

Kom PAUBMEEJ Kev Nojnyob Nyabxeeb

Qhia Txheejtxheem 2



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Qhia Txheejtxheem 2

Cov Ntsiab Lus Hais Lus

Hnub no yog sibntsib ua zaum kawg. Peb yuav kawm raws li no:

- Qhia yam koj tau ua los
 - ✓ Npaj Ua
 - ✓ Kuaj & Txhajtshuaj Tivthaiv COVID
 - ✓ Lwmyam lus ntxiv
- Kawm txog tshuaj tivthaiv COVID
- Lus Nug & Teb
- Npaj Ua Rau Yav Pemsuab

- 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 your Healthy 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

- Ua tsaug rau nej txhua tus uas tau siv nej lub sij hawm muaj nqis los ntsib kuv dua!
- Nov yog peb kev sib tham zaum ob thiab lub rooj sib tham zaum kawg ntawm peb qho txheejtxheem no.
- Hnub no, peb xav caw koj los tham txog koj txoj kev paub dhau los lawm, xws li:
 - Koj yuav ua li cas koj thiaj li ua hloov raws li koj lub homphiaj Kev Noj Qab Haus Huv (Healthy Action Plan)
 - Kev kuaj tshuam tiv thaiv kab mob / kev txhaj tshuaj tiv thiaiv kab mob
 - Lwm cov ntaub ntawv tshiab koj tau kawm
- Peb kuj tseem yuav piav qhia txog cov tshuaj tiv thaiv COVID, teb nej cov lus nug, thiab npaj cov hom phiaj yav tom ntej ua peb xav ua

Qhia Yam Koj Tau Ua Los...

- Npaj Ua
- Kuaj & Txhajtshuaj Tivthaiv COVID
- Yam lus tshiab

- 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

- Nej puas muaj leej twg xav qhia txog nej cov kev paub dhau los ntawm kev siv hloov raws li koj lub homphiaj Kev Noj Qab Haus Huv (Healthy Action Plan)?

[LHW: Thov ncuu thiab tos cov neeg sib qhia kom tag tso]

* Puas muaj leej twg kam qhia lawv qhov kev paub txog kev kuaj lossis txhaj tshuaj? Peb hwm thiab xav tiv thiav sawv daws tus kheej. Yog li ntawd, koj tsis tas yuav qhia tawm

seb koj puas tau txhaj koob tshuaj tiv thaiv lossis tsis tua.

[LHW: Thov tos cov neeg sib qhia kom tas tso]

- Puas muaj leej twg tau kawm yam tshiab txog COVID-19 txij li peb lub rooj sib tham zaum tas los no? Thov qhia.
- Ua tsaug rau txhua leej txhua tus los piav qhia txog yam nej kawm tau los tiv thaiv nej tus kheej thiab tsev neeg!

Tswv yim qhia:

- Tsis txhob sib cav nrog cov neeg koomtes
- Tsis tas yuav kho lawv tam sim ntawd
- Yog tias lawv muaj lus nug lossis kev txhawj xeeb, xa mus rau lawv tus kws kho mob
- Nco ntsoov hais qhia rau cov neeg koomtes nrog: qhov kev txiav txim siab yog koj li, kev noj qab haus huv nyob hauv koj xib tej

Uantxiv Rau Kev Thajyeeb: Koj Txawm Kuaj & Txhajtshuaj Tivthaiv Los



- **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
- **Nco ntsoov qhia txhua tus:** Txawm hais tias koj txhajtshuaj tiv thiaiv tas

lawm los, nws yog ib qho tseem ceeb uas yuav tsum tau ua kom muaj kev nyabxeeb ntxiv

- Cov kev coj ua nyab xeeb yog dab tsi?

[LHW: Koom nrog cov koom nrog, caw lawv los tham txog cov kev coj ua no thiab muaj kev sib tham. Siv cov hauv qab no ua kev sojntsuam]

- Looj daim ntaub npog qhov ncauj: hnav hom ntaub npog ntsej muag kom yog thiab haum koj xwm yeem, xws li npog koj lub qhov ntswg thiab qhov ncauj; tsis txhob looj lub npog ntsej muag uas tsis muaj chaw tso pa, vim tias cov kab mob nyob nrog cov huab cua
- Ntxuav koj txhais tes nrog xab npum thiab dej sov li 20 vib nas this.
- Yog tias tsis muaj xab npum thiab dej, siv cov tshuaj ntxuav tes uas muaj cov cawv tsawg (alcohol) li 60%.
- Tsis txhob kov koj ob lub qhov muag, qhov ntswg thiab qhov ncauj nrog txhais tes tsis ntxuav.
- Nyob nrug deb li 6 feet ntawm lwm tus neeg uas tsis nyob nrog koj hauv koj tsev lub tsev.
- Mus kuaj tus kab mob COVID kom nkag siab txog koj tus mob thiab nrhiav txoj hauv kev los tiv thaiv koj tus kheej thiab koj tsev neeg
- Mus txhaj tshuaj tiv thaiv

