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TSHUAJ NKAUG TIVTHAIV KABMOB: TEJ TSHUAJ NKAUG TIVTHAIV KABMOB NWS YUAV PAB RAU NIAMTXIV THIAB MENYUAM TAU ZOO LICAS

PROJECT HEALINGS COVID-19 SERIES - ARTICLE #6

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

Muaj coob-coob leej ntawm cov neeg thojnam tawgrog thiab haiv neeg African tau kхиav tuaj rau lub tebchaws Asmeslivkas kom lawv tej menuam tau txais lub neej zoo, tiam sis vim tus kabmob COVID-19 no ua rau lawm txoj kev ntshaw muaj teeb meem. Cov niamtxiv uas muaj tej menuam yau thaum tus kabmob no muaj ob qho teeb meem. Ib, tsis muaj hauj lwm ua thiab tsuas muaj kev txhawj xeeb tas mus li. Ob, nyuaj-nyuaj rau kev los mus txhawb rau tej menuam rau lub sijhawm ntawm tus kabmob COVID no.

Txoj kev uas cia menuam kawmntawv hauvtsev, nws ua rau tej menuam raug sib cais thiab kuj muaj kev ntxhov siab rau ntawm tsev neeg. Cov neeg txawj ntse ib tug hu ua Fred Ndip tau hais tias, "Nws txaus ntshai heev. Muaj coob leej tej neeg txheeb ze kuj los tau tag sim neej nyob rau lub teb chaws no thiab rov rau peb lub teb chaws, yog li no nws ua rau muaj kev ntxhov siab heev li."

Nrog rau txoj kev ntshai ntawm tsev neeg, cov menuam tub ntxhais kawm kuj txhawj xeeb tsam lawv ho poob qab rau txoj kev kawm. Cov menuam uas yog neeg thoj nam tawg rog kuj tseem ntsib lwm yam kev cuam tshuam rau txoj kev kawm ntaww hauv tsev. Thaum niam thiab txiv tsis txawj lus Askiv zoo los yog tsev neeg tsis paub txog txoj kev kawm ntaww no zoo, nws nyuaj rau lawm yuav los mus pab lawv cov menuam. Tsis muaj internet thiab tej chaw qiv ntaww los raug kaw tag lawm ces qhov no kuj ua ib txoj kev nyuaj rau cov menuam nrhiav tsis tau cov kev pab.

Txawm li ntaww los, cov neeg thoj nam tawg rog lawv yeej swm nrog rau txoj kev hloov, thiab cov neeg African yeej kam thaj tsob los rau txoj kev hloov. Melissa Mambanqi, tus thawj coj ntawm Minnesota African Women's Association ([MAWA](#)) yeej lees pom tias, "ntawm haiv neeg African, nws muaj ntau-ntau pab neeg. Tiam sis peb txhua leej muaj tso uas zoo sib xws: peb txhua leej lees tias peb yog ib haiv neeg. Hauv peb lub zejzos yeej qhib txais tos lwm tus. Peb yeej kam lees lwm tus, qhib peb lub qhov rooj txais tos thiab sib txhawb."

Ib haiv ntawm cheeb tsam yus nyob yog ib qho tseem ceeb ntawm txoj kev sib txhawb thaum hais txog kev ua niam ua txiv. Raw li tej laus tej lus hais tseg, nws siv ib lub zos los tus ib tug menuam. Ndip tau hais tias, "Txawm tias tus kabmob no ua tau rau peb txhua leej ntshai, tiam sis tej tshuaj tivthaiv nws kuj coj peb rov los nyob tau ua ke." Siv tej tshuaj los mus tivthaiv tus kabmob COVID, nws yuav pab kov peb lub zejzos rov los sib ntsib sib cuag tau dua thiab sib pab los mus tsim lub neej tshiab rau suav daws rau lub neej tom ntej.

Get Vaccinated + Get Vaccinated



Tivthaiv tus Kheej thiab Tsevneeg Kom Ruaj ntseg

Txhua leej niam yeej yuav ua li nws ua tau los mus tivthaiv nws tus menuam thiab kom tsuas ntsib kev noj qab nyob zoo. Nambanqi tau qhia tias muaj ntau-ntau leej niam hauv haivneeg African yeej zoo ib yam li nws: "Peb yuav cia peb cov menuam mob tsis tau. Peb yuav pab kom yog tias lawv mob los mob kom me li me tau. Tiam sis raw li peb yog pojniam, peb raug cob tias peb yog tus tom kawg txawm dab tsi los xij."

