

Kom PAUBMEEJ Kev Nojnyob Nyabxeeb

Qhia Txheejtxheem 1



University of California, San Francisco

Txheejtxheem Homphiaj Tsevneeg Nyabxeeb

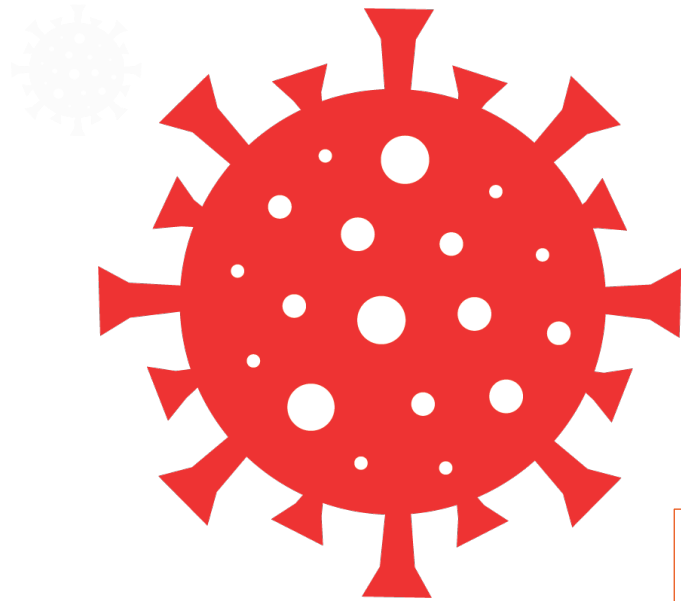
Citation: The Healthy Family Project (2022). Get INFORMED To Stay Healthy: Session 1. A flipchart for lay health worker-led educational sessions, Hmong version. University of California San Francisco. Updated: 2022-02-20. Available at: <https://covid-informed.org/hmn/resources/downloads>



Hnub no peb yuav kawm txog cov no:

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

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

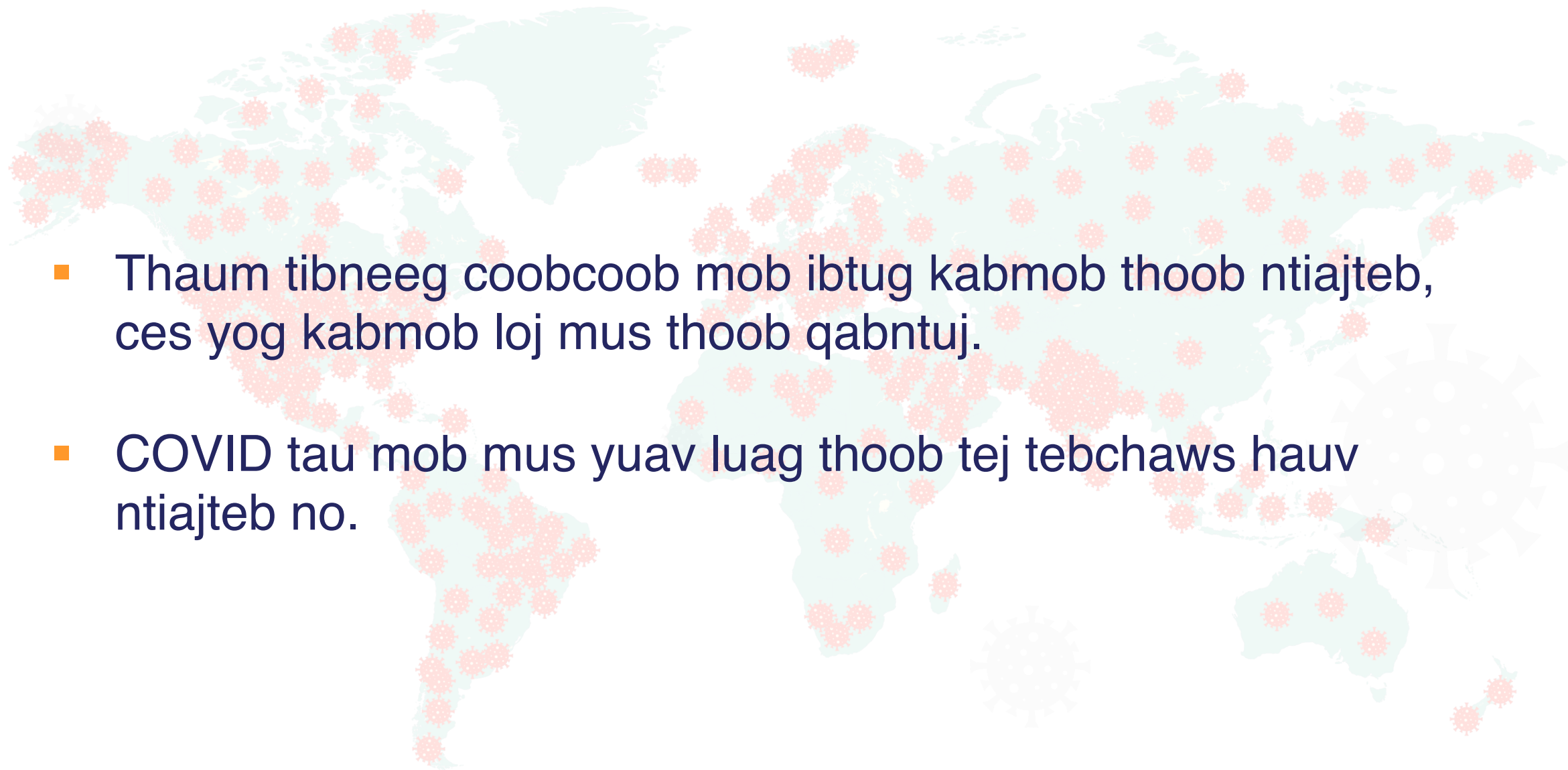
2019

C O V I D 1 9

Txijno mus, peb hais 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.



COVID Phomsij Npaum Licas?

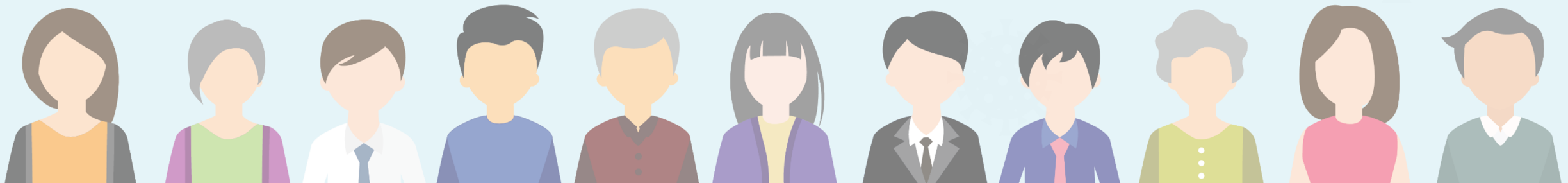
- COVID yuav ua tau rau neeg xiam testaws thiab tuag tau.
- Muaj coob leej mob COVID tau pw tsev khomob thiab ntshe yuav tau ntoog mob mus ntevloo.

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

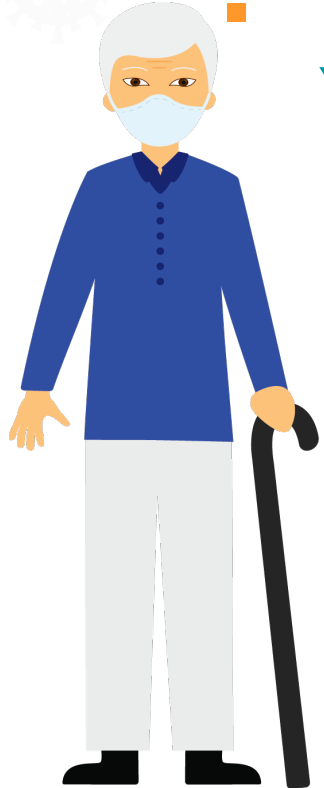
Tshaj 78 lab tus neeg **Kismob**, &
Tshaj 935 phav tus neeg **Tuag**
nyob tebchaws Miskas.

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.

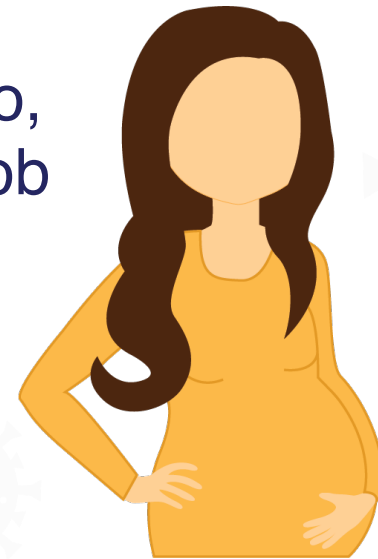


Leejtwg Yog Cov Homkheev Yuav Mob COVID Heevheev?