Hais Txog Tshuaj Tivthaiv COVID

- Txawm koj kis tau mob lawm los, tshuaj tivthaiv yuav pab koj koj xob mob heevheev.
- Tabsis yuav pab tsis tau koj koj xob kis COVID rau lwmtus
- Yuav tau ncontsoov ua raws kevcai nyob thajyeeb tom qab txhawjtshuaj tivthaiv lawm
- Kuaj kabmob yog qhov tseemceeb rau covneeg txhajtshuaj tivthaiv lawm

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

Ziag no, cia peb los piav ntxiv txog koob tshuaj los tiv thaiv tus kab mob COVID

- Koob tshuaj no yuav los pab yus lub nrog cev kom txawm yog yus kis tau tus kab mob COVID los yus yuav tsis mob txog qhov uas yuav tsum tau mus pw tom tsev kho mob thiab kuj yuav pab kom txhob ntsib txoj kev nruam sim.
- Tiam sis koob tshuaj no yuav pab tsis tau kom lwm tus tib neeg txhob kis ntawm yus.
- Thov nco qab koom tes thiab ua raws li cov cai sau tseg tom qab koj txaj koob tshuaj tag.
- Tsis tag li ntawd, txawm yus txhaj tshuaj tag lawm los kev muaj kuaj seb puas muaj kab mob kuj tseem yog ib yam uas tseem ceeb heev.

Kev Thajyeeb Rau Tshuaj Tivthaiv



- Tshuaj Tivthaiv COVID Tsis Ua Mob
- Cov Tshuaj Tivthaiv COVID tau tsocai los ntawm Tsoomfwv (U.S. Food and Drug Administration – FDA) cov txheejtxheem tswjfwv kev ua tshuaj khomob kom thajyeeb kawg nkaus
- Txhiab txhiab lab tibneeg twb txhajtshuaj tivthaiv lawm

- 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

- Koob tshuaj tiv thaiv tus kab mob COVID tsis muaj kev phom sij rau yus
- Koob tshuaj no twb raug kuaj thiab tau kev tso cai rau tib neeg siv los ntawm tsoom fwv U.S. Food and Drug Administration (FDA)
- Thiab laab laab tug tib neeg twb txhaj koob tshuaj no lawm

Tshuaj Tivthaiv Limxeeb Heev

- Tshuaj tivthaiv COVID pab kom tus tau kabmob lawm xob mob heevheev.
- Tshuaj Tivthaiv COVID yuav ua haujlwm zoo yog nws yeej txhaj tag nrho raws li hais.
- Yuav siv sijhawm li oblub limtiam rau cov tshuaj ntsu kuab tivthaiv tom qab txhaj kob kawg nkaus.



- 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
- Cov koob tshuaj los tiv thaiv tus kab mob COVID yuav pab koj yus txhob mob hnyav thiab tau mus pw tom tsev kho mob nrog rau kom yus txhob ntsib txoj kev nruam sim
- Txoj kev uas yuav pab yus lub nrog cev tshaj yog kom yus yuav tsum mus txhaj cov koob tshuaj no kom tag thiab kom puv
- Tom qab yus txhaj koob tshuaj kawg, nws yuav ntev li ob aasthiv yus lub nrog cev mam muaj zog tuaj thiab tiv thaiv tau kab mob

Ua Puas Muaj Phiv Tau Thiab?

- Txhua tus kuj sibtxawv hais txog txhajtshuaj tivthaiv COVID
- Qhov phiv loj kuj muaj tsawgtsawg xwb
- Homkheev kev phiv tshuaj, yog muaj taus, yuav ntev li ob peb feeb mus rau 1-2 hnuv tom qab ntawd:
 - Mob & o mintsis ntawm lub qhov txhab uas txhaj koob tshuaj
 - Muajntsis kub taubhauv, ua no, nkeesnkees, mob ibce, los siv, mob leeg thoob ibce



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

Puas yuav muaj lwm yam kev mob yog yus txhaj koob tshuaj tiv thaiv kab mob no?

- Txhua leej txhua tus lub cev yuav muaj kev sib haum txawv nrog koob tshuaj tiv thaiv tus kab mob COVID
- Kev mob loj tom qab yus txhaj koob tshuaj muaj tsawg heev li
- Cov kev mob uas tib neeg muaj ntau tshaj tom qab lawv txhaj koob tshuaj tsuas ntev li ob peb teev mus rau ib ob hnuv xwb
- Xws li:
 - mob ntawm lub qhov txhab thiab lub qhov txhab ntawm qhov lawv hno su tuaj
 - Ib co tib neeg ua npaws me me, kub taub hau, txog siav, mob taub hau los sis mob ib ce.

