

Kom PAUBMEEJ Kev Nojnyob Nyabxeeb

Qhia Txheejtxheem 1




Txheejtxheem Homphiaj Tsevneeg Nyabxeeb

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Kom PAUBMEEJ Kev Nojnyob Nyabxeeb
Qhia Txheejtxheem 1
Cov Ntsiab Lus Hais Lus



Hnub no peb yuav kawm txog cov no:

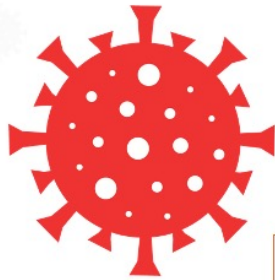
- **Kab mob COVID-19**
- **Yuav tiv thaiv koj nrog rau koj tsev neeg licas**

Welcome To Project INFORMED, a Healthy Family Project

Zoo siab txais tos koj los mus rau Project INFORMED, ib lub Healthy Family Project

- Thank you for making your time to meet with me.
- Ua tsaug uas koj tseem muaj lub sib hawm tuaj ntsib nrog kuv
- We will have two meetings like this, one week apart, this is our first meeting
- Peb yuav muaj ob lub rooj sib tham zoo lis ntawm no, cais ib lub av thiv, lub no yog thawj lub rooj sib tham
- As you may already know, COVID-19 pandemic has been impacting our lives tremendously for more than a year now
- Tej zaum koj yeej paub, kab mob COVID-19 uas qis thoob lub ntiab teb tau ua raug peb cooj leej tshaj lis ntawm ib lub xyoo rau tam sis nos
- I am sure you already know a lot of information on this topic
- Kuv paub tseeb hais tias koj yuav paub ntau txog qhov peb yuav tham
- 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
- Hnub nos, kuv xav qhia rau koj txog cov ntaub ntawv tshiab ntawm COVID-19 thiab vam tias koj tuaj yeem siv cov ntaub ntawv los txhim kho koj txoj kev noj qab haus huv thiab tiv thaiv koj tus kheej thiab koj tsev neeg.

Kabmob COVID-19 yog dabtsi?



- COVID-19 yog mob kis tau los ntawm tus kab “mob aws” uas tom txhua yam muaj txoj sia npe hu ua “Coronavirus.”
- COVID-19 yog thawj tus ntawv ntawm cov lus no:

CORONA

VIRUS

DISEASE

2019

COVID 19

Txijno mus, peb hais lub npe COVID

What Is COVID-19?

Kabmob COVID-19 yog dabtsi?

- COVID-19 is a disease that is caused by Coronavirus.
- COVID- 19 yog ib tug kab mob uas tom txhua yam muaj txoj sia hu ua “Coronavirus.”
- The scientists call it coronavirus or named it from an abbreviation from the elements below:
- Cov neeg tshawb fawb muab hu ua coronavirus los sis hu ua COVID-19
 - “CO” comes from corona
 - “CO” los ntawm lo lus corona
 - “VI” comes from the word virus
 - “VI” los ntawm virus
 - “D” comes from Disease
 - “D” los ntawm Disease
 - “19” is the year that it was discovered
 - “19” yog xyoo lawv tsawb fawb tau tu kab mob no
- For the rest of this presentation, I will be calling it COVID.
- Txij no mus ces kuv yuav siv lub npe COVID.

Vim licas COVID Thiajtau Lubnpe Kabmob Thoob Ntiajteb?



- Thaum tibneeg coobcoob mob ibtug kabmob thoob ntiajteb, ces yog kabmob loj mus thoob qabntuj.
- COVID tau mob mus yuav luag thoob tej tebchaws hauv ntiajteb no.

Why is COVID Being Called a Pandemic?

Vim Licas COVID Thiaj Tau Lub npe Kabmob Thoob Ntiajteb?

- When a disease spreads to a large population over the world, it becomes a pandemic
- Thaum tib neeg coobcoob mob ib tug kabmob thoob ntiajteb, ces yog kog kabmob loj mus thoob qabntuj.
- COVID is a pandemic because it has spread to almost every country around the world
- COVID yog ib tug kabmob thoob ntiaj teb vim tus kabmob no kis mus yuav luag thoob txhua lub tebchaws.

COVID Phomsij Npaum Licas?

- COVID yuav ua tau rau neeg xiam testaws thiab tuag tau.
- Muaj coob leej mob COVID tau pw tsev khomob thiab ntshe yuav tau ntoog mob mus ntevloo.

Tshaj 425 lab tus neeg **Kismob**,
& Tshaj 5.8 lab tus neeg **Tuag**
thoob ntiajteb.

Tshaj 78 lab tus neeg **Kismob**, &
Tshaj 935 phav tus neeg **Tuag**
nyob tebchaws Miskas.

How Dangerous is COVID? COVID Phomsij Npaum Licas?

- COVID is very dangerous.
- COVID phomsij heev
 - COVID can cause physical harm, from minor symptoms, severe disability, to even death.
 - COVID ua mob rau koj lub cev, mus ua ib tug mob, ua rau tuag tes tuag taw, thiab tuag tau.
- Many people have been hospitalized from COVID and may continue to suffer long-term health issues.
- Muaj ntau tus raug mus ppam tsev ho mob
- As of February 2022, over 425 million people have been infected with COVID, and over 5.8 million people have died worldwide.
- Txij lub 2 hli 2022, twb muaj tshaj 425 million tus tib neej kiv tau tus kab mob COVID, thiab muaj ntau tshaj 5.8 milliion tus tib neeg tau tag sim neej haum ntiaj teb vim tus kab mob COVID.
- And there are over 78 million people who have been infected by COVID, and over 935 thousand have died in the United States alone.
- Muaj 78 million tus neeg kiv tau tus kab mob thiab muaj tshaj 935 phav tus tib neeg tau tag txoj siab tiv Mekas lawm.