■ 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.
- Pojniam muaj minyuam
- Haus luamyeeb los siv haus yeeb

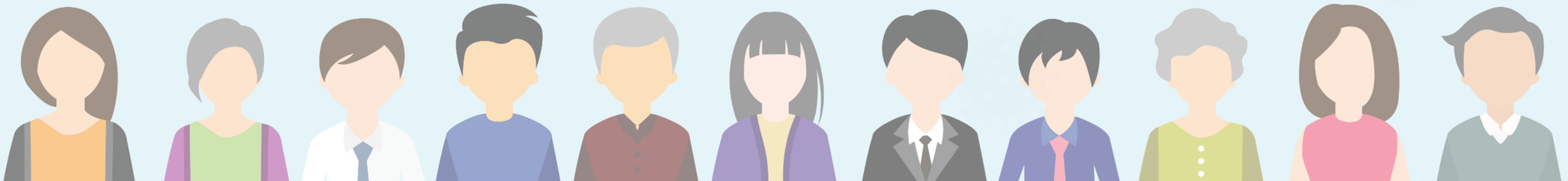


COVID Phomsij Heev Rau Tibneeg Esxias Miskas

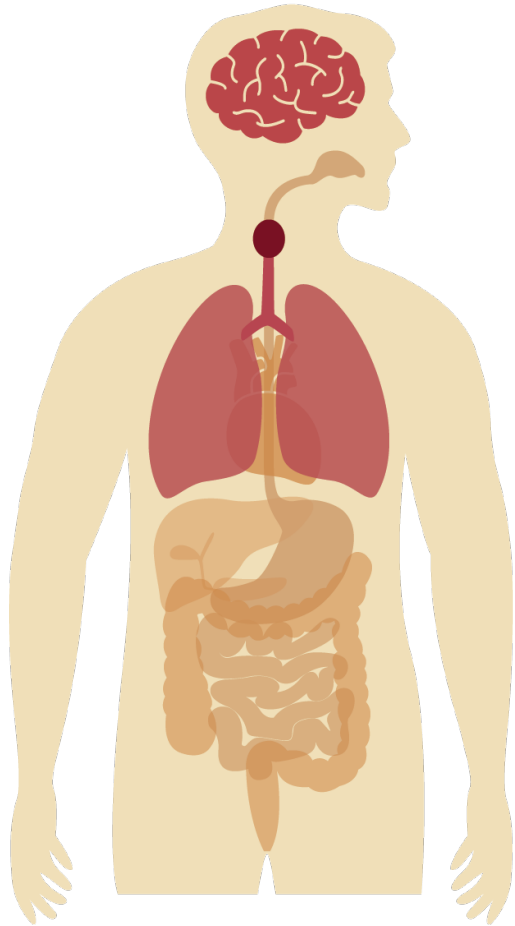


■ Vim Li Nram No Ua Rau Tibneeg Esxias Miskas Tuag Coobcoob:

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

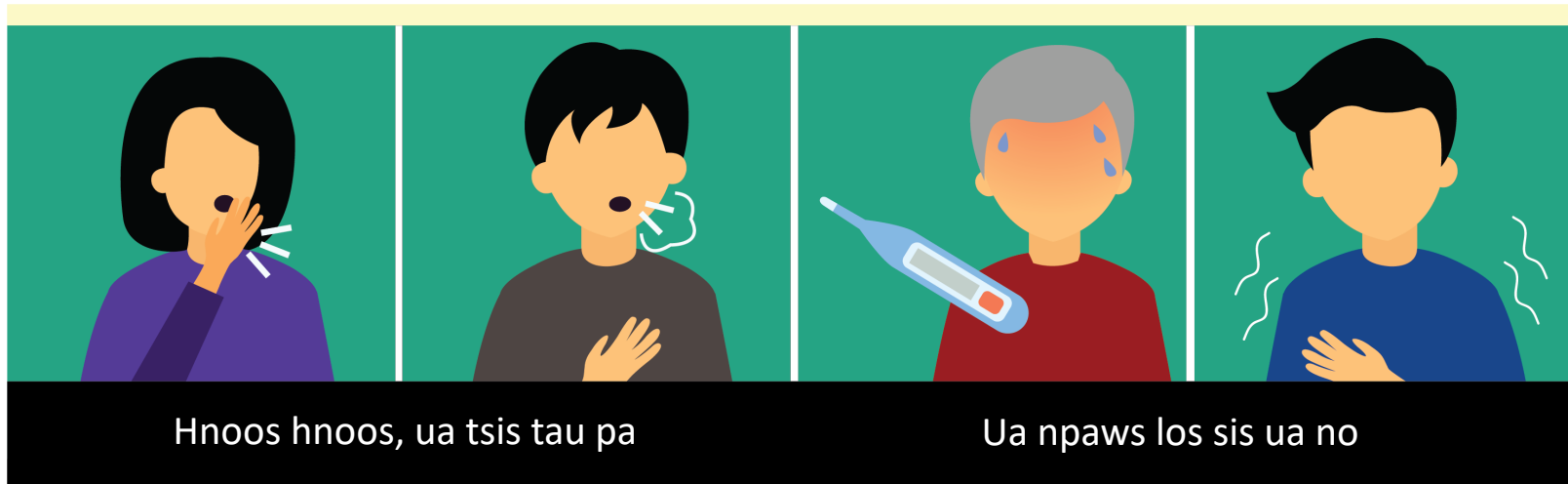


COVID Raug Tibneeg Licas?



- 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

COVID-19 Tus Cwjpwm Mob



Leejtwg Thiaj Kis Tau Mob Rau Lwmtus?

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



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.

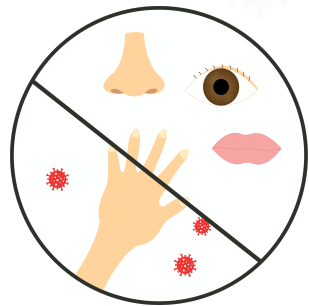
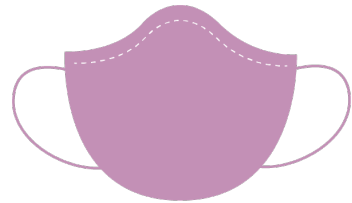


Ua Kuv Yuav Tivthaiv Kuv & Lwmtus Licas?

Hnav Daim Khwb
Qhov Ncauj

Ntxuav Tes

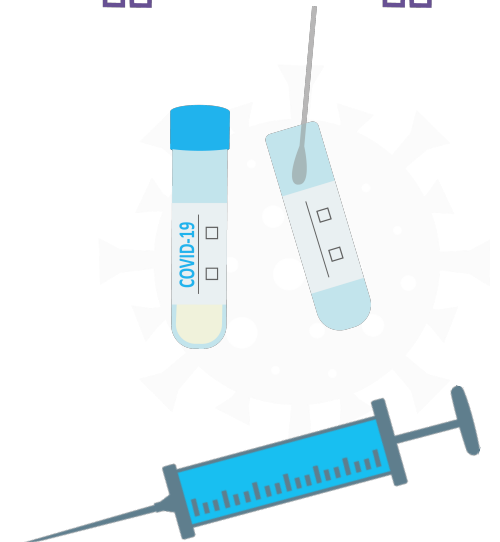
Xob Kov Ntsejmuag



Nyob Kom Deb
Lwmtus

Mus Kuaj Kabmob
COVID

Mus Txhajtshuaj
Tivthaiv COVID



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.

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

Vim Licas Thiaj Tseemceeb Kom Kuaj Kabmob COVID?