Leejtwg Yuavtau Txhajtshuaj Tivthaiv?



- Cov coob ntawm tibneeg muaj 5 xyoo rov saud
- Tsheejxeeb, cov neeg yuav kis tau yoojyim*

*Cov neeg yuav kis tau yoojyim vim nyob sibze losis yuav mob heev yog tau kabmob COVID: ua haujlwm kho mob, cov laus muaj 65 xyoos rov saud, neeg rog, neeg muaj mob tsis zoo neej, losis haus luamyem.

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

Leej twg yuav tsum tau mus txhaj koob tshuaj tiv thaiv kab mob?

- Cov coob txij 5 xyoos rov saud yuav tau txhajtshuaj tivthaiv raws li CDC tau shamfwm nubtim 2, lub 11 Hlis, 2021
- Tshwjxeeb cov neeg yuav kis tau yoojyim
- Leejtwg yog ibtug ntawm cov neeg kis-yoojyim? Puas nco tau? *[Neeg Ua Haujlwm Rau Sab Kev Khomob: Thov tos tusneeg koomtes teb lus nug]*
- Covneeg uas yuav raug mob yoojyim yog: ua haujlwm rau sab kev khomob losis ua tej haujlwm pam lwmtus
- Covneeg yuav raug mob yoojyim losis yuav mob heev yog tau kabmob COVID: neeg laus txij 65 rov saud, neeg pham los yog rog, muaj mob tsis zooneej, losis neeg haus luamyeeb.

Yuav Xaiv Hom Tshuajtxhaj Tivthaiv Twg?



- Muaj 3 hom tshuajtxhaj tivthaiv siv rau tebchaws U.S.: Pfizer, Moderna, thiab Johnson & Johnson
- Tagnrho 3 hom tshuajtxhaj tivthaiv no puavleej zoo
- Qhov txawv kiag ces yog yuav txhaj pestsawg zaus
 - Pfizer thiab Moderna ces txhaj 2 zaug.
 - Johnson & Johnson ces txhaj 1 zaug.
 - Txhaj ntxiv koobtshuaj losis txhajtshuaj tivthaiv txhawb kom txog 3 koob tshuaj.

Qhov tseemceeb tshajplaws yog txhajtshuaj tivthaiv kom sai li sai tau.

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 or 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

Yuav xaiv koob tshuaj tivthaiv twg?

- Tam sim no, muaj peb yam tshuaj tiv thaiv tsim tau nyob rau Tebchaws Meskas: Pfizer, Moderna, thiab Johnson & Johnson
- Tag nrho peb koob tshuaj tivthaiv puav leej siv tau zoo tib yam
- Qhov tseemceeb ntawm kev sib txawv ntawm peb koob tshuaj no yog los ntawm kev txhaj koob tshuaj tivthiav.

- Pfizer thiab Moderna yog txhaj ob koob
 - Johnson & Johnson yog txhaj ib koob
 - Kuj muaj feem yuav txhaj tshuaj ntau tshaj ntawv ntxiv lossis txhaj koob tshuaj txhawb nqa tivthaiv kabmob zaum kawm (booster) lossis txhaj tag nrho 3 koob tshuaj tivthaiv rau li kev poom zoo.
 - Cov lus tswj hum cob qhia tseem tab tom tsim kho thiab muaj feem yuav hloov raws li kev tshawb nrhiav pom ntxiv. Nws yog ib qho tseemceeb heev kom sawvdaws mloog thiab kawm ntxiv txog tej ntsiab lug tshiab ntawm cov tshuaj tivthaiv no.
- Nco ntsoov tias, qhov tseemceeb tshaj plaws yog txhaj tshuaj tivthaiv sai li sai tau.

Qhovchaw Kuv Mus Txhajshuaj Tivthaiv Kabmob COVID Nyobtwg?

- Nug koj tus kws khomob chaw ua haujlwm.
- Nruamxyuas hauv rojhmab yeebyaj duab (Online):
 - [Myturn.ca.gov](https://myturn.ca.gov)
 - Tsoomfwv Nroog lub hauvpaus yeebyaj duab cov chaw tshajtawm (websites)
 - <https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-vaccine-information> (Hmong)
- Fu xovtooj rau MyTurn ntawm **1-833-422-4255** (muaj tus peslus pab)
- Xa koj tus zauvroog (zipcode) rau **438829**
- Tshawb kuaj xyuas nrog koj lub khw muag tshuaj thiab cov chaw khomob hauv koj zejzog.



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>

Qhov chaw twg thiaj mus txhaj tau cov tshuaj tivthaiv COVID?

