

Get INFORMED To Stay Healthy

Session 2



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Get INFORMED To Stay Healthy

Session 2

Talking Points

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

- Thank you everyone for taking the time to meet with me again!
- This is our second group meeting and the last meeting of this program.
- Today, we would like to invite you to share your experiences, such as:
 - How do you implement a health action plan
 - COVID testing / vaccination experience
 - Other new information you've learned
- We will also explain the COVID vaccine, answer questions, and plan future actions



Share Your Experience...

- Action Plan
- COVID Testing and Vaccination
- New Information

- Would anyone like to share their experience of implementing the Healthy Action Plan?

[LHW: Please pause and wait for participants to participate in sharing]

- Is anyone willing to share their experience of getting tested or vaccinated? We respect everyone's privacy. Therefore, you do not need to disclose whether you have been tested or vaccinated.

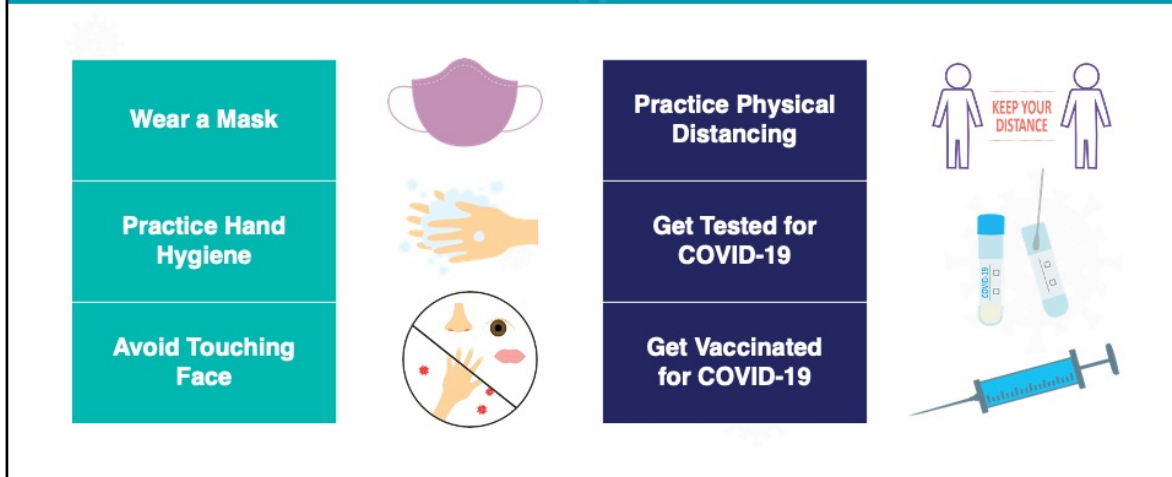
[LHW: Please wait for participants to share]

- Has anyone learned new things about COVID-19 since our last group meeting? Please share.
- Thank you everyone for sharing what you have done to protect yourself and your family!

Tips:

- Don't argue with participants
- No need to correct them immediately
- If they have questions or concerns, refer them to their doctor
- Remind participants: the decision is yours, health is in your hands

Continue Safe Practices: Whether You Have Been Tested or Vaccinated



- **Remind everyone:** Whether you have been tested or vaccinated, it is important to continue safe practices
- What are the safe practices?
[LHW: Engage participants, invite them to talk about these practices and have a discussion. Use the following as a probe]
- Wearing a mask: wear the correct type of mask and correctly, such as covering your nose and mouth; do not wear a mask with breathing air valves, because they will release virus droplets into the air
- Wash your hands with soap and warm water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Keep a distance of at least 6 feet from other people who are not in your immediate family.
- Get tested for COVID to understand your condition and find ways to protect yourself and your family
- Get vaccinated

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

Now, let us explain more about the COVID vaccine

- Vaccination will reduce the chance of severe hospitalization and death after being infected with COVID
- But vaccination may not prevent you from spreading COVID to others
- Please remember to continue to follow safety measures after vaccination
- Also, continued testing is still important for people who have been 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

- The COVID vaccines are safe
- It is approved for use by the U.S. Food and Drug Administration (FDA)
- And millions of people have 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.



- The COVID vaccines can help reduce the chance of severe hospitalization and death
- To obtain the most effective protection against COVID, all recommended vaccine doses must be taken
- After the last dose of the vaccine, it takes about two weeks for your body to build up protection against diseases

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



Are there any side effects of the vaccine?

- Everyone responds differently to the COVID vaccine
- Serious side effects rarely occur
- The most common side effects last for several hours to 1-2 days.
- These are:
 - Mild pain and swelling at the injection site
 - Some people have low-grade fever, chills, fatigue, headache or muscle aches

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

Who should be vaccinated?

- Most people who are 5 and older should be vaccinated according to the CDC recommendation on November 2, 2021
- Especially those who are at high risk
- Who are the high-risk groups? Remember? *[Health worker: Please wait for the participant to answer]*
- People who are vulnerable to infection may include: health care or basic service employees
- People at high risk of becoming severely ill from COVID may include: people aged 65 or older, overweight or obese, has 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

Which vaccine should I choose?

