help protect people from getting severely ill.
- The COVID vaccine is most effective when people receive all of the recommended doses of the vaccine.
- It takes about 2 weeks for your body to build protection against COVID after the final dose of vaccine.



Are There Any Side Effects?

- Everyone responds to the COVID vaccine differently
- Severe side effects are rare
- Most common side effects, if it happens, last a few hours to 1-2 days:
 - Mild pain and swelling where the shot goes in
 - Low grade fever, chills, fatigue, headaches, or muscle aches throughout your body



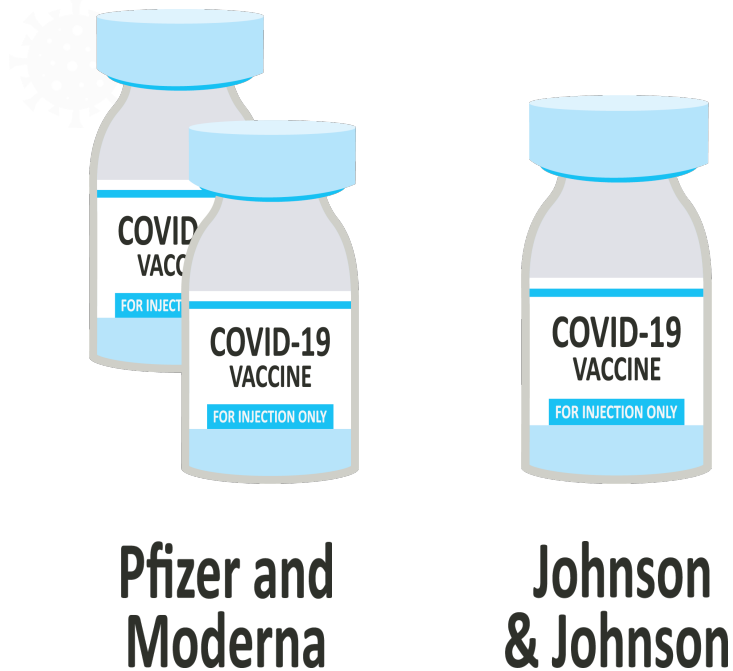
Who Should Get Vaccinated?



- Most people aged 5 and older
- Especially those who are at high risk*

*Those who are at high risk for COVID exposure or getting severely sick from COVID may include: healthcare or essential workers, people who are 65 or older, obese, have existing medical conditions, or smokers

Which Vaccine Should I Choose?



- There are 3 vaccines available in the U.S.: Pfizer, Moderna, and Johnson & Johnson
- All 3 vaccines are effective
- Main difference is the number of doses
 - Pfizer and Moderna are 2 doses.
 - Johnson & Johnson is 1 dose.
 - Additional doses or booster shots for all 3 vaccines are recommended

The most important point is that you get vaccinated as soon as possible

Where Can I Get the COVID Vaccine?

- Contact your doctor's office.
- Check online:
 - [Myturn.ca.gov](https://myturn.ca.gov)
 - County websites
- Call MyTurn at 1-833-422-4255 (interpreter available)
- Text your ZIP code to 438829
- Check with your local pharmacies and community clinics