- Ua ntej tshaj, hu rau koj tus kws khomob lub chaw ua hauj lwm khomob. Tej zaum lawv yuav muab tshuaj tivthaiv rau koj, lossis pab koj nrhiav qhov chaw txhaj tshuaj tivthaiv
- Koj tuaj yeem tshawb tau ntawm koj lub computer lossis xov tooj ntawm tes. Feem ntau cov chaw tshajntawm nruab ntug (website) muaj cov ntaub ntawv qhia txog yuav mus sau npe txhaj tshuaj tivthaiv li cas thiab yuav mus txhaj tshuaj qhov twg. Qee lub chaw tshajntawm nruab ntug (website) tuaj yeem muaj ntau hom lus thiab.
- Koj tseem tuaj yeem hu rau MyTurn: 1-833-422-4255 thiab thov kom ib tug neeg txhais lus pab tau koj.
- Xa koj tus zauvntawg (zipcode) rau 438829 (Nrhiav chaw tshaj tshuaj ze koj nyob teb chaws Meskas)
- CEEB TOOM: Tsoomfwv Nroog cov chaw tshajntawm nruab ntug (COUNTY websites):
 - 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>

Tej Lus Neeg Homkheev Nug Txog 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 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?

Lus nug txog tus kab mob COVID los ntawm ntau leej ntau tus

- Ziag no, cia peb los mus saib tej yam uas tib neeg muaj lus nug txog los sis muaj kev txhawj txog tus kab mob COVID. Thov nyeem cov lus nug no, you koj xav paub cov lus teb rau cov lus nug no ces nug kuv tau.

****REFER TO:** <https://covid-informed.org/hmn/resources/faqs>

1. Yus kuaj puas tau yus tus kheej seb yus puas muaj COVID tom tsev?
2. Kuv qhov kev kuaj hais tias kuv tsis muaj COVID, tiam sis kuv mloog kuv tus kheej zoo li kuv tsis xis neej. Yog vim li cas?
3. Yog vim li cas cov tib neeg uas haus luam yeeb muaj feem yuav tau tus kab mob COVID ntau dua li cov?
4. Yog kuv nqus/hnia tau cov pa ntawm ib tug twg uas haus luam yeeb kuv puas muaj feem kis tau COVID?
5. Peb yauv daws peb tej kev nyuaj siab ntxhov plawv li cas rau lub caij sib caiv no?

Yuav Nug Licas Txog COVID

10. Kuv muaj COVID. Ua kuv puas yuav kis COVID tamsim no? Kuv yuav uacas thiaj tsis mob yog txhawj txog COVID? Kuv xob txhawj txog COVID kom xob mob puas tau?

6. Kuv tseem tsis tau paub meej tseeb seb kuv puas xav mus txhaj tshuaj. Yog kuv caiv zoozoo kuv tus kheej xwb kuv puas yuav tiv thaiv tau tus kab mob no es tsis toob kaas kev txhaj tshuaj?

7. Tag nrho cov koob tshuaj tiv thaiv kab mob no puas ua hauj lwm hauv yus lub nrog cev tib yam?

8. Kuv txhajtshuaj tivthaiv lawm! Ua kuv tsis hnav daim npog qhovncauj puas tau?

9. Kuv txhajtshuaj tivthaiv! Ua kuv puas txhajtshuaj tivthaiv COVID?

**LHW – refer to 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?

REFER TO: <https://covid-informed.org/hmn/resources/faqs>

- 6. Kuv tseem tsis tau paub meej tseeb seb kuv puas xav mus txhaj tshuaj. Yog kuv caiv zoo zoo kuv tus kheej xwb kuv puas yuav tiv thaiv tau tus kab mob no es tsis toob kaas kev txhaj tshuaj?
- 7. Tag nrho cov koob tshuaj tiv thaiv kab mob no puas ua hauj lwm hauv yus lub nrog cev tib yam?
- 8. Kuv twb txhaj tshuaj tiv thaiv kab mob tag lawm, kuv puas tseem tau looj daim ntaub npog ntsej muag?

9. Kuv twb txhaj tshuaj tiv thaiv kab mob tag lawm, kuv puas tseem tau mus kuaj seb kuv puas muaj tus kab mob COVID?
10. Kuv twb kis tau kab mob COVID tag lawm. Puas txhais tau tias kuv yuav tsis mob COVID ntxiv lawm? Puas tsim nyog kuv txhawj tsam kuv rov qab kis tus kab mob no dua?