Leejtwg Thiaj Yuav Kistau Kabmob COVID Yoojyim?

- Txhuatus Neeg!
- Muaj ibtxhia neeg yuav kis yoojyim dua vim kev uaneej:
 - Ua haujlwm khomob & lwm yam haujlwm tseemceeb nyob ze tibneeg
 - Tsis muaj lwm txojkev ua haujlwm uas xob tau koom nrog neeg coobcoob
 - Nyob nrog tsevneeg coobcoob los siv koom tsev nyob uakev nrog neeg coobcoob
- Cov neeg uas tsis ua raws li kev txheejtxheem tivthaiv nyias tus kheej.



Who are at risk of getting COVID?

- COVID is highly contagious and everybody is at risk of getting COVID
- Txhuatus Neeg! COVID yog kis tau zoo heev thiab txhua tus muaj kev pheej hmoo kis tus kab mob COVID.
- Some people have higher risk because of the following situations:
 - Muaj ibtxhia neeg yuav kis yoojyim dua vim kev uaneej:
 - Essential workers, including Healthcare workers, cannot avoid physically reporting to workplace and meeting people
 - Ua haujlwm khomob & lwm yam haujlwm tseemceeb nyob ze tibneeg
 - Some people may not have the option to work remotely from home
 - Tsis muaj lwm txojkev ua haujlwm uas xob tau koom nrog neeg coobcoob
- Living with large families or in a shared housing, such as nursing homes

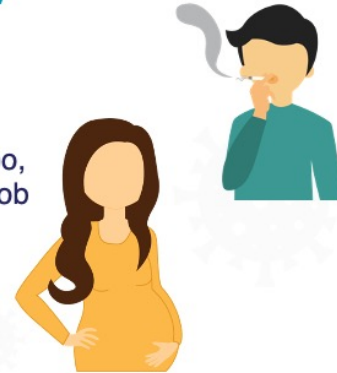
- Nyob nrog tsevneeg coobcoob los siv koom tsev nyob uakev nrog neeg coobcoob
- People who do not follow safety practices such as social distancing rules, wearing masks, washing hands. We will talk more about this later.
- Cov neeg uas tsis ua raws li kev txheejtxheem tivthaiv nyias tus kheej

Leejtwg Yog Cov Homkheev Yuav Mob COVID Heevheev?



Tej Neeg Muaj Raws Li Nramno Homkheev Yuav Mob COVID Heevheev:

- Cov neeg Nubnyoog 65 & tshaj saud
- Cov neeg rogrog
- Tau mob “cancer,” mob plawv & mob po, mob ntshav qabzib, neeg muajmuaj mob tsis nyobzoo, etc.
- Pojnim muaj minyuam
- Haus luamyeeb los siv haus yeeb



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 Phomsij Heev Rau Tibneeg Esxias Miskas

▪ Vim Li Nram No Ua Rau Tibneeg Esxias Miskas Tuag Coobcoob:

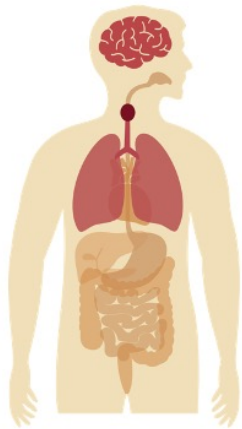
- Ibtanhia neeg tos ntevntev tsis mus kuaj mob & mob heevheev
- Ibtanhia neeg Esxias Miskas tsis tawm mus kuaj mob vim **ntshai luag saib tsis taus neeg Esxias.**
- **Ibtanhia Tibneeg Esxias Miskas Tsis Muaj Kev Khomob**



COVID poses a serious problem for Asian Americans

- Asian Americans have a high mortality rate. Why?
- **Ua Rau Tibneeg Esxias Miskas Tuag Coobcoob.** Vim li cas?
 - Some people wait too long to get tested, which makes their condition worse
 - **Ibtanhia neeg tos ntevntev tsis mus kuaj mob & mob heevheev**
 - Racial discrimination scares Asian Americans and they do not dare to go out for testing
 - Ibtanhia neeg Esxias Miskas tsis tawm mus kuaj mob vim **ntshai luag saib tsis taus neeg Esxias.**
 - Some Asians are also unable to access medical services due to language barriers, lack of medical insurance
 - **Ibtanhia Tibneeg Esxias Miskas Tsis Muaj Kev Khomob**

COVID Raug Tibneeg Licas?



- COVID xubxub pib mob rau tus cov po. Nws yuav raug tau pajhlwb, plawv, raum, & lwmyam khoom hauv nrogcev.
- Tuag
- Yuav ua tau kom ntoog mob mus ntevntev tomqab

How does COVID attack people?

COVID raug tib neeg li cas?

- It mainly attacks the lungs, but also damages the brain, heart, liver, kidneys and other organs.
- COVID mus ua mob rau tus po, thiab tshuav tshem lub hlwb, plawv, raum, thiab rau lub nrog cev.
- COVID can cause death
- COVID ua rau neeg tuag tau.
- On the other hand, patients with COVID may also have long-term health problems after they recover.
- Cov neeg mob COVID, yuav tau mob ntev tom qab lawv zoo tsis mob COVID.

