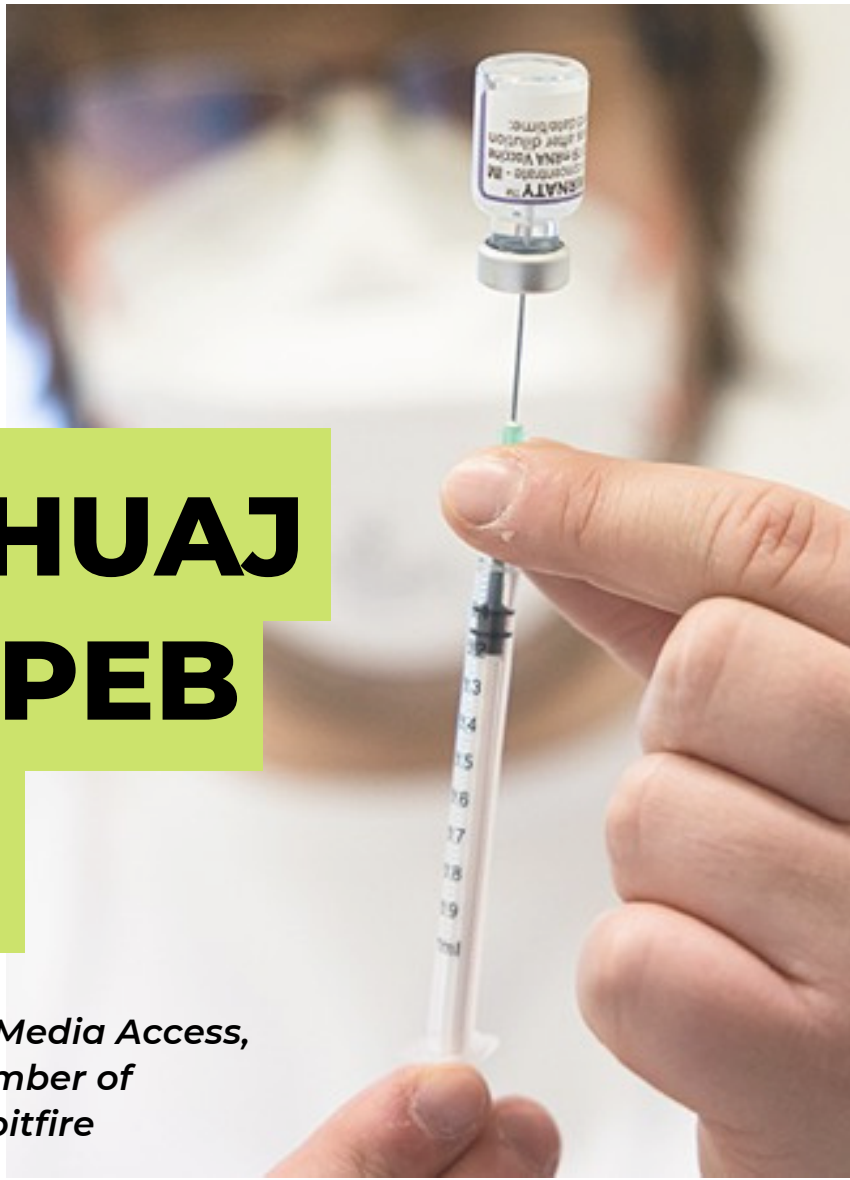




PROJECT HEALINGS' COVID-19 Series

Article #2



NKAUG TSHUAJ TIV THAIV PEB TSEVNEEG

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Chinese American Chamber of
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Cov neeg Asian American thiab Pacific Islander (AAPI) cov pejxeem nyob haum Minnesota tau ntsib kev ntxhos saib txog kuv noj qab haus huv. Cov neeg Asian muaj 5% nyob rau hauv Minnesota tiam sis muaj 8% yog cov raug Covid Pw hauv tsev kho mob .[1] uas mob loj rau hauv tsev kho mob. Txij thaum lub 4 hlis xyoo 2022, muaj coob tshaj 63,900 tus neeg Asian tau tus mob Covid nyob rau hauv Minnesota, thiab muaj coob tshaj 470 tus tau tuag rau tus kab mob no raws li hauv Minnesota Department of Health.[2]