Koj Nojnyob Licas los, Ua 5 Yam Kom Nyob Nyabxebb Thaum Muaj Kabmob Thoob Nriajteb



- Regardless of your health, the following five simple actions can help you stay healthy during the pandemic
- Let's discuss
- Txawm koj tus kheej lub nrog cev nyob nyab xeeb thiab tsis nyob los, muaj tsib yam uas koj yeej ua tau rau lub caij sib caiv tam sim no uas yuav los pab kom koj noj qab haus huv.
- Los peb mus tham ntxiv

Ua Nqe 1: Nrog Koj Tsevneeg & Phoojywg Sibtham



- Qhia txog kabmob COVID sibkis thoob ntiatseb 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

- 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

Nqe 1: Sibtham nrog koj tsev neeg thiab phoojywg

- Qhia koj tsev neeg txog tus kabmob covid no thiab kev ua raug tau rau koj tsev neeg
- Tham txog kev mus kuaj mob thiab txhajtshuaj tivthaiv COVID.
- Koj kuj tham tau txog kev yuav npaj mus kuaj mob los sis mus txhajtshuaj thiab
- 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

- 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

Yam ua tau thib 2: Nyeem los sis mloog cov xov xwm tshiab txog COVID

- Mus nrhiav seb puas muaj xov xem tseeb tshiab txog:
 - Tus kab mob COVID thiab lwm hom kab mob us COVID txia mus ua
 - Kev tiv thaiv thiab caiv kom noj qab nyob zoo
 - Kev qhia txog kev mus kuaj kab mob thiab kev mus txhaj koob tshuaj tiv thaiv
 - Chaw mus kuaj thiab mus txhaj tshuaj tiv thaiv uas nyob ze koj
 - Yog koj los sis ib tug neeg hauv koj tsev neeg haus luam yeeb, thov kom koj paub hais tias kev haum luam yeeb no yuav ua koj muaj feem mob hnyav yog koj kis tau COVID

Ua Nqe 3: Nrog Koj Tus Kws Khomob Sibtham

- Txog yam koj txhawj yog tau COVID, kuaj tus kabmob & txhajshuaj tivthaiv
- Nug seb nws puas hais kom mus kuaj & txhajshuaj 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 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

Yam ua tau thib 3: Nrog koj tus kws kho mob tham

- Yog koj muaj lus nug dab tsi ntxiv, koj nrog tau koj tus kws kho mob tham txog koj tej kev nyuaj siab txog COVID, kev mus kuaj kab mob thiab kev mus txhaj koob tshuaj tiv thaiv kab mob.
- Koj tuaj yeem nug tau koj tus kws kho mob seb nws xav li cas txog kev mus kuaj thiab kev txhaj tshuaj tiv thaiv kab mob
- Koj tuaj yeem nug tau koj tus kws kho mob txog lwm yam kev uas txaus txhawj los ntawm tus kab mob coronavirus, xws li kev haum luam yeeb los sis lwm yam kev mob

- Yog koj los sis koj tsev neeg haus luam yeeb los sis luam yeeb fais fab, thov nrhiav kev pab kom koj tsum tau. Txhob hnov qab, kws kho mob yeej yuav kuaj tau seb yus puas muaj mob los ntawm kev haus luam yeeb.

Ua Nqe 4: Sojntsuam Koj Tuskheej



Xavnug Tuskheej:

- Ua kuv puas paub zoo txog kev kuaj & txhajshuaj tivthaiv COVID?
- Ua kuv puas paub kev zoo & kev phomsij txog kuaj & txhajshuaj 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 & txhajshuaj tivthaiv?

Action item 4: Check-in with yourself

- 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?

Yam ua tau thib plaub: Xwv xam seb koj puas paub txog txhua yam koj yuav tsum tau paub

- Nug koj tus kheej
 - Puas muaj kev qhia txaus rau kuv los kawm txog tus kab mob coronavirus, kev kuaj kab mob thiab kev txhaj tshuaj tiv thaiv?
 - Kuv puas nkag siab meej meej txog tej kev zoo thiab kev txaus txhawj ntawm kev mus kuaj kab mob thiab kev mus txhaj tshuaj tiv thaiv kab mob?
 - Kuv puas paub seb kuv yuav tsum ua li cas kuv thiaj li tiv thaiv tau kuv tus kheej thiab kuv tsev neeg?
 - Kuv puas muaj kev pab thiab kev txhawb kom kuv mus txais tau kev kuaj kab mob thiab kev txhaj tshuaj tiv thaiv?

Ua Nqe 5: Uakiag

Do what you can to protect yourself, your family, and friends!



- 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, fu xotooj mus rau 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

Yam ua tau thib 5: Nqis tes ua

- Mob siab ua txhua yam kom los tiv thaiv tau koj tus kheej. koj tsev neeg, thiab koj tej phooj ywg kom zoo li zoo tau!
- Teem caij mus kuaj kab mob los sis muaj txhaj tshuaj tiv thaiv kab mob
- Ua raws li kev cai tiv thaiv koj tus kheej, xws li looj daim ntaub npog ntsej muag, ntxuav tes, nyob nrug kom deb tib neeg
- Nrhiav kev pab los ntawm koj tsev neeg thiab koj tej phooj tej ywg
- Yog koj los sis ib tug neeg hauv koj tsev neeg haus luam yeeb los sis luam yeeb fais fab, thov siv sij hawm los mus txiav koj tau txoj kev no los sis hu tau rau the Asian Smokers' Quitline

Npaj Txheejtxheem Kev Nyabxeb Kom Paubmeej Kev Nojnyob Nyabxeb

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 Tuskeej

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

Txoj Kev Noj Qab 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 fu nrog koj tham li iblub limtiam tomntej no ntxiv txog koj yam kev npaj kom nyob nyabxeeb.