COVID-19 Tus Cwjpwmm Mob



What are the symptoms of COVID-19?

Cov Yam Ntxwv ua Mob 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.
- Cov yam ntxwv ua tau tus kabmob COVID xws li: hnoos hnoos, ua tsis tau pa, ua npaws , mob ib ce, ntuav los sis mob plab siv tshav dej, noj tsis hnov qab thiab hnia tsis tau ntxhiab, thiab tsis muaj zog.

Leejtwg Thiaj Kis Tau Mob Rau Lwmtus?

**TXHUATUS NEEG TAU COVID, TXAWM MUAJ & TSIJ MUAJ
TUS CWJPWM MOB, YEEJ KIS TAU RAU LWMTUS**



Who can spread the virus?

Leej twg thiab mus kiv tus kab mob tau rau lawm tus?

- Anyone who is infected with COVID can spread the virus to others with or without symptoms.
- Txhuj tus neeg uas kiv tau tus kab mob COVID yuav mus kis rau lawm tus muaj los sis tsis muaj mob.
- Sometimes, the person carrying the virus may not know that he/she has been infected and may spread the virus to others.
- Teb thaum, tus tib neeg ua muaj tus kab mob tsis paub tias nws raug tus kabmob thiab yuav muab mus kiv rau lawm tus neeg.

Ua COVID kis licas?

- COVID yog yam kabmob uas nrog tejcua ibncig tibneeg, nws nyob ntawm tej thawj chaw dudu los yog nkaum hauv tej kua uas nyob hauv tibneeg lub nrogcev.
- Tibneeg lubcev yuav mob tau COVID thaum nws nqus tau cov cua uas muaj tus kabmob ntawd mus rau hauv nws cov ntsws.
- COVID kuj yuav nkag rau neeg lubcev yog kov qhovmuag, qhovntswg los yog qhovncauj.

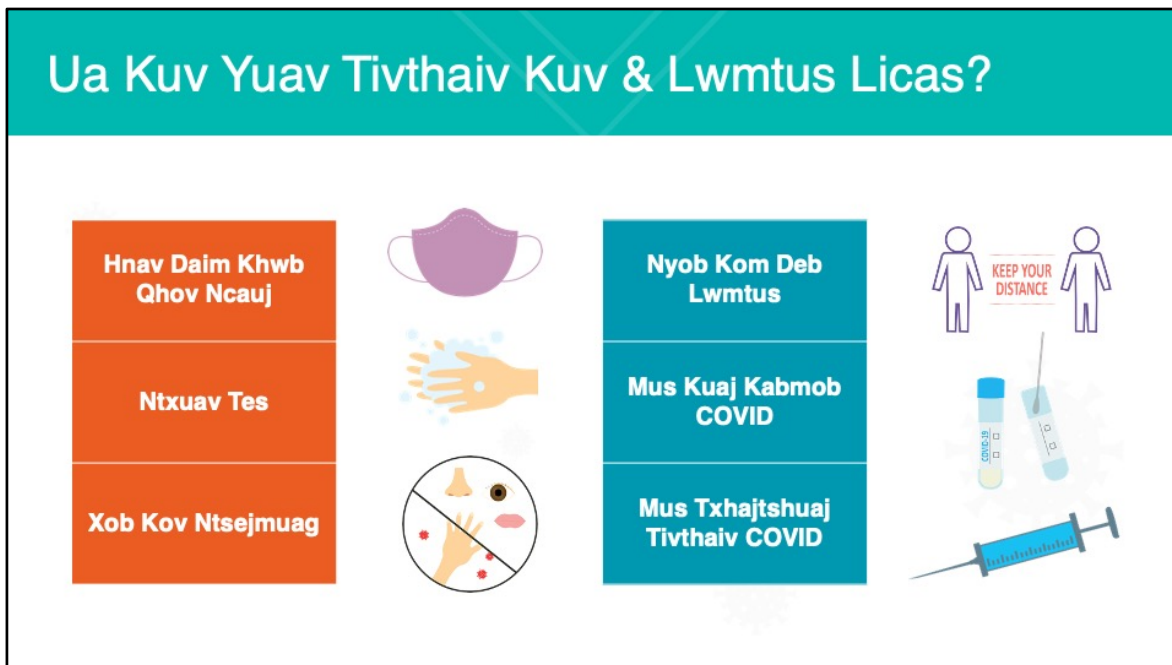


How does COVID spread?

COVID Kis licas?

- COVID can be transmitted through the air.
- Yuav kis tau COVID los ntawm Huab Cua.
- It lives in body fluids and on the surface of objects.
- COVID nyob rau tej kua uas nyob hauv tibneeg lub nrogcev thiab nyob rau ntawm tej khoom
- When an infected person sneezes, coughs, speaks, or sings, the virus can spread through the air and scattered on the surface of objects.
- Thaum ib tug neeg mob txham, hnoos, hais lus, los si hu nkauj, cov kab mob ntawv yuav ya nrog huabcua thiab lo rau khoom.
- COVID can invade the human body through air inhaled into the lungs.
- Yog koj nqus tau tus kab mob COVID rau koj txoj hlab pas nws yuav ua mob rau koj lub cev
- COVID can also enter the human body through the eyes, nose or mouth.
- Tus kabmob COVID no nkag tau rau qhovmuag, qhovntswg, thiab qhovncauj

Ua Kuv Yuav Tivthaiv Kuv & Lwmtus Licas?



