



**PROJECT HEALINGS
COVID-19 SERIES**

KEV NKAUG TSHUAJ UA KOM MUAJ KEV KAWM TXOG KEV NOJ QAB HAUSHUV



**Tsim los ntawm, Asian Media
Access, Chinese American Chamber
of Commerce – MN and Spitfire**



Raws li cov pejxeem hauv xeev MN twb tau raug tus kabmob COVID-19 thiab qhov uas sibkis nws los kuj muaj nce muaj nqis los tau li ob lub xyoos; tiam sis muaj ib yam uas nws tseem tsis tau hloov li: lub zejzov ntawm haiv neeg dub no kuj tau raug tus kab mob no ntau heev. Txij li thaum tus kabmob COVID-19 no los, cov pejxeem Dub uas nyob rau hauv lub xeev MN no tau tuag ob npaug ntawm cov dawb. [1] Tiamsis, txawm tsismuaj txoj kev vajhuam sibluag los, nws lub zejzov cov pejxeem yeej pom tias nws tseem muaj pab tau.

Tej Yam Ua rau Kev Nyuaj

Haivneeg Dub kuj raug lwm yam teebmeem ntxiv nrog rau tus kabmob COVID. Tus kabmob COVID no, nws ua rau tej teeb meem uas twb muaj tshwm sim kom hajyam loj zuzus, tsis muaj hauj lwm rau neeg ua, teeb meem rau fab kev nyiajtxiaj, thiab ua rau kom nyuaj rau txoj kev kom muaj vajhuam sibluag rau fab kev kawm txuj.

Tus xibfwb loj Donnel Braton hauv lub Victory Church kuj tau hais tawm txog cov pejxeem dub nyob rau hauv lub xeev Minnesota rau xyoo 2020, tsis yog tim tus kabmob COVID xwb, "nws kuj tau ntsib tej teeb meem uas muaj ua ntuvs los ntawm qhov teeb meem uas yawg George Floyd tau raug tua...txhua leej yeej tuaj sib koom ua tej yam dab tsi los sib pab, los ua haujlwm Tus kabmob COVID yeej yog ib qho teeb meem loj rau lub zejzov txoj kev noj qab nyob zoo vim nws los cuam tshuam rau tej pejxeem txoj kev yuav los daws tej teebmeem. Kev pab rau sab kev nojqab haushuv uas yog los pab nrhiav tej kev pab khomob rau haivneeg dub.

A R T I C L E

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Nrhiav lub Hwjchim lo pab txhimkho

Tus kabmob COVID no, nws tsis xaiv tias koj yog leej twg, txoj kev pab rau sab kev noj qab haus huv no yuav tau los txhim kho thiab tsim kom muaj kev vajhuam sibluag. Lub tebchaws no txoj kev pab rau sab kev noj qab haus huv no nws yeej ib txwm siv tus cag Tuskegee thiab yuav los ntsuas neeg zoo li Bratton niam. “Kuv niam yug thiab lojhllob nyob rau sab qabteb ze rau lub nroog Tuskegee. Nws tsis muaj daim ntawv pab kho mob txog rau thaum nws muaj tej mob; xwsli, polio, nyob ib lub sij hawm tej nom tswv cia li tuaj thiab hais rau txhua leej tias nej yuav tsum tau nkaug tshuaj tiv thaiv. Tiam sis feem ntau, tsis muaj leej twg tuaj nyobze thiab pab kho lawv tej mob rau lawv, ntau-ntau leej ntawm kuv niam lawv tiam ces tsuas tos tej church los mus pab, thov Vajtswv los mus ua lawv tej kev cawm siav. Tej kev ntseeg ntawv los yeej tseem ua lawv kev coj los txog rau niaj hnuv niam no.”

Bratton, nws yeej paub tias nws niam txoj kev ntsib tej teeb meem ntawv yeej nrog nraim nws los txog niaj hnuv nim no. Txoj kev hla teb hla chaw ua rau ntau-ntau haiv neeg dub tau ntsib tej teeb meem rau sab kev noj qab haus huv. Kom zam tau tej kev nyuaj siab no, Bratton tau muaj ib qho kev coj: “Kuv yuav tsis thaj tsoob rau tej teeb meem no, kuv muaj lub hwj chim los hla kom dhau tej teebmeem no.” Nws tau hais tias txawm peb yuav kho tsis tau tej teeb meem qub dhau los lawm, ib leeg twg muaj peev xwm xaiv nws txoj kev coj rau sab kev noj qab haushuv thiab tiv thaiv kom txhob muaj tej teebmeem no los raug rau nws rau ntawm sab kev noj qab haushuv thiab kev nyab xeeb, zoo ib yam li tus kabmob COVID uas tam sim no.