Muaj ntau zaus peb tham txog cov neeg Asian American Pacific Islander cov pej xeem, tiam sis kuj muaj ntau hom pejxeem ntawm cov pab pog neeg Asian thiab Pacific Islander nyob rau hauv MN. Ntawm Coalition of Asian American Leaders tau nthuav tawm hais tias tus kab mob Covid yog tus mob Ua raug neeg tuag coob tshaj[1] rau ntawm cov neeg Hmong, karen thiab Karenni Minnesotans nyob rau xyoo 2020. 29% ntawm cov Hmong, Karen, thiab Karenni tuaj nyob rau Minnesota yog cov pejxeem Minnesotans tau tuag los ntawv COVID yog Hmong. Qhov no qhia tau hais tias kev pab cuam rau kev noj qab hauv huv (health program) nws pab tsis tau cov neeg AAPI cov pejxeem.



Photo Courtesy: Asian Mall

Cov Neeg Asian kev ntseeg txog kev noj qab haws huv

Cov neeg Asian muaj kev ntseeg txog kab lim kev cai thiab muaj kev ntseeg yuav los tiv thaiv kab mob xws li tus COVID. Piv txwv li, nyob rau ntawm cov neeg Asian txoj kev ntseeg, lawv muab pejxeem thiab tsev neeg saib tseem ceeb tshaj. Qhov no thiaj ua rau qhov kev ntseeg txog qhov kev nyob sib nrug thiab looj lub npog qhov ncauj qhov ntswg. Qhov no pab tau kom tus kab mob COVID tsis txob sib kis ntau. Kev ntseeg txog kev noj qab haus huv thiab siv tshuaj yog ib yam twb tau siv ntev ntev ntawm keeb kom los lawm. Pivtxwv, cov neeg tau siv, yeej paub tias nkaug koob cua thiab siv ntshuaj twb tau siv ntev xws li 4,000 xyoo los lawm.

Cov neeg Asian cov tshuaj sib txhaws ntxawm kev siv nyob teb chaw no los kho tej yog kab mob thiab tsos mob. Asian kev siv tshuaj txhawb tag nrog lub cev thiab npaj lub cev kom nyob nyab xeeb rau tej chaw lawv nyob. Qhov no txhais tau hais tias yuav tau noj, pw kom zoo, ua exercise mus raw lub cov caij nyoog.

Siv tshuaj ntsuab yog ib yam muaj nuj nqis rau cov neeg Asian txog kev siv tshuaj. Pivtxwv, tshuaj ntsuab yog yam ua ntej tshaj ntawm kev xaiv los kho mob. Siv tshuaj ntsuab yog ib yam cov neeg AAPI xaiv los pab lub cev kom muaj zog es tsis xum nkaug tshuaj.

Tshuaj ntsuab yog ib yam muaj pab tau kev noj qab nyob zoo rau lub sij hawm kom mus ntev yav tom ntej, tiam sis COVID yog ib yam phom sij sai. Yuav tau ceev faj thiaj noj qab nyob zoo, thiab kev nkaug tshuaj yuav pab tau.

Ange Hwang, yog ib tug pejxeem Minnesota thiab tus Executive Director ntawm Asian Media Access[3], nthuav tawm “Tsaib no yog thauj zaug kuv nkaug koob tshuaj tiv thiv flu thiab koob tshuaj COVID-19. Kuv yeej ntseeg tias yuav tsis muaj kev phom sij tseem tias kuv raug cov mob flu, so ob peb hnub xwb ces twb rov zoo lawm. Tiam sis kev sib kis ntawm tus kab mob Covid-19 ceev heev thiab mob heev ua rau kuv thiaj tau nkaug koob tshuaj tiv thaiv sai li sai kom los tiv thaiv kuv tus kheej thiab kuv tsev neeg.

Dhau los ntawm kev ib txwm ua lo lawm, kev nkaug tshuaj pab koj lub cev kom muaj kev tiv thaiv xws li thaum raug tus kab mob COVID. Kev nkaug tshuaj cob koj lub cev kom los thaiv tus kab mob COVID thiab npaj kev tiv thaiv. Mus nkaug tshuaj kuj muaj kev txhawj xeeb tsam ho tsis haum yus lub cev. Tiam sis kev nkaug tshuaj tiv thaiv yuav pab kom sawv daws nyob zoo.



