
TXAUS SIAB THIAB NOJ QHAB HAUV HUV. COV NEEG LGTBQIA+ COV PEJXEEM KEV TXHAWB RAU NTAWM TUS KABMOB COVID.



PROJECT HEALINGS COVID-19 SERIES - ARTICLE #5

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

Covid tau hloov lub neej ntawm ntau cov pejxeem. Tiam sis cov neeg LGTBQIA+ cov pejxeem tau tsis muaj kev koom nrog kev sib tham txog kev noj qab haus huv thiab txog tus COVID.

Ntau lub xeev, nrog rau lub xeev Minnesota, [Tsis hais qhia](#). txog ntawm tus COVID seb muaj npaum cas txog cov neeg LGTBQIA+ cov pejxeem. [1] Qhov no ua rau nyuaj rau cov neeg ua hauj lwm rau qhov kev noj qab haus huv to tau txog cov pejxeem txoj kev xav tau thiab nrhiav kev pab cuam. Thaum saib cov ntawv qhia (data) kuj haj yam yog ib qho tseem ceeb rau cov kws ua hauj lwm hauv chaw kuaj mob yuav tsum los mloog cov LGTBQIA+ cov pejxeem.

Lub rau hli yog lub hlis muaj kev zoo siab, uas cov LGTBQIA+ cov pejxeem tuaj koom ua kev taug kev, qhia txog lawm. Tiam sis cov LGTBQIA yuav tsum tau kev txhawb nqa txhua lub sij hawm ntawm ib xyos twg feem ntau thaum hais txog kev noj qab haus huv thiab COVID.



Photo Courtesy: [Madison 365](#)

Xam pom thiab txhawb LGTBQIA + cov pejxeem.

Yeej paub meej lawm hais tias, cov LGTBQIA+cov tub ntxhais hluas tau tsib kev nyuaj rau lub sij hawm COVID. LGTBQIA+cov neeg tau ntsib kev txom nyem [siab dua \(higher rates\)](#) tsis muaj tsev nyob, tsis muaj hauj lwm ua, thiab muaj kev nyuaj siab txij thaum muaj tus kab mob COVID los. [2] Nyob rau ntawm cov LGTBQIA+cov pejxeem, [74% hais tias](#) kev txhawj xeeb txog COVID yog ib qhov tsis zoo li rau lawv txoj kev nyuaj siab, piv rau 49% cov neeg uas tsis yog LGTBQIA+.

Tezzaree El-Amin Champion, yog tus thawj coj ntawm Encouraging Leaders, hais tias Covid tau ua rau kev sib cais tsis zoo tshaj qub: “Qhov kabmob (pandemic) no yog ib qhov ntxiv rau kev nyuaj siab uas twb muaj kev nyuaj lawm rau qhov tsev neeg tsis txais tos tus kheej vim kev sib nyiam.”

Cov chaw kuaj mob yuav tsum yog ib qhov chaw muaj kev txhawb tos txais txhua tus. Tiam sis muaj tej cov chaw ua hauj lwm rau chaw kuaj mob thiab cov kws kho mob saib tsis tau LGTBQIA+ cov neeg los sis pab lawv. Cov neeg LGTBQIA+ cov tub ntxhais hluas tau ntsib tej yam tsis zoo thaum mus kuaj mob qhov no ua rau lawv tsis xav mus kuaj mob ntxiv lawm.

Ntxiv ntawv, qhov nyuaj ntawm tus COVID, xws li tsis muaj nyiaj, tsev nyob - ntxiv ntawv kuj nyuaj rau qhov tsis muaj daim ntawv kuaj mob, thiab kev ntseeg siab, hais txog kab mob COVID thiab kev nkaug ntshuaj.

Nrhiav chaw kuaj mob ntawm ib cheem tsam

Txhua tus yuav tsum muaj feem tau txais kev kuaj mob uas yuav tsum saib tau lawv tus kheej thiab yam lawv nyiam. Thiab kev nkaug tshuaj yog ib qho tseem ceeb txog kev noj qab nyob zoo. Cov kev pab cuam txog kev noj qab hauv huv, ua hauj lwm los pab COVID. Tseem ceeb heev yuav tau muaj ib txoj kev pab cuam txog kev noj qab haus huv mus kom ntev hais txog kev mus kuaj mob.

Cov koom haus xws li

[Encouraging Leaders](#) los ua hauj lwm kom caum cuag lub hom phiaj no. Lawv los nrhiav kom muaj cov kws kho mob kom muaj kev pab cov neeg LGBTQIA.

Champion hais tias, “Muaj neeg coob coob ntshai mus ntsib kws kho mob, yog li no peb thiaj los tsim kom muaj ib qhov chaw muaj kev sib raug zoo, thiab muaj cov kws kho mob kom muaj kev pab cov neeg LGBTQA+.”