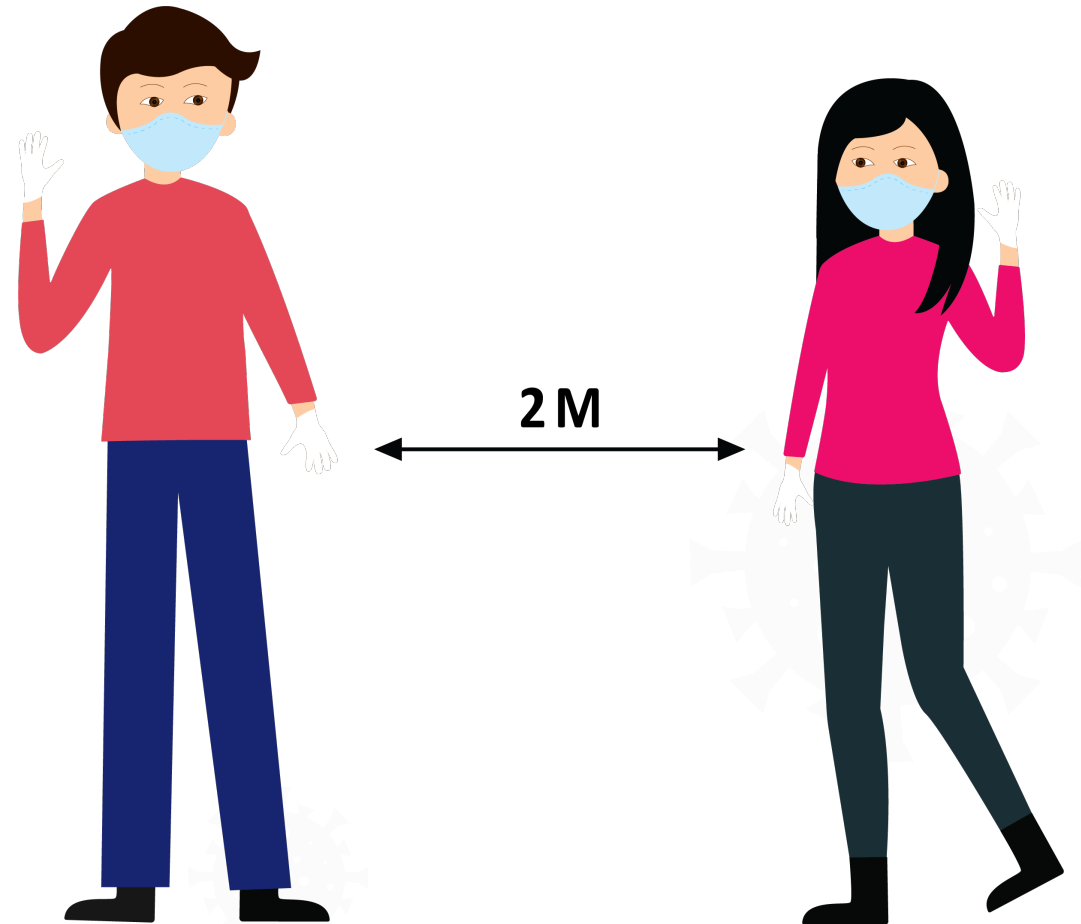
Tivthaiv

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

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.



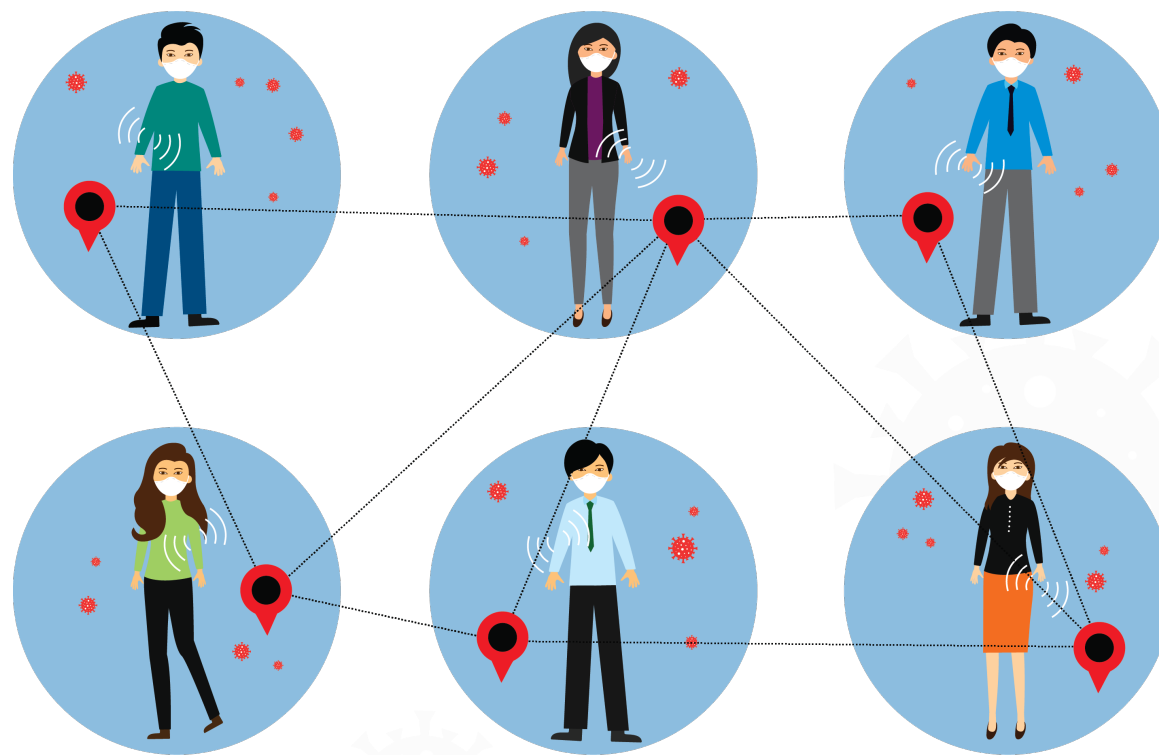
Yog Kuv Kuaj Tau Muaj COVID lawm yuav ua licas?