How can I protect myself and others?

Kuv yuav tivthaiv kuv thiab lawm tus neeg licas?

- You can protect yourself and others in the following ways:
- Kev koj yuav tiv thaiv koj tus kheej thiab lawm tus neeg raws li no:
 - Wear a mask when you are outside and in public places where you are with others.
 - Siv ntaub npog qhov ncauj thaum koj mus sab nrauv thiab thaum koj nyob ze tib neeg ntau ntau.
 - Do not wear a mask with an exhaust valve, because it can release COVID droplets into the air through the exhaust valve.
 - Tsis txhob hnav lub npog ntsej muag nrog lub qhov tso pa tawm, vim tias nws tuaj yeem tso cov kab mob COVID mus rau hauv huab cua los ntawm lub qhov tso pa tawm.
 - Wash and scrub your hands often with soap and warm water for at least 20 seconds.
 - Ntxuav thiab txhuam koj txhai tes tas li nrog tshuaj ntxuav tes thiab dej sov ntev li 20 seconds.
 - If soap and water are not available, use a hand sanitizer containing at least 60% alcohol to clean your hands.

- Yog tsis muaj tshuaj ntxuav tes thiab dej sov, siv cov tshuaj ntxuav tes uas muaj ntau li 60% alcohol los so koj txhais tes.
- Avoid touching your eyes, nose and mouth with dirty hands.
- Tsis txhob kov koj lub qhov muaj, qhov ncauj, qhov ntswg yog tsis tau tu koj txhais tes.
- Keep a distance of 6 feet away from others.
- Nyob deb li 6 feet ntawm lawm tus
- Get tested for COVID to understand your own situation and to protect yourself and your family.
- Mus kuaj seb puav mob COVID kom paub seb koj nyob licas thiaj pab tau koj tus kheej thiab koj tsev neeg.
- Get vaccinated
- Mus nkaug tshuaj tiv thaiv kab mob COVID.
- And even if you have been vaccinated, you should follow the safety measures as mentioned for caution.
- Txawm koj nkaug tshuaj tiv thaiv tag lawm los yuav tsum ua raws li cov kev cai tiv thaiv tib neeg.

Yuav Ua Licas Kuv Thiaj Paub Haistias Muaj COVID?



- Tejzaum koj kis tau kabmob yog thaum koj mloog zoo li mob **COVID TUS CWJPWM MOB**.
- Tejzaum koj kis tau lawm, tabsis tsis hnov mob COVID TUS CWJPWM MOB – muaj lubnpe haistias **TSIS HNOV MOB**

Tib qho kev yuav paub kom tseeb ces mus kuaj kabmob COVID xwb.

How can I tell if I have COVID?

Yuav Ua Licas Kuv Thiaj Tias Kuv Muaj COVID?

- If you develop symptoms of COVID, you may have been infected; this is called a symptomatic infection. It is called SYMPTOMATIC.
- Yog hais tias koj muaj tus yam ntxwv zoo li mob COVID, tej zaum koj yeej kis tau tus kabmob tiag.
 - Los lus Mekas hais ces yog SYMPTOMATIC
- If there are no symptoms of COVID, you may still be infected; this is called an asymptomatic infection. It is called ASYMPTOMATIC.
- Txawm haistias koj tsis muaj tus yam ntxwv mob COVID, los koj yeej tseem mob tau COVID.
 - Li no MeKas hu ua ASYMPTOMATIC
- Therefore, the only way to confirm whether you are infected is to get tested for COVID.
- Tib qho kev yuav ua kom paub tseeb ces mus kuaj seb koj puav muaj tus mob COVID xwb.

Ntshe Kuv Yuav Tau Mus Kuaj Kabmob COVID?

▪ Koj yuav tau mus kuaj yog tias:

- Koj mloog mob muajntsis xws li kabmob COVID TUS CWJPWM mob
- Tau txav ze nrog tus neeg muaj COVID
- Yog koj txoj haujlwm los siv koom nyob nrog ibtse neeg uas muaj kev phomsij txog COVID rau koj lawm
- Koom uake nrog lwmtus uas yuav ua tau kev phomsij rau koj lawm
- Mus tus tau hais rau koj kom mus cuag kws khomob kuaj kabmob COVID

Under what circumstances should I get a COVID test?

You should be tested if you encounter any of the following conditions:

Koj yuav tau mus kuaj yog tias:

- Symptoms of COVID appear
- Koj mloog mob muajntsis xws li kabmob COVID TUS CWJPWM mob
- Have been in contact with people infected by COVID
- Tau txav ze nrog tus neeg muaj COVID
- Increased risk of infection due to work or living environment
- Yog koj txoj haujlwm los siv koom nyob nrog ibtse neeg uas muaj kev phomsij txog COVID rau koj lawm
- Participated in high-risk activities, failed to comply with safety measures, or used public transportation such as buses, trains or planes
- Koom uake nrog lwmtus uas yuav ua tau kev phomsij rau koj lawm
- Referred by a doctor to get tested
- Mus tus tau hais rau koj kom mus cuag kws khomob kuaj kabmob COVID

Vim Licas Thiaj Tseemceeb Kom Kuaj Kabmob COVID?



Tivthaiv

- 1) Koj Tuskhcej
- 2) Tsevneeg & Phoojywg
- 3) Neeg Zejzog

Why is it important to get tested for COVID?