- Currently, there are three vaccines available in the United States: Pfizer, Moderna, and Johnson & Johnson
- All three vaccines are effective
- The main difference is the number of doses required
 - Pfizer and Moderna are two doses
 - Johnson & Johnson is one dose
 - Additional doses or booster shots for all 3 vaccines may be recommended
 - Guidelines are being continuously updated based on research findings. It is important to stay updated with the information.
- Remember, the most important thing is to get vaccinated as soon as possible

Where Can I Get the COVID Vaccine?

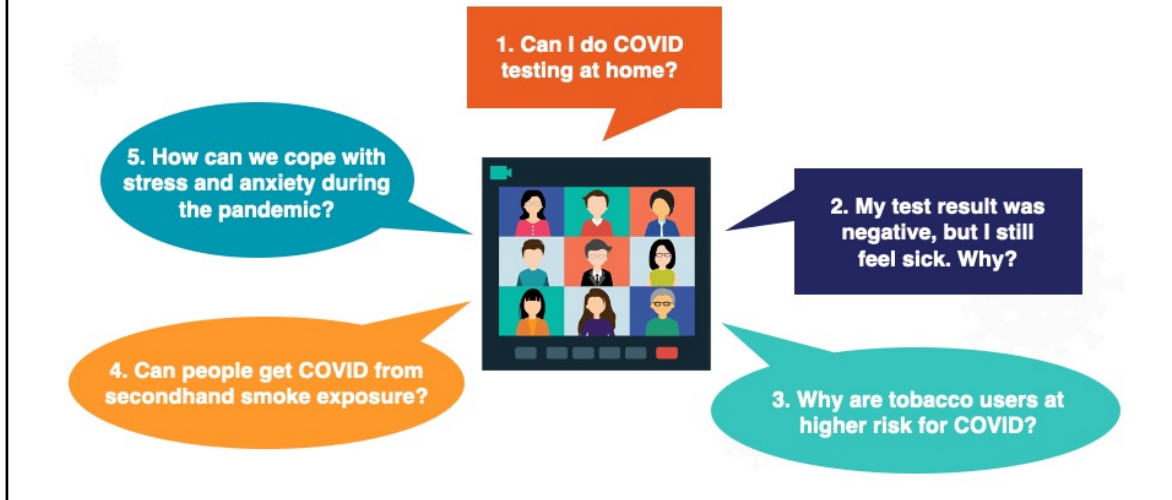
- Contact your doctor's office.
- Check online:
 - [Myturn.ca.gov](https://myturn.ca.gov)
 - County websites
- Call MyTurn at 1-833-422-4255 (interpreter available)
- Text your ZIP code to 438829
- Check with your local pharmacies and community clinics



Where to get the COVID vaccine?

- First, contact your doctor's medical office. They may provide you the vaccination, or help you find a place to get vaccinated
- You can browse these websites with your computer or mobile phone. Most websites have information on how to register for vaccinations and where to go. Some websites can be viewed in different languages.
- You can also call MyTurn: 1-833-422-4255 and ask for an interpreter for help
- Text your ZIP code to 438829, you will then receive information about vaccine locations near you (operated by vaccine.gov)
- Check with your local pharmacies and community clinics
- LHW: you may provide the following COUNTY websites to participants if needed --
 - San Francisco - <https://sf.gov/vaccine-sites>
 - Santa Clara County - <https://covid19.sccgov.org/covid-19-vaccine-information>
 - Fresno County - <https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-vaccine-information>

Frequently Asked Questions About COVID



Frequently asked questions about COVID

- Now, let's take a look at some common questions or concerns about COVID. Please read the question, if you want to find out the answer, please let me know.

[LHW: click on any one of question on the slide, it will take you to the answer for the question. You may invite your participants to read the answers and engage them in the discussion]

***LHW, refer to the most updated FAQ on Project Website: <https://covid-informed.org/en/resources/faqs>*

1. Can a COVID test be performed at home?
2. My test result is negative, but I still feel unwell. Why?
3. Why are tobacco users at higher risk for COVID?
4. Will inhaling second-hand smoke be infected with COVID?
5. During the pandemic, how do we deal with stress and anxiety?

Frequently Asked Questions About COVID



***LHW, refer to the most updated FAQ on Project Website: <https://covid-informed.org/en/resources/faqs>*

- 6. I am still not sure whether to get the COVID vaccine. Can I continue to protect myself carefully without being vaccinated?
- 7. Are all vaccines equally effective?
- 8. I have been vaccinated, can I stop wearing a mask?
- 9. I have been vaccinated, do I still need to be tested for COVID?
- 10. I have been infected by COVID. Will I be immune to COVID? Do I need to worry about getting infected again?

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 pandemic
- Let's discuss

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 1: Talk to 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 getting very sick from COVID-19

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: Consult a 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 coronavirus 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 coronavirus, testing and vaccinations?
 - 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

- Action item 5: take action
- Do your best to protect yourself, family, and friends!
- Make an appointment and schedule a new coronavirus test and/or vaccination
- Follow safety measures, such as wearing a mask, washing hands and keeping your distance
- If you need 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 Healthy Action Plan here, let's take a look together

Tips:

- Show participants the Healthy 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

- **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**



Please remember: health is in your hands

- Our two courses are now over
- 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 epidemic



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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.

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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.

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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.

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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.

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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.

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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!

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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.

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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.

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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!

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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.

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