Txhawb rau fab kev Vajhuam Sibluag thiab kev tivthaiv rau lub neej tomntej

Kev nkaug tshuaj tiv thaiv kabmob nws yog ibyam uas yuav los pab rau ib leeg twg siv los pab kom nws noj qab nyob zoo. Xeev Minnesota lub Department of Health yeej twb tau pom lawm hais tias txoj kev kho mob kom tsim nyog los mus pab rau haiv neeg dub no yeej tseem muaj tsis tau cuag nua raws li keeb kwm. Yog li no, lub koos haum no yeej ua hauj lwm los mus nrhiav kom muaj tej tshuaj no los mus pab rau cov pejxeem kom muaj vaj huam sib luag sawv ua ib tug zoo qauv rau lub zejzoz los ua hauj lwm ua ke. [2]

Muaj ntau-ntau zaus, yeej twb tuaj teb ntaubntawv tau teev tseg tias yog thaum tus neeg uas nws tau txais cov tshuaj tivthaiv tus kabmob COVID no, txawm raug tus kabmob los yuav tsismuaj teebmeem loj losyog tag simneej tau. [3] Vim txoj kev zoo no, 60% ntawm cov haivneeg dub no thiaj li txiaivtxim siab los mus nkaug cov tshuaj tivthaiv no raw li lub May 18, 2022. [4]



Photo Courtesy: Hope Kirwan, WPR News

Tso hauj lwm tseg ib hnuv thiab mus ntsib rau ib lub chaw kho mob me, nws yeej tab-tab kaum kawg li, tiam sis txawm li cas los kev tsis xis neej ntawm kev nkaug tus tshuaj tom qab nkaug tag yeej yuav dhau mus li ib-ob hnuv xwb. Yog tsis nkaug muaj feem raug tus kabmob COVID – nws yog ib qho uas yuav nyuaj thiab yuav poob nyiaj xiaj ntau heev thiab tej zaum yuav muaj kev mob ntev rau yav tom ntej.

Yog thaum kis tus kabmob COVID lawm, nws yuav cheem tsis pub koj los yog tej neeg uas nyob ib ncig ntawm koj mus ua hauj lwm, los sis kawm ntawv li ntawm 5-hnuv. Muaj qee tus kabmob, nws yuav cuam tshuam koj kev noj qab haushuv – zoo ib yam li ua rau koj txog-txog siav thiab teeb tim tsis tau zoo – nws yuav kav tsheej hli los yog ntev tshaj ntawv kuj muaj. Txhua leej muaj peevxwm txiaiv txim tias yuav nkaug tshuaj tiv thaiv los yog xaiv txoj kev uas tsim nyog rau lawv.

Nws yuav siv tshaj txoj kev txawj ntse los mus pom tau tias yog vim licas haivneeg dub no thiaj li ntsib tej teeb meem txog sab kev noj qab haus huv no loj ua luaj. Xibfwb Bratton yog ibtug ntawm tus choj uas yuav los nrog pab txhim kho, tiam sis txoj kev txuas lus yuav tsum muaj ob txoj kev. Cov tuam tsev rau fab kev kho mob yuav tsum kam muab lawv tej ntaub ntawv uas teev tseg txog kev nkaug tshuaj tivthaiv kabmob no qhia suav daws, thiab lawv yuav tsum los mus nrog mloog thiab kawm txog haiv neeg dub no lawv tej kev uas tau ntsib dhau thiab lawv txoj kev xav tau. Tsim kom muaj txoj kev sib tham txog fab kev noj qab haus huv thiab kom muaj vajhuam sibluag rau sab kev khomob, nws yuav pab kom lub zejzoz no kom ruaj khov thiab lub neej tom ntej yuav tawg paj txi txiv.

Tej Cuabyeej thiab Txoj Kev Xaiv

Kev sib tham txog kev noj qab haus huv thiab kev nkaug tshuaj tiv thaiv kabmob, nws kuj tseem ceeb rau txoj kev tham nrog tej neeg txheebze thiab cov tsev neeg. Xibfwb Bratton kuj twb tau tham txog txoj kev noj qab haushuv nyob rau hauv nws lub tshawj vim tias qhov chaw nov yog ib qhov rau txhua leej tuaj sib koom uake.

"Cov Xibfwb Tshawj thiab coj rau sab ntshuj plig yog cov uas neeg tseem ceeb los mus nrog kev txuas ncauj lus thiab nrog coj lub zejzoz. Tiamsis, peb xav kom koj paub tias kev saib xyuas koj tus kheej thiab kev noj qab haushuv yog ib yam tseem ceeb npaum li koj sab rau sab ntshuj plig. Peb suav daws ntseeg Vajtswv tiam sis peb tsis tau pom nws. Peb ntsia tsis pom tus kabmob COVID, tiam sis tsis tau txhais tias nws tsis muaj. Yog peb siv tej mask, nws twb yeej pab kom peb lub zejzoz tsis txhob sib kis coob npaum li no, nyob sibnrug, thiab ua li peb ua tau los mus tivthaiv.

Xibfwb haistias, peb txhualeej yug los yeej muaj txoj kev xaiv, thiab txhawb rau txhua leej kom yuav tau siv lub hwjchim xaiv los nrog yus txiav txim siab rau yus kev noj qab haushuv. Nws yog txhuas leej lub luag hauj lwm yuav tau los nug los kawm txog tus kabmob COVID no thiaj zam tus kabmob no. Tivthaiv koj tus kheej, nws yuav pab kom koj noj qab nyob zoo koj thiaj li yuav mus koom tau pab pawg hauv tshawj, mus haujlwm, mus kawm ntawv tau thiab pab tau rau lwm tus tibneeg. Lub zejzoz cov kooshaum pab; xwsli, [Project HEALINGS](#) yog ib qhov chaws rau txhua leej los mus sib cuag sib tham thiab ua hauj lwm los mus pab rau sab kev noj qab haushuv kom muaj vajhuam sibluag txog ntawm tus kabmob COVID thiab rau lub neej tom ntej.



Testing remains important.
For Everyone. Vaccinated + Unvaccinated.

STAY SAFE MN

Reference

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