Frequently Asked Questions About COVID

1. Can I do COVID testing at home?

2. My test result was negative, but I still feel sick. Why?

3. Why are tobacco users at higher risk for COVID?

5. How can we cope with stress and anxiety during the pandemic?

4. Can people get COVID from secondhand smoke exposure?



Frequently Asked Questions About COVID



10. I had COVID. Am I immune to COVID now? Can I stop worrying about becoming ill?

9. I got the vaccine! Do I still need to get tested for COVID?

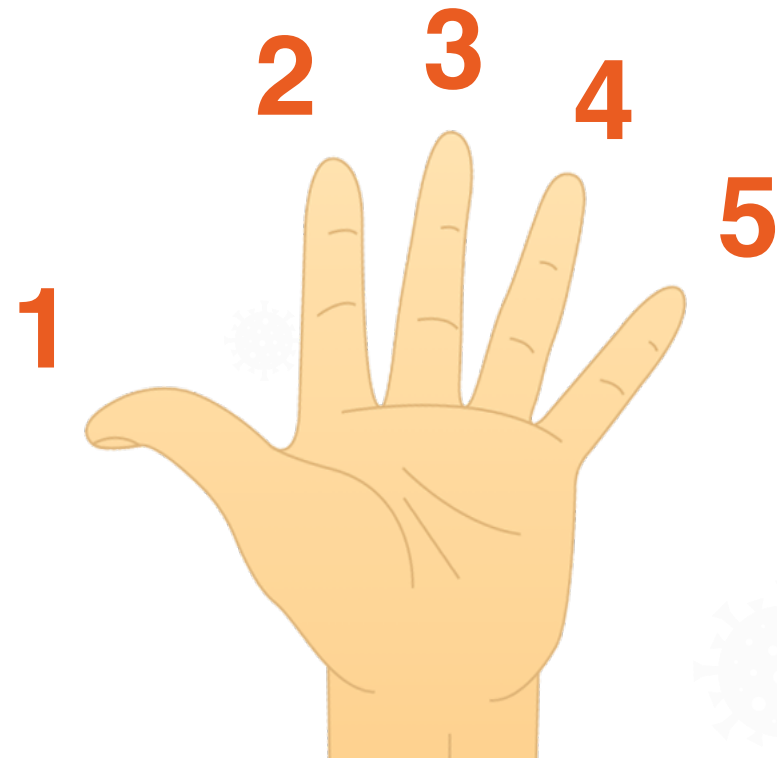
6. I am still unsure about getting the COVID vaccine. Can I continue being careful and not get vaccinated?



7. Are all vaccines equally effective?

8. I got the vaccine! Can I stop wearing a mask?

No Matter What Your Health Situation Is, Taking 5 Actions Is An Easy Way To Stay Healthy During The Pandemic

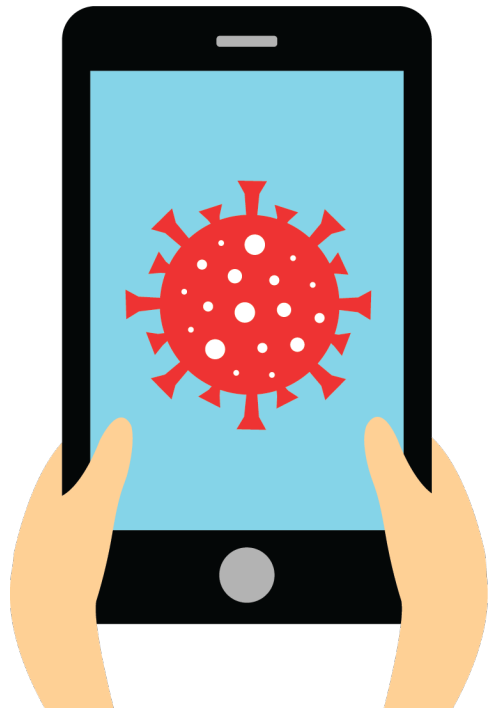


Action Item 1: Talk With Your Family and Friends



- How COVID pandemic affect 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

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.)

HEALTHY ACTION PLAN
Getting INFORMED to Stay Healthy

Name: _____ Date: _____

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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 of 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: _____

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

Health Is in Your Hands

- **This meeting now concludes our 2-meeting series, thank you for your participation, your patience and sharing your experience with us.**
- **I will call you next week to follow-up on your experience on staying healthy during the pandemic**





Project INFORMED

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1. Can I do COVID testing at home?

- Yes. There are at-home self-test kits or sample collection kits available via prescription or over the counter.
- Both PCR and antigen tests are available.
- PCR tests are more accurate but cost more and take longer (1-3 days) to get the results. PCR tests can cost about \$100 and you may be eligible for insurance or, if uninsured, government funding to cover the cost. For most tests, you will be required to send your sample to the lab.
- Antigen tests are cheaper and fast (as fast as 15 minutes) but are less accurate and more likely to yield false negative results. They cost \$25~40 from local pharmacies or online retailers.
- Testing is essential in stopping the spread of COVID-19.

2. My test result was negative, but I still feel sick. Why?

- Some people may have some other illness like flu or cold, which may be reason for feeling sick despite a negative COVID test.
- But on a cautious side, it can be a “false negative” result: The test says you didn't get infected with COVID, when in fact you have.
- Ask your doctor if you should get tested again, especially if you feel sick.
- You should continue practicing safe practices regardless of your test results including washing your hands frequently, wearing a face mask, and staying home away from others if symptoms continue, to reduce the risk of spread COVID.

3. Why are tobacco users at higher risk for COVID?

- Smokers tend to develop more serious complications and have a higher rate of death if they get COVID. Smoking damages one's lungs and weakens the immune system making it less able to fight off viruses.
- Similarly, E-cigarettes use damages lungs and the immune system. E-cigarette liquids include harmful chemicals, heavy metals, and fine particles. E-cigarettes or vapes are not safe.
- Smoking and vaping make it hard to adhere to safety measures such as wearing face masks. It also involves touching the face and mouth with hands repeatedly.
- Thus, stop all tobacco use, including e-cigarettes, completely.