HLOOV QHOV YUAV LOS TIV THAIV TUS KAB MOB

Tag nrho cov pejxeem tsim nyog yuav tau txais kev qhia txog tus kob mob COVID kom tseeb thiab yog thiab kev noj qab haus hauv.

Cov tshuaj nkaug COVID yuav pab tau cawm txoj sia. Nws kuj pab kom tsis txob muaj mob loj feem ntau yog rau cov neeg muaj mob lawm xws li ntshav qab zib, HIV, asthmas, thiab muaj mob plaws. Cov mob no yuav ua rau nyuaj los tiv thaiv tus kab mob COVID. Kev nkaug tshuaj yuav ua rau koj lub cev muaj zog los tiv thaiv tus kab mob no. Kev nkaug tshuaj yuav pab kom tsis txob raug mus pw hauv tsev kho mob thiab kom txob tuag.

To tau txog kev qhia txog kev yuav ua cas thiaj pab tau. Muaj kev qhia nthuav tawm txua lub lim tiam. Yeej nyuaj zog rau cov neeg tsis muaj chaw nyob thiab cov neeg tsis paub lus Askiv los tau txais cov lus qhia tshiab no. Thaum muab tej ntshiab lus qhia los txhais tas, ces cov kev qhia ntawv twb hloov lawm.

Tiam sis cov kev qhia tshiab no tseem ceeb. Kev qhia tau hais tias cov neeg ua hauj lwm rau kev kuaj mob, tau qhia qhov tseeb thiab cov ntsiab lus lawv hais kuj yog. Champion tau hais tias “Kuv nrog kuv cov phooj ywg tham txog tus COVID thiab yuav ua li cas thiaj los ceev tau tej no. Tseem tias tej kev qhua qhia hloov tas li, kuv yeej npaj saib kev nthuav tawm tshiab tas li, qhov no yog ib qho yuav los tiv thaiv kuv tus keej.”

Nws muaj ntau “yam” los sis hom COVID (xws lis Delta thiab Omicron) vim tus kab mob hloov raws lub sijhawm. Tam sim no, cov kab mob txia ntawm tus COVID kuj sib kis yooj yim tiam sis kuj tsis mob heev. Qhov no yog ib yam ntshuav tawm qhia txog kev hloov ntawm tus kab mob

Tej yam kev qhia ntev los lawm kuj pab peb txog kev txiav txim siab, tiam sis kev qhia tsiab yuav pab tau kev paub txog thiab kawm txog tus kab mob COVID. Qhov tseem ceeb koj tsis tas yuav kawm qhov no los ntawm koj tus kheej.

Tezzaree, los sis “Tezzy” feem ntau cov hluas nws ua hauj lwm pab paub nws, paub hais tias kev mus kuaj mob yog ib qhov txaus ntshai. Yog li no, nws thiaj coj kev sib tham txog kev kuaj mob txog kev noj qab haus hus rau cov hluas. Tezzy thiab nws cov neeg ua hauj lwm mus ntsib cov neeg ntawm qhov chaw lawv nyob, hauv lawv tsev, chaw ua hauj lwm nyob Minneapolis, thaum muaj kev sib tham hauv tej chaw kuaj mob.

Encourage Leaders' txoj hauj lwm muaj ntau tshaj qhov nkaug ntshuaj thiab kev mus kuaj mob. Lawv kuj pab txog kev nyuaj siab ntxhov siab, qhia txog khaws nyiaj txiag, nrhiav hauj lwm vim tias tej cov no yuav pab kev noj qab haus huv. Thiab kev pab pejxeem yog qhov tseem ceeb. COVID yog ib qhov nyuaj, yuav kom peem dhau qhov kev nyuaj no, peb yuav tau rov tsim tej kev pab cuam. Tezzy thiab nws cov neeg ua hauj lwm tau mob siab ua hauj lwm kom los tsim tau “ib tsev neeg” kom muaj kev los tsim kev phooj ywg zoo rau cov tub ntxhais hluas thiab cov kws kho mob. Los tsim kom muaj kev ntseeg siab thiab kev pab cuam zoo los hais txog kev mus nkaug tshuaj thaum lawv npaj tau mus nkaug. Cov koom haum xws li Encourage Leaders, thiab [Project HEALINGS](#) yeej yuav muaj sib tham sib txuas lus nrog cov LGBTQIA+, tsis tu ncuu rau lub sij hawm muaj tus COVID, thiab yav tom ntej.



As the school year approaches, now is the time to make sure your child is up to date on all recommended vaccines, including COVID-19 vaccines.



Reference

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2. COVID-19 and the LGBTQ Community: Vaccinations and the Economic Toll of the Pandemic. (2021). Human Rights Campaign Foundation, PSB Insights. <https://hrc-prod-requests.s3-us-west-2.amazonaws.com/files/documents/COVID-Vaccines-Brief-030821.pdf>

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