Saib xyuas menyuam yaus

COVID yog ib yam phom sij heev rau cov menyuam yaus thiab muaj feem yuav ua kev muaj mob ntev. Txij thaum lub 8 hli, tim 2021, ½ ntawm cov mob COVID yog cov menyuam yaus. Cov menyuam yaus tau mus hauv tsev kho mob coob zuzjus vim tus kab mob no. Kev nkaug tshuaj yuav pab cov menyuam yaus. Koob tshuaj Pfizeryuav tsis muaj kev phom sij thiab muab siv tau rau cov menyuam muaj 5 xyoos mus rau sauv. Muaj ob haum, rau cov menyuam 5-11 xyoo thiab cov 12-17 xyoo.

Muaj cov niamtxiv Asian txhawj xeeb heev txog kev xav tshuaj hais tias puas muaj kev phom sij rau cov menyuam yaus thiab yog vim li cas kev nkaug tshuaj ho mus raw hnuv nyoog, tsis mus rau kev siab los nyhav, Siab los nyhav yog ib qho tseem ceeb rau lub sij hawm seb yuav muab tshuaj ntau los tsawg (xws li Tylonol), tshuaj ua hauj lwm txaws, nws mus tov nrog cov ntshav. Tiam sis kev xav tshuaj tsis zoo li ntawv vim tias nkaug tshuaj tsis muaj yeeb tshuaj tov.

Kev nkaug ntshuaj pab kom lub cev muaj zov tuaj. Yog li no qhov tseem ceeb seb tus menyuam lub ces yuav txastis sai npaum li cas. Qhov no, nyob ntawv kev lojhlob los ntawm tus menyuam lub cev. Kev lojhlob nyob ntawm hnuv nyoog, tsis yog loj los me. Vim li no koob tshuaj no thiaj siv raws hnuv nyoog. Kev lojhlob puberty pib thaum 12 xyoos. Lub sij no yog lub sij hawm cov menyuam lub cev muaj kev hloos txawv ntau yam. Yog vim li no, thaum muaj 12 xyoos, thiaj yog lub sij hawm siv los cais ntawv kev nkaug ob koob tshuaj.

DID YOU KNOW?

COVID yog ib yam phom sij heev rau cov menyuam yaus thiab muaj feem yuav ua kev muaj mob ntev. Txij thaum lub 8 hli, tim 2021, ½ ntawm cov mob COVID yog cov menyuam yaus.

Muaj kev ntsuam rau 300 tus menyuam yaus txog kev nkaug tshuaj rau tag nrho cov haiv neeg, 90 tus menyuam Asian.[4] Kev ntsaum xyuas taus pom zoo, vim tsis pom muaj tej yam teeb meem tsam ho muaj kev phom sij rau cov menyuam yaus. Yuav tau nkaug tshuaj kom tias hlo (2-3 Koob) yog ib qhov tseem ceeb kom lub cev muaj zog. Cov menyuam muaj 5-11 xyoo kev nkaug tshuaj tseem qis heev. Nyob rau lub 4 hlis in 27, xyoo 2022, Minnesota Department of Health tau nthuav tawm tias muaj 42 % feem pua, cov menyuam yaus tau nkaug koob tshuaj COVID, thiab tsuas muaj 38% feem pua, tau nkaug tag nrho cov tshuaj tiav lawm.[5]

Kev Nyab Xeem ntawm Pejxeem

Kev nyob nyab xeem yog ntawm tus kheej, tsevneeg, pejxeem yuav tau los sib koom. Thaum cov neeg coob los nkaug tshuaj, yuav ua rau tus kab mob tsis txob los sib kis yoj yim. Yog li no, nkaug tshuaj yog ib yam kom pejxeem sawv daws noj qab nyob zoo, nrog rau tus kheej. Los sib koom ua ke, sib ntxhawb sib pab yog ib qho tseem ceeb. Feem ntau raug cov laus thiab cov neeg muaj tej yam mob lawm. Mus nkaug tshuaj yog ib qhov pab koj thiab koj tsev neeg nrog rau pejxeem kev noj qab hauv huv.

Yuav muaj cov kws kho mob thiab cov kws pab uas yuav paub los teb koj tej lus nug thiab kev txhawj xeeb. Yog li no, yim meem nug thiab tham nrog rau koj tsev neeg thiab tej phooj ywj txog qhov uas lawv twb paub lawm txog kev mus nkaug tshuaj tivthaiv. Qhov no, nws thiaj li yuav pab koj txiav txim siab seb koob tshuaj nkaug tivthaiv no puas yuav pab tau koj thiab koj tsevneeg. Xav paub ntxiv, mus saib projecthealings.info.



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