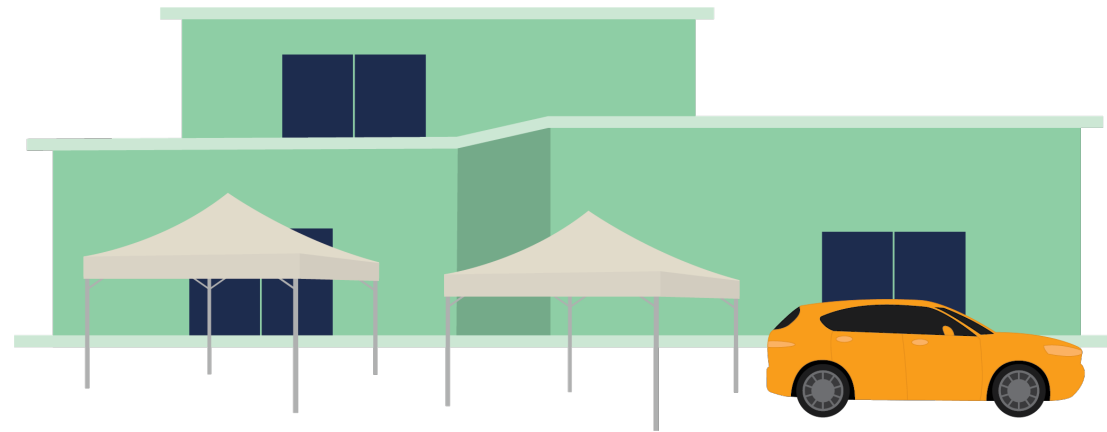
- Cais koj tus kheej xob nyob ze nrog lwmtus*
- Nrog koj cov neeg khomob sibtham
- Tseemfwm saib xyuas kev nyabxeeb ntawm koj zejzog yuav samfwm txog koj kom rov qab caum mus qhia rau cov neeg uas tau nyobze nrog koj lawm

Taug qab yog abtsi?

- Tsoomfwv saib xyuas kev nyabxeeb 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.

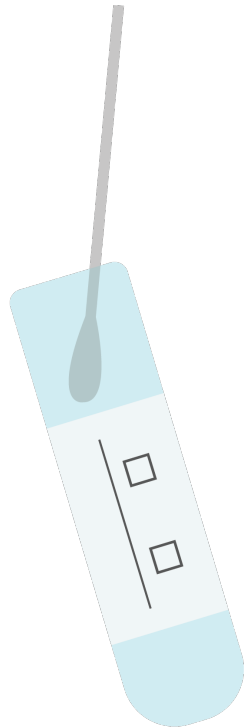
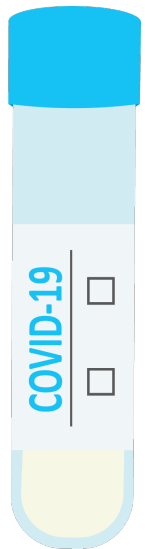


Yuav Mus Kuaj Kabmob COVID qhovtwg?

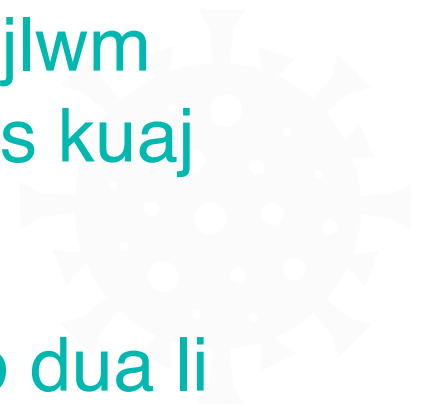


- Mus nug koj tus kws khomob seb yuav kuaj licas & nyob qhovtwg
- Yog koj tsis muaj kws khomob los siv kev yuav them khomob, kuj muaj chaw khomob los ntawm tsoomfwv ntawm koj zejzog kom kuaj dawb tsis them nyiaj

Ua Kuv Yuav Kuaj Kabmob COVID Yam twg?



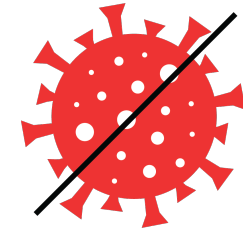
- Muaj ntau yam kev kuaj COVID, tabsis yam tshuaj tim nrog kuantswg muab hauv nrogcev los thiab PCR yog cov niamnub siv.
- Txhua yam kev kuaj kuj ua haujlwm sibtxawv, tabsis puav leej siv los kuaj ibyam xwb
- Siv yam abtsi kuaj los yuav zoo dua li tsis kuaj kiag li



Ua Kuv Yuav Pab Tivthaiv Kabmob Thoob Ntiajteb Icas?