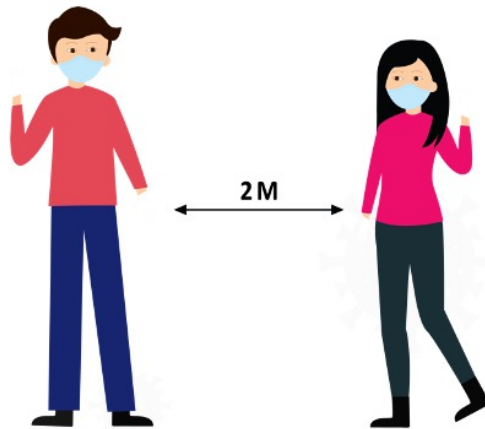
Yog vim licas kev quaj kabmob COVID TseemCeeb Heev?

- You can pay more attention to your health and stay vigilant to protect yourself, your family, friends and the community.
- Yog koj saib koj txoj kev noj qab nyob zoo koj yuav tiv thaiv tau:
 - Koj tus kheej, tseev neeg, phooj ywg, thiab neeg Zejzog.
- Getting tested can also help local health bureaus and government officials formulate policies.
- Kev kuaj mob kuj tseem tuaj yeem pab cov chaw saib xyuas kev noj qab haus huv hav nroog thiab tsoomfwv cov thawj coj tsim txoj cai.

Yuav Uacas Yog Kuaj Tsis Muaj?

Koj nco ntsoov ua lino:

- Nco ntsoov nyob kom nrug deb li (6 tshim) thiaj yuav tivthaiv tau koj tuskheej & lwmtus.
- Sojntsuam tus kheej seb puas hnov COVID TUS CWJPWM MOB & nug koj tus kws khomob seb puas mus kuaj dua.



What should I do if I test negative?

Kuv yuav ua li cas yog hais tias kuv kiaj tsis muaj tus kab mob?

- You will continue to:
- Koj yuav tau ua raws li:
 - Follow safety measures to protect yourself and others.
 - Kev cai pab tiv thaiv koj tus kheej thiab lawm tus.
 - 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.
 - Teb thaum koj kuaj tau tsis muaj tus kab mob tam sis mam koj muaj tus yam ntxawv li mob, mus nrog koj tus kaws kho mob tham seb koj puas tau rov mus kuaj dua.

Yog Kuv Kuaj Tau Muaj COVID lawm yuav ua licas?



- Cais koj tus kheej xob nyob ze nrog lwmtus*
- Nrog koj cov neeg khomob sibtham
- Tseemfwm saib xyuas kev nyabxeeb ntawm koj zejzog yuav samfwm txog koj kom rov qab caum mus qhia rau cov neeg uas tau nyobze nrog koj lawm

What should I do if I test positive?

Yog hais tias kuv kuaj es tau tus Kabmob COVID yuav ua licas?

- This shows that you are infected.
- Txais tau hais tias koj kiv tau tus kabmob lawm.
- According to the guidelines of the US Centers for Disease Control and Prevention, you should self-isolate for AT LEAST 5 days.*
- Raws li cov lus qhia los ntawm CDC, koj yuav tsum cais koj tus kheej de ntawm tib neeg rau li yam tsawg kawg 5 hnuv.*
- Self-isolation means that you will not come into contact with anyone, including those living in the same household.
- Kev cais koj tus kheej txhais tias koj yuav tsum tsis txhob mus ze tib neeg, xws li cov neeg nrog koj nyob ua ke.
- You should also inform your doctor about a positive test result, especially if symptoms worsen.
- Koj yuav tau hais qhia rau koj tus kws khomob yog hais tias koj tus mob loj
- The test station will hand over the test results to the local health bureau for contact tracing.
- Qhov chaw kuaj kabmob yuav muab koj qho kev kuaj mus qhia rau kev noj qab haus huv haus zov paub txog

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

-- California Department of Public Health website:

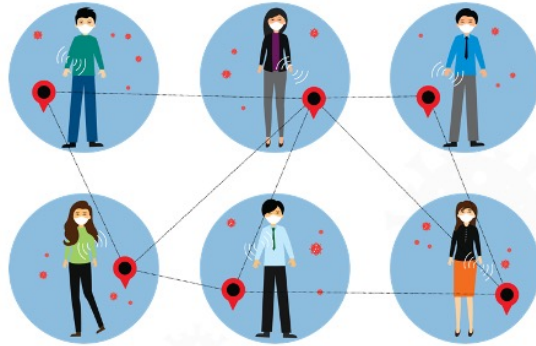
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

-- OR San Francisco Department of Public Health:

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

Taug qab yog abtsi?

- Tsoomfwv saib xyuas kev nyabxees yuav nrog koj thiab covneeg tau ntsib ze koj lawm sibtham
- Yuav **TSIS QHIA** koj lubnpe rau lwmtus
- Caumqab lino kom txob kis thiab tsis yog xob txwm ua rau koj kiag.



What is contact tracing?

Kev taug qab?

- 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.
- Yog hais tias koj tau tus kab mob, tej zaum Chaws kuaj mob, yuav muab koj qov kev quaj qhia rau cov neeg ua koj nyob ze.
- 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.
- Yuav tsis qhia koj lub npe rau lwmtus
- Contact tracing is not aimed at a certain individual, but to control and reduce the spread of the virus.
- Kev caum qab lino kom txob kis tau rau lwm tus

Yuav Mus Kuaj Kabmob COVID qhovtwg?



