



PROJECT HEALINGS' COVID-19 Series

Qodobka #2

TALLAALADA WAXAY BADBADIYAAN QOYSASKEENNA

*oo si wadajir ah isaga kaashaday
Asian Media Access, Rugta
Ganacsiga Shiinaha Mareykanka -
MN iyo Spitfire.*



Bulshooyinka Aasiya ee Maraykanka iyo Pacific Islander (AAPI) ee minnesota ayaa waxaa soo wajahay caqabado caafimaad xumo oo sii kordhaya oo ka imanaya COVID-19. Dadka Aasiya ayaa ah 5% dadka Minnesota laakiin 8% kiisaska isbitaalada COVID-19. [1] Laga soo bilaabo Abril 2022, in ka badan 63,900 oo Aasiyaan ah ayaa COVID-19 qaaday Minnesota oo keliya, in ka badan 470-na way u dhinteen, sida laga soo xigtay waaxda caafimaadka ee Gobolka Minnesota. [2]

Badanaa waxaan ka hadalnaa bulsho Asian American iyo Pacific Islanderka ah, laakiin waxaa jira bulshooyin badan oo kala duwan oo leh dhaqanka Asian iyo Pacific Islanderka oo ku nool Minnesota. Isbahaysiga Asian Amerikanka Hogaamiyayaashooda ayaa sheegaya in COVIDku ahaa sababta ugu weyn ee dhimashada Hmong, Karen, iyo Karenni Minnesotans ee 2020. [1] 29% Hmong, Karen, iyo Karenni ayaa u dhimatay COVID-19 gobolka Minnesota, marka la barbar dhigo boqolkiiba 11% ee dhimashada dadka caddaanka ah ee Minnesota. Guud ahaan, kala bar dadka reer Minnesota ee u dhintay COVID ayaa ahaa Hmong. Tani waxay muujinaysaa in barnaamijyada caafimaadka bulshada aysan taageerin oo aanay gaaraan bulshooyin kala duwan ee AAPI ah.



Dhaqanka Asianka ayaa aaminsan Caafimaad wanaaga.

Bulshooyinka Asianka ayaa Aaminsan ka badbaadinta bulshada fayraska sida COVIDka. Dhaqamo badan oo ka mid ah dhaqamada Aasiyaanka ayaa leh caadooyin iyo caqiido ka caawiya inay bulshada ka difaacaan fayrasyada sida COVID- ka. Tusaale ahaan, dhaqamo badan oo Asian ah ayaa bulshada iyo qoyskaba ugu hormariyey. Tani waxay dhiirrigelisay kala fogaanshaha bulshada iyo in la xирто maaskarada afka l агу xирто. Ficiladaas waxay caawiyaan joojinta faafitaanka COVID. Falsafadaha Asia ee caafimaadka iyo daawadu waxay leeyihiin taariikh dheer oo si fiican loo tijaabiyay. Tusaale ahaan, dadka bartay isticmaalka waxay horumarinayeen Iisticmaalka iyo hagaajinta acupuncture in ka badan 4,000 oo sano.

Daawada Asia waxay ka duwantahay habka reer galbeedka ee diiradda lagu saarayo daawaynta cuduro gaar ah iyo calaamadah. Dhaqamada caafimaad ee Asia waxay inta badan taageeraan fayoqabka jirka oo dhan waxayna isku dayaan inuu jirku helo dheellitirka bay'ada. Taas macnaheedu waxa weeye cunid iyo hurdo fiican, in la jimicsado, oo lala qabsado xilliga.

Iisticmaalka maaddooyinka dabiiiciga ah iyo habka loo hagaajiyo, inta badan daawooyinka Asianka. Tusaale ahaan dawooyinka geedka dabiiirta ayaa inta badan ah kuwa ugu horeeya ee loo doorto in lagu daweyyo. Doorashada daawada dabiiiciga ah waa sababta in badan oo bulshada AAPI u doortaan intii ay is Talaali lahaayeen. Daawooyinka dabiiiciga ah waxay u wanaagsan yihiin Fayoqabka guud laakiin COVIDka waa khatar degdeg ah, waxayna u baahantahay dadaal dheeraad ah si looga badbaado cudurka COVID-19.

Doorbididda xalalka dabiiiciga ah waa hal sabab oo dad badan oo ka mid ah dadka AAPI ay doortaan inay si dabiiici ah u dhisaan difaac dabiiici ah halkii ay is tallaali lahaayeen. Dawooyinka dabiiiciga ah waxay ku fiican yihiin fayo dhawr sano, laakiin COVID wuxuu keenay khatar daran oo degdeg ah. Waxaa loo baahan yahay dadaallo dheeraad ah si nabadgelyada loogu ilaaliyo, tallaalkuna wax weyn ayuu ka bedelayaa.

Ange Hwang, oo ku dhalatay Minnesota ahna Agaasimaha Fulinta ee Access Media Asia[3], ayaa la wadaagtay, "Sanadkii tegay waxay ahayd markii iigu horraysay oo aan qaado hindisaha sida loo helo tallaalka xilliga ah ee ka hortaga Influwensada ama (Fluga) iyo tallaalka COVID-19. Caadi ahaan waxaan dareemayaam ammaan xataa haddii aan qaado hargabka, laba maalmood oo nasasho ah, waan ka soo kaban lahaa. Laakiin xawaaraha faafitaanka COVID-19 iyo xanuunka aadka ah ee uu keeno ayaa igu qasabtay inaan is tallaalo ASAP si aniga iyo qoyskeygaba aan uga badbaadno.