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

Nco tsoov: Txoj kev noj qab 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 fu nrog koj tham li iblub limtiam tomntej no ntxiv txog koj yam kev npaj kom nyob nyabxeeb.

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1. Mus kuaj kab mob COVID hauv tsev puas tau?

- Tau. Nws muaj cov kuaj tau tus kab mob uas koj siv tau rau nram tsev yog hais tias koj tau daim ntawv mus nqa los sis mus yuav.
- Muaj kev kuaj xws li PCR thiab antigen.
- Kev kuaj PCR kuaj tau zoo dua tam sis nws kim dua thiab siv sij hawm ntev dua (1 mus rau 3 hnuv) mam li paub seb koj puas mob. Tus nqis rau kev kuaj PCR kim mus txog li \$100 thiab tej zaum koj lub insurance pab them los sis nom tswv kuj muaj nyiaj pab them. Thaum koj kuaj tag gee zaum lawv xav kom koj muab xa mus rau qhov chaw tshawb fawb.
- Kev kuaj Antigen pheej yig dua thiab ceev dua tiam sis kuaj tau tsis zoo heev. Tus nqis rau qhov kev kuaj no yog \$25 mus rau \$40 ntawm tsev muab tshuaj lo sis mus yuav hauv online.
- Yog yuav nres txoj kev kis kab mob COVID-19, kev mus kuaj mob yog ib lub luag hauj lwm tseem ceeb.

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- 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. Kev kuaj qhia hais tias kuv tsis muab kab mob COVID (negative), tias sis kuv hnov mob. Yog vim li cas?

- Txawm hais tias koj tau kuaj tag tsis muaj COVID, ib txhia neeg muaj lwm yam mob xws li tau txais tus kab mob khaub thuas (flu or cold) thiaj li ua rau lawv tseem hnov mob.
- Tab sis xyuam xim vim tej zaum kev kuaj yuam kev los kuj muaj: Qhov kuaj mob hais tias koj tsis muaj COVID, tab sis koj yeej kis tau tus kab mob COVID lawm.
- Nug koj tus kws kho mob seb koj puas yuav tau rov mus kuaj dua yog hais tias koj tseem mob.
- Rau siab xyau cov kev cai caiv kom nyob nyab xeem txawm hais thias koj muaj los sis tsis muaj tus kab mob thiaj li tsis ua rau tus kab mob COVID mus kis tau rau lwm tus tib neeg: Yuav tsum ntxuav tes tas li, siv ntaub npog ntsej muag, thiab nyob tsev deb ntawm lwm tus neeg yog hais tias koj tseem hnov mob.

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- 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. Vim li cas tib neeg uas siv luam yeeb muaj feem kis tus kab mob COVID ntau dua?

- Tus neeg uas haus luam yeeb yuav ntsib teeb meem loj dua thiab yuav muaj feem nruam sim ntau dua yog lawv kis tau tus kab mob COVID. Kev haus luam yeej rhuav tshem tau lub ntsws thiab ua rau lub cev tsis muaj zog los mus tawm tsam tus kab mob.
- Kev siv luam yeeb fais fab rhuav tshem tau lub ntsws thiab lub cev tib yam thiab. Cov kua ntawm cov luam yeeb fais fab muaj tshuaj phem, hlau, thiab tej yam khoom uas qhov muag tsis pom. Cov luam yeeb fais fab tsis zoo thiab muaj kev phom sij rau tib neeg.
- Kev haus luam yeeb thiab luam yeeb fais fab yuav nyuab rau ib tug twg los mus raws kev caiv thiab kev ceev faj ntawm kab mob xws li kev siv ntaub npog ntsej muag. Kev haus luam yeeb fais fab muaj kev siv tes los kov ntsej muag thiab qhov ncauj tas mus li. Yog li ntawv, yuav tau tsum txiav txoj kev siv los sis haus luam yeeb thib luam yeeb fais fab.

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- 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. Tib neeg puas yuav kis tau tus kab mob COVID los ntawm kev nyob ze cov neeg haus luam yeeb?