- 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.

**Kev Nyabxeeb Nyob Ntawm
Peb Sawvdaws Txhavit**

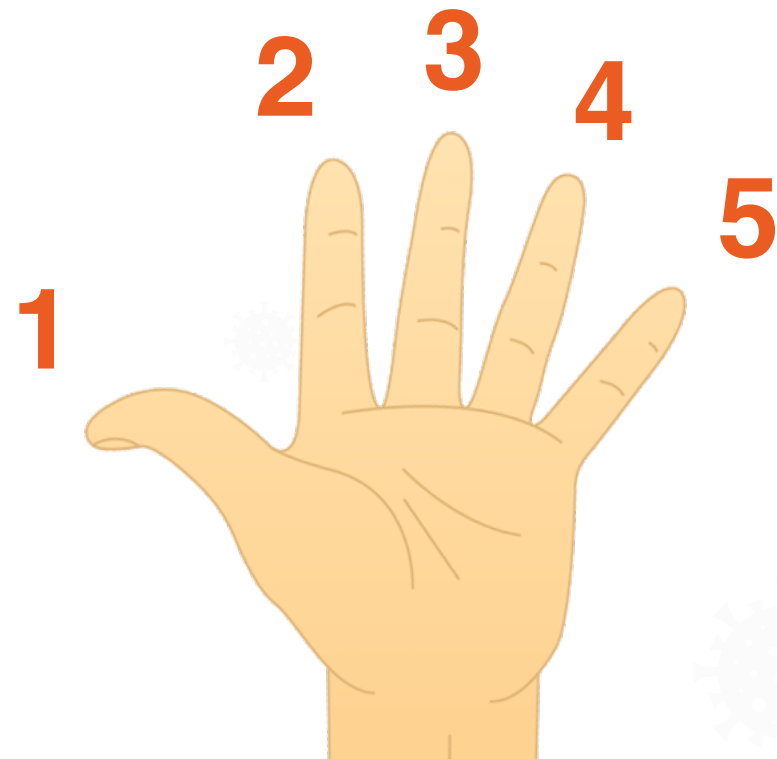


PROTECT YOURSELF



PROTECT OTHERS

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

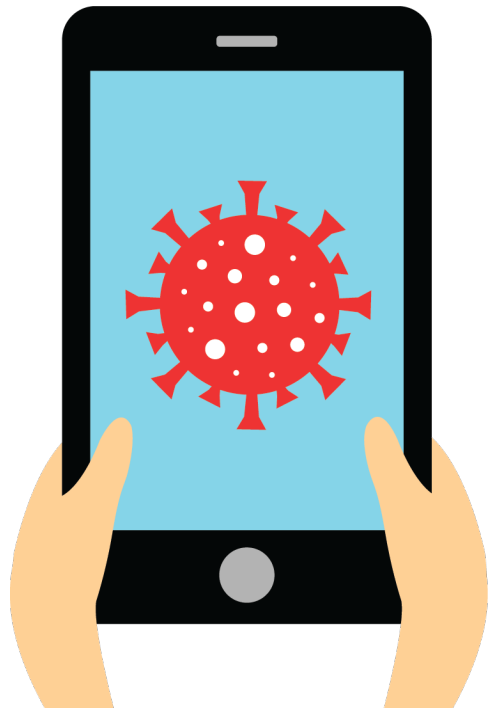


Ua Nqe 1: Nrog Koj Tsevneeg & Phoojywg Sibtham



- Qhia txog kabmob COVID sibkis thoob ntiajted 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