" Ka fogow fikirka qaldan ee dadaku isla dhex marayo, Tallalku wuxuu taageeraa inuu Jirkaagu iska difaaco si la mid ah sida haddii uu ku dhacay COVID-19ka dhabta ah. Tallaaladu waxay jirkaaga u tababaraan la dagaalanka COVID si dabiiici ahna u difaaca jirka. Qaadashada Talaalka COVID waxay u keentaa jirkaada falcelin khatar ah. Laakiin tallaalladu waxay kuu oggolaanayaan in aad difaac ku dhisto si ammaan ah oo la iskugu qaddari karo.



Daryeelka Caruurta

Covid-19 wuxuu sidoo kale carruurta khatar weyn ugu noqon karaa wuxuuna keeni karaa dhibaato caafimaad oo waarta. Tan iyo Agoosto 2021, 1/5 kaysaska COVID waxay ahaayeen caruur. Caruur badan oo badan ayaa iyaguna isbitaalka tagaya fayraska dartiis. Tallaalada waxay caawiyaan in la ilaaliyo carruurta. Talaalka Pfizer waa mid ammaan ah waxaana diyaar u ah carruurta da'doodu tahay 5 sanno iyo wixii ka sareeya. Waxay ku timid laba qiyaasood oo loogu talagalay caruurta da'doodu u dhexayso 5-11 iyo 12-17.

Waalidiin badan oo Asian ah ayaa ka welwesan in tallaalkani yahay mid ammaan u ah caruurtooda yaryar iyo sababta ay tallaalku u yihiin da'da ee aan miisaanka lahayn. Culeysku waa muhiim marka la siinayo qaddarka saxda ah ee daawada (sida Tylenol). Daawooyinku waxay shaqeeyaan markii heer cayiman oo ay gaarsiiso marinka dhiiga. Lakiin tallaaladu si isku mid ah uma shaqeeyaan waayo tallaalku daawo kuma jiraan.

Tallaaladu waxay ku shaqeeyaan habka difaaca jirka. Markaa, qodobka ugu muhiimsani waa sida ugu dhakhsaha badan ee uu u falceliyo hab-dhisika difaaca jirka ee ilmaha. Tan waxay ku xiran tahay korriinka jidhka ilmaha. Horumarku wuxuu ku xiran yahay da'da, ma aha xajmiga ama miisaanka. Sidaas ayaa tallaalka lagula tacaalao oo lagu gaadhsiiyay da'da. Puberty waxay bilaabataa qiyaastii 12 sano. Waa marka ilmuuu uu ku dhaco isbeddelo badan oo hormoonnada iyo korriinka ah. Sidaas ayaa sababta loogu doortay 12 sanno inay jaraan labada tallaal ee kala duwan.

DID YOU KNOW?

Covid-19 wuxuu sidoo kale carruurta khatar weyn ugu noqon karaa wuxuuna keeni karaa dhibaato caafimaad oo waarta. Tan iyo Agoosto 2021, 1/5 kaysaska COVID waxay ahaayeen caruur.

Tallaalkan ayaa lagu tijaabiyay 3,100 carruur ah oo ka kala socday dhammaan jinsiyadahiisa, oo ay ku jiraan 90 carruur Asian ah. [4] Waxaa la ansixiyay sababtoo ah ma keeno wax arrimo ah oo halis ah oo ammaanka caruurta ah. In si buuxda loo tallaalo, (2-3 qadar) ayaa muhiim u ah in la joogteeyo difaac adag. Caruurta da'doodu u dhaxayso 5-11 ayaa si daran loo tallaalaa si ba'an loo tallaalay. Bishii Abriil 27, 2022. Waaxda Caafimaadka ee Minnesota ayaa sheegtay in 42% oo ka mid ah carruurta ku jira kooxdan da'daadu ay qaateen tallaalka COVID-19, boqolkiiba 38 kaliyana tallaalkooda oo dhami waa la tallaalay.

Ammaanka bulshada

Si looga hortago faafida cudurka waa mid qof, qoys, iyo dadaal bulsho ah. Marka dadka badan la tallaalo, way ku adkaataa in fayraska uu ku faafo. Sidaas darteed ayaa tallaalku ugu wanaagsan yahay bulshada sida caafimaadka shakhsiga ah. In bulshada oo dhan laga dhix abuuro difaac adag difaac ayaa muhiim u ah ilaalinta dadka waayeelka ah iyo dadka qaba dhibaatooyin kale oo caafimaad. Qaadashada talaalku waxay sharfaysaa mas'uuliyadaada ka saaran qoyska iyo caafimaadka bulshada. Dhakhaatiirta iyo kalkaliyayaasha caafimaadku waxay diyaar u yihiin in ay su'aalahaaga ka jawaabaan, welwelkaagana dejyaan. Sidaas awgeed, sii wad inaad su'aalo weydiiso oo aad kala hadashid xubnaha qoyska iyo asxaabtooda tallaalka iyo wixii khibrad ah. Taasi waxay kaa caawinaysaa inaad go'aan ka gaarto in talaaladu kuu wanaagsan yahay adiga iyo qoyskaagaba. Wixii faah faahin dheeraad ahna waxaad ka heleysaa <https://projecthealings.info/>



Reference

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