- Kws tshawb fawb tau ceeb toom hais tias cov tib neeg uas nyob ze cov neeg haus luam yeeb, tshwj xeeb, cov menyuam yaus, yuav muaj feem mob hnyav dua yog hais tias lawm kis tau tus kab mob COVID.
- Txawm hais tias kev tshawb fawb txog kev kis kab mob COVID los ntawm kev nyob ze rau ntawm cov neeg haus luam yeeb tsis tau paub tseeb, peb paub tau hais tias nws tuaj yeem ua rau kom lub nrog cev tsis muaj zog, ua mob rau lub caj pas, thiab ua rau kom kev ua pa nyuaj thiab muaj kab mob rau lub plawv – tag nrho muaj feem ua kom koj tus mob loj zuj zus nrog rau kev mob los ntawm tus kab mob COVID.
- Tiv thaiv koj tsev neeg, tej phooj ywg, thiab tej menyuam – Tsis txhob haus luam yeeb los sis cov luam yeeb fais fab (Vape) ze rau lawm.
- Siv lub hwj tsam los mus txiav txoj kev haus luam yeeb los yog luam yeeb fais fab! Yog hais tias koj nyob nrog ib leej neeg haus luam yeeb los sis luam yeeb fais fab, pab kom lawm txiav tau.

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- 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. Peb yuav ua li cas thiaj li yuav daws tau txoj kev ntxhov siab rau thaum lub caij muaj kab mob no?

- Peb paub zoo thiab nkag siab tias koj yuav muaj kev txhawj xeeb rau lub caij no. Tiam sis, nco qab ntsoov tias koj yuav tsum saib xyuas koj tus kheej ua ntej. Thaum koj saib xyuas tau koj tus kheej lawm, koj yuav muaj feem pab tau cov neeg koj hlub.
- Saib xyuas koj lub nrog cev. Noj zaub mov kom zoo rau ib ce. Mus dhia los sis mus taug kev. Teem sij hawm mus pw txhua txhua hnuab thiab yuav tsum ua raws li.
- Yuav tsum nrhiav kev so hlwb los ntawm kev saib, nyeem, lossis mloog xov xwm nrog rau kev mus koom kev sib nug moo thiab sib tham los ntawm kev nyob nruab ntug (social media).
- Txhob siv dej caws, luam yeej, los sis lwm yam los mus pab tswj kev ntxhov siab. Nrog koj tus kws kho mob tham yog hais tias koj xav tau kev pab los mus txwv kev siv luam yeej los yog siv uas huaj sim.
- Tsis txhob cia lus paj lus cua los mus raug rau koj txoj kev noi qab haus huv. Ntawm no yog ib co kev los mus nrhiav kom paub tseeb txog tej lus paj lus cua:
 - Koj yuav tsum ceev faj txog teb yam koj pom los saib rau sau internet. Feem ntau, tib neeg tham txog tej yam uas tsis muaj tseeb thiab yog cuav.
 - Koj yuav tsum mus tshawb seb cov xov xwm puas yuav tseeb tiag. Cov websites xws li CDC.gov thiab WHO.int yuav muaj cov ntaub ntawv uas thiaj li yog tseeb txog tus kab mob COVID.
- Nug txog koj cov phooj ywq thiab tej txheeb tej ze moo. Kev nug moo thiab kev tham txog kev nyuaj siab rau cov neeg yus hlub yog ib yam uas tseem ceeb heev. Lawv kev nyob deb tsuas deb li lub xov tooj hu xwb.
- Nrog koj tus kws kho mob tham txog tej yam uas koj txhawj txog, nrog rau koj tej kev nyuaj siab ntxhov plawv.

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5. How can we cope with the 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. Kuv tseem tsis tau paub meej tseeb seb kuv puas xav mus txhaj tshuaj. Yog kuv ceev faj kom cov kab mob dhau tag es tsis txhaj tshuaj tiv thaiv puas tau?

- Tsis tau. Kev “ceev faj” tsis tuaj yeem tiv thaiv leej twg los ntawm kev tau txais kab mob COVID.
- Mus txhaj tshuaj tiv thaiv kab mob yog qhov uas yuav pab tau koj tus kheej kom tsis txhob mob hnyav los ntawm COVID.
- Muaj ntau hom kab mob COVID, cov neeg uas tsis tau nkaug tshuaj yuav muaj feem kis tau kab mob COVID thiab ntsib kev nruam sim.
- Nrog koj tus kws kho mob tham txog koj cov kev txhawj xeeb.
- Yog koj mus nkaug tshuaj ntsov, koj yuav ntsov pab tiv thaiv koj tus kheej thiab koj tsev neeg sai.

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- 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. Tag nrho cov tshuaj txhaj tiv thaiv kab mob puav pab tau sib npaug?