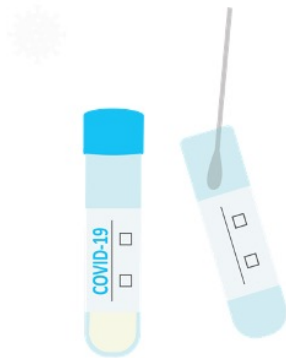
- Mus nug koj tus kws khomob seb yuav kuaj licas & nyob qhovtwg
- Yog koj tsis muaj kws khomob los siv kev yuav them khomob, kuj muaj chaw khomob los ntawm tsoomfwm ntawm koj zejzog kom kuaj dawb tsis them nyiaj

Where can I go to get tested?

Yuav mus kuaj kab mob COVID qhov twg?

- If you want to get a COVID test, you can contact your family's doctor.
- Yog koj xav mus kuaj kabmob COVID, koj mus nug tau koj tus kws khomob.
- 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.
- Yog koj tsis muaj ib tug kwskho mob los sis insurance mus kuaj mob, koj mus tau rau ntawm cov chaw kuaj mob dawb rau zejzog.
- Later, I will provide a list of testing stations for your reference; you can also go to our project's website for more information.
- Ib pliag kuv mam li muab cov chaw mus kuaj kabmob COVID rau nej; Nej kuj mus nriav tau rau haum peb qhov website.

Ua Kuv Yuav Kuaj Kabmob COVID Yam twg?



- Muaj ntau yam kev kuaj COVID, tabsis yam tshuaj tim nrog kuantswg muab hauv nrogeev los thiab PCR yog cov niamnub siv.
- Txhua yam kev kuaj kuj ua haujlwm sibtxawv, tabsis puav leej siv los kuaj ibyam xwb
- Siv yam abtsi kuaj los yuav zoo dua li tsis kuaj kiag li

What type of testing should I get?

Kuv yuav siv yam kuaj kab mob COVID twg?

- 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].
- Muaj ntau txoj kev uas koj siv tau los kuaj COVID, feem ntau lawv siv kev kuaj koj cov kuaj ntswg
- They are different, but the purpose is the same.
- Cov kev kuaj txawv tam sis nws kuaj zoo tib yam
- However, please remember it is better to accept any test than no test.
- Nco qab tsoov hais thias siv txhua txoj kev kuaj zoo dua uas tsis muaj kiag li.

Ua Kuv Yuav Pab Tivthaiv Kabmob Thoob Ntiajteb licas?

- Thaum txhua tus nyob nyabxeeb tsis muaj COVID lawm thiaj yuav muaj kev nyabxeeb xwb.
- Thiab txhua tus yuav tau sibpab tivthaiv kabmob thoob ntiajteb thiaj yuav tivthaiv tau koj tuskheej & cov neeg koj hlub.



PROTECT YOURSELF



PROTECT OTHERS

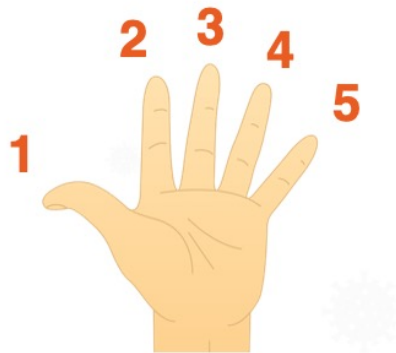
**Kev Nyabxeeb Nyob Ntawm
Peb Sawvdaws Txhaivtes**

How to fight the pandemic?

Peb yuav ua licas thiab tiv thais tau tus kabmob thoob ntiajteb?

- I believe everyone has understood the importance of testing. Let us talk about how to fight the pandemic?
- Kuv paub hais tias peb txhua leej yeej paub hais tias kev mus kuaj kab mob tseemceeb npaum licas, Cia peb tham txog yuav ua licas thiaj li tawm tsam yeej tus kab mob thoob ntiaj tej no.
- First of all, **Nobody** is safe from the COVID pandemic until everyone is safe.
- Thaum txhua tus nyob nyabxeeb tsis muaj COVID lawm peb txhua tu thiaj li yuav tsis muaj tus mob no.
- To protect themselves and their loved ones, everyone should do their part to fight the pandemic.
- Yog koj xav tivthaiv koj tus kheej, thiab cov neeg uas koj hlub ces peb txhua tus yuav tau ua peb qhov hawj lwm los sib pab tiv thaiv tus kabmob.
- We have to take control of our health
- Peb yuav tau saib peb txoj kev nyob nyab xeeb

Koj Txojkev Nojqab Nyobzoo Licas Los, Ua 5
Qho Yoojyim No Kom Nyob Tau Nyabxebb
Thaum Muaj Kabmob Thoob Ntiajteb



- Regardless of your health, the following five simple actions can help you stay healthy during the pandemic.
- Txawm koj txoj kev nojqab nyob zoo, zoo licas los, ua 5 nqe yooj yooj yim no kom pab koj nyob nyab xeeb rau lub sib hawm muaj kab mob thoob ntiajteb.
- Let's discuss
- Peb los tham txog 5 nqe no

Ua Nqe 1: Nrog Koj Tsevneeg & Phoojywg Sibtham



- Qhia txog kabmob COVID sibkis thoob ntiatjeb ua tau raug rau koj tsevneeg, koj cov phoojywg, & tejneeg lub zejzog
- Tham txog koj li kev tivthaiv & xav paub txog kev kuaj kabmob & txhajtshuaj
- Koj qhov kev npaj yuav kuaj kabmob & txhajtshuaj licas
- Yam koj kawm/hnov los yog mus kuaj kabmob los siv txhajtshuaj tivthaiv