4. Can people get COVID from secondhand smoke exposure?

- Scientists warn that people who are exposed to secondhand smoke, especially children, are at greater risk of severe illness and complications if they get COVID.
- Although more research is needed on whether secondhand smoke can directly spread COVID, we know that exposure to secondhand smoke can weaken the immune system, damage lungs, and cause respiratory illnesses and heart diseases – all of which increase the risks of more severe illness of COVID.
- Protect your family, friends, and children – don't smoke or vape around them. Better yet, use this as an opportunity to quit smoking or vaping entirely!
- If you live with a smoker or vaper, help them quit.

5. How can we cope with stress and anxiety during the pandemic?

- It is totally understandable that you are more anxious and worried at this time. However, remember to take care of yourself. When you take care of yourself, you are also in a better position to help your loved ones.
- Take care of your body. Eat balanced, nutritious meals. Exercise and take a walk. Set up a sleeping schedule and stick to it.
- Consider taking a break from watching, reading, or listening to news stories, including those on social media. Although it is important to keep up with the news, it is also important to take breaks from it.
- Avoid relying on alcohol, tobacco, or other drugs to manage your anxiety. Talk to your doctor if you want help quitting or reducing using these.
- Don't let misinformation impact your mental health! Here are some ways to identify and avoid misinformation:
 - Be cautious of what you see on social media. People unknowingly share information that is incorrect.
 - Double-check that your sources of information are trustworthy. Websites such as CDC.gov and WHO.int are reliable and often a good place to start in looking for correct facts about COVID.
- Reach out to friends and family. It is important to check in and share your concerns with your loved ones. They are just a phone/video call away.
- Talk to your doctor and discuss your concerns, including feeling anxious and stressed.

6. I am still unsure about getting the COVID vaccine. Can I continue being careful and not get vaccinated?

- No. Getting vaccination is the most effective way to protect yourself from getting very sick from COVID.
- From the current data, a large portion of people who get hospitalized or died from COVID are unvaccinated people. With more infectious variants of the COVID virus, unvaccinated people remain at high risk for COVID.
- Being “careful” cannot completely prevent anyone from getting COVID.
- Talk with your doctor about the concerns you have.
- The earlier you get vaccinated, the better you can protect yourself and your family!

7. Are all vaccine equally effective?

- All authorized vaccines provide safe and effective protection to fully vaccinated people.
- As of June 2021, three companies have acquired authorization from the FDA to be used in the US: *Pfizer*, *Moderna*, and *Johnson & Johnson*.
- Some vaccines require two appointments with 3-4 weeks in between; some require only one appointment. It is very important to follow the protocol to achieve maximum protection, so please ensure your appointment schedule.
- All vaccines were shown to effectively prevent being severely ill from COVID.

8. I got the vaccine! Can I stop wearing a mask?

- Recent CDC guidelines recommend fully vaccinated people to wear masks in public indoor settings in areas of high transmission rates. Some places still require everyone to wear a mask, including public transportation, schools and healthcare facilities regardless of vaccination status.
- It takes at least a few weeks for your body to build immunity after vaccination, during which you may still get infected. In addition, research suggests that vaccinated people can still spread COVID. Therefore, we recommend:
 - Continue to wear a mask when possible – especially if you are with others who are not yet fully vaccinated.
 - Continue to wash your hands frequently, avoid touching your face, and avoid large gatherings with people who don't live with you.
 - Don't forget to get tested if you feel sick.
- Wearing a mask is one of the most effective ways to protect others and yourself.

[Return to FAQs](#)

9. I got the vaccine! Do I still need to get tested for COVID?

- YES. If you have been around someone who has COVID and you have COVID symptoms, you should get tested and stay home.
- Your workplace or school may require you to continue testing. Follow the guidelines.
- COVID vaccines are effective at reducing the chance of being severely ill or dying from COVID.
- More research is needed to understand how long vaccines can protect people.
- Talk to your doctor if you have questions about testing after vaccination.
- Testing can help us find out if we have a current COVID infection so that we can protect ourselves and our loved ones!

10. I had COVID. Can I stop worrying about becoming ill?

- We are glad that you recovered from COVID! Unfortunately, immunity from a previous infection doesn't last for a long time, and you may get COVID again.
- Therefore, it is very important to follow the safety practices including washing your hands frequently, wearing a face mask, and staying home away from others when you experience symptoms to reduce the risk of spread COVID.
- Get tested if you feel sick again.
- Continue practicing safe practices
- The only proven way to build immunity against COVID is getting vaccinated.