- Tag nrho cov tshuaj uas lawv tso cai pab tau thiab tiv thaiv tau rau cov tib neeg ua nkaug tshuaj puv.
- Txij thaum lub 6 hli, xyoo 2021, muaj peb lub tuam txhab tau kev tso cai los ntawm FDA los siv tau haum teb chaws Meskas: Pfizer, Moderna, thiab Johnson & Johnson.
- Ib co tshuaj nkaug yuav siv ob koob, uas yuav tau tos li 3 mus rau 4 lub aas thiv, kuj muaj ib co ua yuav hno ib koob xwb. Nws tseem ceev heev uas yuav tau ua raws li cov kev txheej txheem kom tiv thaiv tau siab tshaj plawv, yog li thov xyuas kom koj lub sijhawm teem tseg.
- Tag nrho cov tshuaj nkaug yeej tiv thaiv tau zoo thiab pab kom tsis txob mob hnyav los ntawm COVID.

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- 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. Kuv tau txhaj tshuaj los mus tiv thaiv COVID! Kuv puas yuav tau siv ntaub npog qov ncauj?

- CDC tseem xav kom cov neeg nkaug tshuaj tag siv ntaub npog qhov ncauj thaum nyob cov chaw uas muaj feem kis tau kab mob siab. Tseem muaj tej co chaw ua xav kom txhua tus neeg tseem siv ntaub npog qov ncauj, xws li chaw caij npav, tsev kawm ntawv, thiab chaw kho mob tsis hais txog koj txaj tshuaj li cas.
- Kev txhaj tsuaj tiv thaiv kab mob no yuav siv sij hawm ntev li ob peb lub lim tiam koj lub cev thiaj li mam tsim tau kev tiv thaiv. Lub sij hawm ntawv koj tseem muaj feem kis tau kab mob. Txuas ntxiv, kev tshawb fawb qhia hais tias tib neeg uas nkaug tshuaj tag tseem kis tau tub kab mob COVID rau lwm tus. Yog li ntawd, peb xav kom:
 - Tseem siv ntaub npog qhov ncauj txuas ntxiv, tshwj xeeb tshaj yog koj nrog lwm tus uas tseem nkaug tshuaj tsis tau tag.
 - Ntxuav koj txhais tes tas mus li, tsis txhob kov koj lub ntsej muag, thiab txwv kev mus rau tej chaws uas muaj cov neeg uas tsis nyob nrog koj.
 - Tsis txhob hnov qab mus kuaj yog thias koj mob.
- Siv ntaub npog qov ncauj yog ib qho kev uas pab tau lwm tus thiab pab tau koj tus kheej zoo tshaj.

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- 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.

9. Kuv txhaj tshuaj tiv thaiv kab mob COVID! Kuv puas yuav tau mus kuaj kab mob COVID?

- Yeej tseem tau mus, yog hais tias koj tau nyob ze nrog ib leej neeg muaj tus kab mob COVID thiab koj muaj tus yam ntxwv li mob COVID, koj yuav tsum mus kuaj thiab nyob hauv tsev. Koj qhov chaw ua hauj lwm los sis tsev kawm ntawv kuj yuav toob kaas kom koj mus kuaj ntxiv los kuj muaj.
- Ua raws li cov lus qhia.
- Koob tshuaj tiv thaiv tus kab mob COVID yuav muaj pab los txhawb yus lub cev kom yus txhob mob hanyav los sis ntsib kev nruam sim los ntawm tus kab mob COVID.
- Yuav tsum muaj kev tshawb fawb txog tus kab mob no ntxiv peb thiaj li yuav paub txog seb koob tshuaj tiv thaiv kab mob yuav pab tiv thaiv tib neeg ntev npaum li cas.
- Nrog koj tus kws kho mob tham yog koj muaj lus nug txog kev kuaj mob tom qab koj nkaug tshuaj tiv thaiv tag.
- Kev mus kuaj mob yuav pab peb tshawb fawb tau seb peb puas muaj tus mob COVID thiaj li yuav ua tau rau koj pab koj tus kheej thiab cov neeg uas koj hlub.

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- 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. Kuv muaj COVID. Ua kuv puas yuav kis COVID tamsim no? Kuv yuav uacas thiaj tsis mob yog txhawj txog COVID? Kuv xob txhawj txog COVID kom xob mob puas tau?

- Peb zoo siab tias koj tau zoo los ntawm tus kab mob COVID! Tiam sis, kev tiv thaiv los ntawm kev kis yuav tsis kav ntev, thiab koj tuaj yeem rov kis tau kab mob COVID ib zaug ntxiv.
- Yog vim li ntawm, nws tseem ceeb los mus siv cov kev qhia txog kev tiv thaiv xws li ntxuav tes tas mus li, looj hnab npog qhov ncauj, thiab nyob tsev kom deb lwm tus neeg thaum muaj cov tsos mob thiaj li yuav tiv thaiv kom txhob kis ntxiv.
- Yog hais tias koj rov hnov mob dua, koj yuav tsum rov mus kuaj.
- Nws tseem ceeb los mus siv cov kev qhia txog kev tiv thaiv.
- Kev txhaj tshuaj thiaj li yuav yog txoj hau kev uas los pab tiv thiab tus kab mob COVID.

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- 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.