Action item 1: Talk to your family and friends

Nqe 1: Sibtham nrog koj tsev neeg thiab phoojywg

- At the beginning, you can talk to your family about how the pandemic affects you and your family, friends and community
- Qhia koj tsev neeg txog tus kabmob covid no thiab kev ua raug tau rau koj tsev neeg
- You can also discuss with them your concerns about getting tested or vaccinated
- Tham txog kev mus kuaj mob thiab txhajtshuaj tivthaiv COVID.
- You can also plan with them how and when they will be tested or vaccinated
- Koj kuj tham tau txog kev yuav npaj mus kuaj mob los sis mus txhajtshuaj thiab
- If you have been tested or vaccinated, you can also share your experience with them
- Yog koj mus kuaj los sis txhajtshuaj tag lawm koj qhia rau lawm paub txog seb koj mus ua tag zoo licas.

Ua Nqe 2: Mus Nrhiav Kom Paub Yam Uas COVID Tabtom Muaj Tshwm Tshiabtshiab



- Kabmob COVID thiab yam nws txawj txia
- Qhia kom siv txhua yam kev tivthaiv
- Paub txog cov kevcai txheejtxheem yuav mus kuaj & txhajtshuaj tivthaiv kabmob COVID
- Tej chaw rau neeg kuaj & txhajtshuaj tivthaiv COVID
- Yog koj los sis koj tsevneeg muaj tus haus luamyeeb, kom paub seb luamyeeb puas yuav ua tau rau neeg mob COVID heevheev

Action item 2: Get the latest information on COVID

Nqe 2: Paub txog cov ntaub ntauv tshiab txog tus kab mob COVID

- Try to find the latest information about:
- Mus tsawb fawb txog:
 - COVID and its variants
 - COVID thiab cov kab mob
 - Recommended prevention and safety measures
 - Kev tiv thaiv
 - Guidelines for Testing and Vaccination
 - Kev mus kuaj thiab txhaj tshuaj
 - Your nearest testing and vaccination location
 - Chaw nyob ze rau koj mus kuaj thiab txhaj tshuaj
 - If you or your family smoke, please understand how smoking increases the risk of becoming very sick from COVID
 - Yog koj los sis koj tsev neeg haus luam yeeb, nkag siab zoo txog kev phom sij thiab kev mob COVID heev yog siv luam yeeb.

Ua Nqe 3: Nrog Koj Tuskw Khomob Sibtham

- Txog yam koj txhawj yog tau COVID, kuaj tus kabmob & txhajtshuaj tivthaiv
- Nug seb nws puas hais kom mus kuaj & txhajtshuaj tivthaiv
- Nug txog kabmob COVID, xws li cov neeg haus luamyeeb los siv muaj mob nyob tsis zoo
- Koj los yog koj tsevneeg muaj tus haus yeeb haus tshuaj, nug kom paub txiav xob haus lawm. Nco ntsoovtias, koj tus kws khomob yeej paub pab nrhiav seb yog haus luamyeeb puas yuav muaj tau teebmeem ua ntej xob cia paub thaum liglig lawm

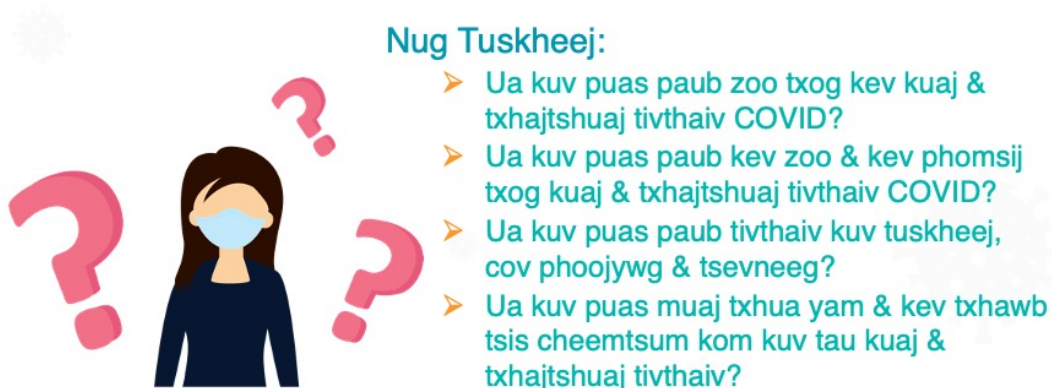


Action item 3: Talk to your doctor

Nqe 3: Sibtham nrog koj tus Kws Kho mob

- If you have other questions, you can discuss with your doctor any concerns about COVID, testing and vaccination
- Yog koj muaj lwm yam lus nug, koj mus nrog koj tus kws khomob tham txog koj co kev txawj txog COVID, kev yuav mus quaj los sis, mus txhajtshuaj.
- You can ask your doctor for advice on testing and vaccinations
- Nug koj tus kws khomob tham seb nws xav licas txog kev mus kuaj thiab txhajtshuaj tiv thaiv tus kab mob.
- You can ask your doctor about COVID risk factors, such as tobacco use or other health conditions
- Koj mus nug tau koj tus kws khomob txog kev phom sij txog COVID, yog koj siv luam yeej los sis yog muaj lwm yam mob
- 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.