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

Ua Nqe 3: Nrog Koj Tus Kws 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

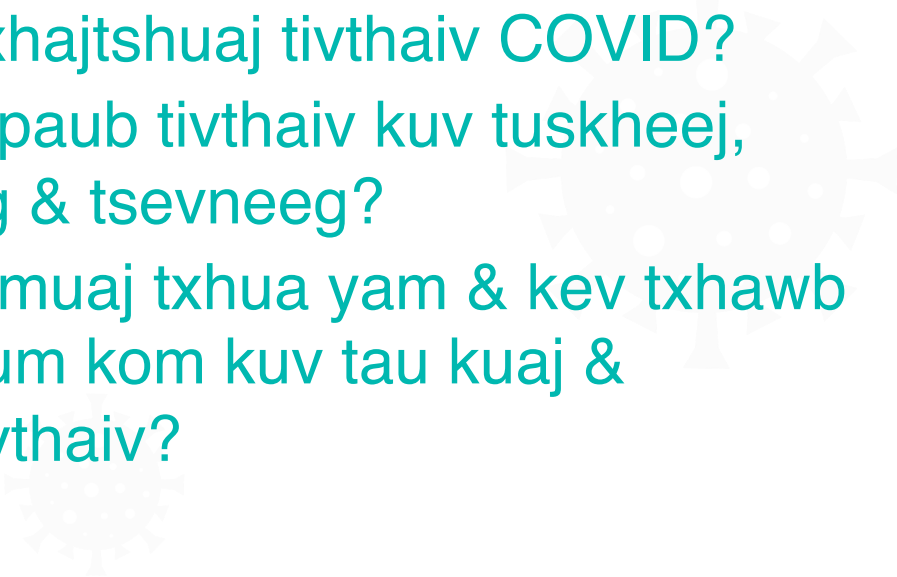


Ua Nqe 4: Sojntsuam Koj Tuskheej



Nug Tuskheej:

- Ua kuv puas paub zoo txog kev kuaj & txhajtshuaj tivthaiv COVID?
- Ua kuv puas paub kev zoo & kev phomsij txog kuaj & txhajtshuaj tivthaiv COVID?
- Ua kuv puas paub tivthaiv kuv tuskheej, cov phoojywg & tsevneeg?
- Ua kuv puas muaj txhua yam & kev txhawb tsis cheemtsum kom kuv tau kuaj & txhajtshuaj tivthaiv?



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

Npaj Txheejtxheem Kev Nyabxeeb Kom PAUBMEEJ Kev Nojnyob Nyabxeeb

**Txheejtxheem Npaj Nyabxeeb
Kom PAUBMEEJ Kev Nojnyob Nyabxeeb**

Npe: _____ Hnubtim: _____

NQE 1: Qhia Txog Koj Tamsim Nijnub No...
Nug: Tamsim no kuv yuav ua lcas los tivthaiv kuv tuskheej thiab kuv tsevneeg rau COVID-19?

Tsis xav txog yuav
 Kuaj kabmob
 Txhajtshuaj Tivthaiv

Xav tau ...
 Kuaj kabmob
 Txhajtshuaj Tivthaiv

Twb tau...
 Kuaj kabmob
 Txhajtshuaj Tivthaiv lawm

NQE 2: PXAIV 1 los siv Ntau Tshaj Yuav Ua

1. Nrog Koj Tsevneeg & Phoojywg Sibtham
2. Mus Nrhiav Kom Paub Yam Uas COVID Tabtom Muaj Tshwm Tshiabtshiab
3. Nrog Koj Tuskws Khomob Sibtham
4. Sojntsuam Koj Tuskheej
5. Uakiag (xws li teem caij & npaj mus kuaj & txhajtshuaj tivthaiv COVID, ua raws bhua yam zoo, tsis txhob haus luam kom tas cov koj tau xaiv.)

NQE 3: Txaus siab yuav ua lb los siv Ua Ntau Tshaj lb
Xaiv ib yam ntauw cov txws nrog yam yuav ua thiab sau rau hauvqab YUAV UA & UA LICAS
KOM TAS COV KOJ TAU XAIV.

KUV TXAUS SIAB "UA NYABXEEB" KOM NYOBZOO LUB LIMTIAM TOMNTEJ NO

1. Sibtham nrog tsevneeg los siv cov phoojywg
Txog: _____
2. Nrhiav kom paub yam uas COVID tabtom muaj tshwm tshiabtshiab
Yuav Nrhiav Los Ntauw: _____
3. Tham nrog tus kws khomob
Txog: _____
4. Sojntsuam koj tus kheej
Nug Cov Lus No: _____
5. Ua Klag
Kuv yuav: _____

1. Nrog Koj Tsevneeg & Phoojywg Sibtham

2. Mus Nrhiav Kom Paub Yam Uas COVID Tabtom Muaj Tshwm Tshiabtshiab

3. Nrog Koj Tuskws Khomob Sibtham

4. Sojntsuam 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 Limtiam tomntej no, ua koj yuav npaj siab ua tsawg yam koj nyob nyabxeeb?

Kev Nyabxeeb 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 nyabxeeb.**
- **Kuv yuav hu nrog koj tham li iblub limtiam tomntej no ntxiv txog koj yam kev npaj kom nyob nyabxeeb.**





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