Ua Nqe 4: Sojntsuam Koj Tuskheej



Action item 4: Check-in with yourself

Nqe 4: Nug koj tus kheej

- Ask yourself:
- Nug tus kheej:
 - Do I have enough information to learn about COVID, testing and vaccination?
 - Ua kuv puas paub zoo txog COVID, kev mus kuaj thiab txhaj tshuaj tiv thaiv?
 - Do I know the benefits and risks of testing and vaccination?
 - Kuv puas paub kev zoo thiab kev phomsij txog mus kuaj thiab m us txhaj tshuaj tiv thaiv COVID?
 - Do I know how to protect myself, friends and family?
 - Ua kuv puas paub txog kev tiv thaiv kuv tuskheej, phooj ywg, thiab tsev neeg?
 - Do I have the resources and support to overcome the barriers that prevent me from getting tested or vaccinated?
 - Kuv puas muaj kev pab thiab kev txhawb los pab kom dhau tej kev ua thaiv kuv txog kev mus kuaj los sis txhaj tshuaj tiv thaiv.

Ua Nqe 5: Uakiag

Ua txhua yam los tivthaiv koj tuskheej, koj tsevneeg & koj cov phoojywg!



- Teem caij & npaj mus kuaj & txhajtshuaj tivthaiv COVID
- Ua raws txhua yam zoo, xws li khwb qhovncauj, ntxuavtes, & txav kom deb lwmtus
- Thov koj tsevneeg & phoojywg pab yog muaj kev cheemtsum
- Yog koj los siv muaj tus hauv tsegneeg haus yeeb haus tshuaj, xyaum los siv, hu xovtooj mus rau Asian Smokers' Quitline

Action item 5: Take action

Nqe 5: Kev Pib

- Do your best to protect yourself, family, and friends!
- Koj yuav tau ua txua yam los tivthaiv koj tus kheej, koj tsev neeg thiab koj cov phoojywg
 - Make an appointment and schedule a COVID test and/or vaccination
 - Teem caij mus kuaj thiab mus txhajtshuaj tivthaiv kabmob COVID
 - Follow safety measures, such as wearing a mask, washing your hands and keeping your distance
 - Ua raws li cos cai los tivthaiv, xwsli siv ntaub npog qhov ncauj, ntxuav koj txhais tes thiab txav kom deb lwm tus
 - If needed, ask for help and support from family and friends
 - Nug koj tsev neeg thiab phooj ywg yog xav tau kev pab ntiv
 - If you or your family members use tobacco or e-cigarettes, please try to quit smoking or call the Asian Smokers' Quitline
 - **Yog koj los siv muaj tus hauv tsegneeg haus yeeb haus tshuaj, xyaum los siv, hu xovtooj mus rau Asian Smokers' Quitline**

Npaj Txheejtxheem Kev Nyabxeb Kom Paubmeej Kev Nojnyob Nyabxeb

The image shows a hand holding a 'Healthy Action Plan' form. The form is titled 'Txheejtxheem Kev Nyabxeb Kom Paubmeej Kev Nojnyob Nyabxeb' and includes sections for 'NOTE 1: Qhia Txog Kij Txheem Nyabxeb', 'NOTE 2: PKAW! Ua Npaj Npaj Txog Nyabxeb', and 'NOTE 3: Txheem Nyabxeb Ua Npaj Npaj Txog Nyabxeb'. Five callouts point to specific parts of the form:

1. Nrog Koj Tsevneeg & Phoojywg Sibtham
2. Mus Nrhiav Kom Paub Yam Uas COVID Tabtom Muaj Tshwm Tshiabtsiab
3. Nrog Koj Tuskws Khomob Sibtham
4. Sojtsuam Koj Tuskheej
5. Uakiag (xws li teem caij & npaj mus kuaj & txhajtshuaj tivthaiv COVID, ua raws txhua yam zoo, tsis txhob haus luam yeeb)

Iblub Lintiam tomntej no, ua koj yuav npaj siab ua tsawg yam koj nyob nyabxeb?

- Healthy 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)
- Txheej txheem txog kev qhia kom nyob nyab xeeb
- Ziag no, cia peb los xav txog tej yam uas koj xav uas kom koj noj qab nyob zoo rau lwm aasthiv
- Ntawm no peb muaj ib co txheej txheem los mus siv kom muaj kev nyob nyab xeeb, cia peb saib ua ke

Kev Nyabxees Nyob Ntawm Koj Txhaistes

- Kev sibntsib zaum no yog kawg ntawm peb tuaj sibntsib 2 zaug lawm.
- Uatsaug rau koj kev koomtes & qhia yam koj paub los kom nyob nyabxees.
- Kuv yuav hu nrog koj tham li iblub limtiam tomntej no ntxiv txog koj yam kev npaj kom nyob nyabxees.



**Please remember that your health is in your hands
Koj txoj kev nyabxees ces Nyob ntawm koj txhais tes.**

- Our meeting for today is now done.
- Kev sib ntsib zaum no ces los xaus li no
- Thank you for participating and sharing your experience with us.
- Ua tsaug rau neej txua tus ua tuaj hnuv no thiab rau cos uas tseem qhia txog nej cov kev paub rau peb.
- I will call you next week to follow up on your experience of staying healthy during the pandemic.
- Kuv mam li hu nrog nej tham rau ib lub limtiam tom ntej no nug txog nej cov kev npaj kom nyob nyabxees.



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