Kev tu tej menuam, nws siv lub zog heev li. Nws tseem ceeb heev tias peb yuav tsum saib xyuas peb tus kheej kom zoo. Tus kabmob COVID no nws yeej ua teeb meem loj thiab yuav ntev rau peb txoj kev noj qab haus huv ntawm cov niamtxiv thiab menuam. Tus kabmob COVID yog ib tug ntawm tsib tug ntawm cov kabmob uas ua rau neeg tau tag sim neej nyob rau xyoo 2020 thiab 2022 rau ntawm cov menuam uas muaj hnub nyog 1-4 xyoo. [1] Tiam sis cov tshuaj tivthaiv kabmob no yuav pab txo kom cov menuam no tsis txhob mob heev lawm. [2] Cov neeg uas tau txais cov tshuaj tivthaiv tus kabmob COVID-19 no yuav raug tus kabmob no 10-npaug tsawg tshaj li cov tsis tau nkaug thiab tag simneej.

Kev nkaug tshuaj tiv thaiv kuj yuav pab tag nrho tsev neeg, tsis yog ib leeg nkaus xwb. Thaum niam/txiv tau txais cov tshuaj tivthaiv tus kabmob no lawm, lawv yuav tsis mus kis tus kabmob no los kis rau lawv cov menuam yooj yim. Kev tivthaiv tus kabmob COVID rau koj cov menuam, nws tseem ceeb heev dua li tivthaiv koj tus kheej.

Qhov no kuj tseeb rau cov niamtsev uas xeeb menuam. Cov kev kawm tshawb fawb txog tus kabmob COVID no kuj yuav tivthaiv cov niamtsev uas xeeb menuam. Kev nkaug tshuaj tivthaiv kabmob yog ib yam uas nws tseem ceeb uas siv los mus tivthaiv tej kabmob. Nambanqi raw li kev nco qab, "ntau-ntau tus pojniam African uas twb tau yog niam dhau los lawm, lawv yeej paub tias thaum cev xeeb menuam, lawv yeej yuav tau nkaug qeeyam tshuaj tivthaiv los mus pab tivthaiv tej kabmob. Thawj ob peb lub xyoo ntawm cov menuam, peb yeej muab tej yam tshuaj los nkaug tivthaiv tej kabmob; xws li, measles, polio, thiab TB. Peb nrhiav tej tshuaj tivthaiv no vim peb xav tivthaiv peb tej menuam."

Zoo ib yam li lwm yam tshuaj nkaug tivthaiv kabmob, tshuaj nkaug tivthaiv tus kabmob COVID-19 nws yuav pab tivthaiv kev noj qab haushuv uas kis los ntawm tus kabmob COVID. Tshuaj nkaug tivthaiv los yeej tseem ceeb rau leej txiv thiab tub ib yam nkaus li niam thiab ntxhais. Kev nkaug tshuaj tivthaiv nws yuav pab kom niam thiab txiv muaj kev noj qab nyob zoo kom nkawv thiaj li yuav pab tau nkawv cov menuam thiab faj seeb tias txawm kis tus kabmob COVID los nkawv tsis muaj teeb meem. Raw li Nambanqi tau qhia, "Kuv twb tau txais kuv koob tshuaj tivthaiv kabmob thiab nws pab kom kuv noj qab nyobzoo. Nws yeej pab heev."



Kev Nrhiav Kev Tivthaiv Ua ke

Kev nkaug tshuaj tivthaiv tus kabmob COVID tsis yog kev txiav txim siab los tivthaiv tus kheej los yog ib tsev neeg xwb. Nws kuj yog lwm yam kev tivthaiv thiab. Kev tuaj mus nyob rau lwm lub teb chaws xwb twb nyuaj heev, tiam sis kev yuav los mus nrhiav kev kho mob thiab tivthaiv kev noj qab haushuv nws yog ib yam uas nyuaj heev rau tsoom pejxeem thojnam. Kom nco ntsoov tias koob tshuaj nkaug tivthaiv tus kabmob COVID no yog nkaug dawb xwb txawm koj tsis muaj daimntawv pab them nqi khomob thiab nws yuav pab rau peb lub zejzos kom tsuas ntsib kev noj qab nyob zoo thiab nyob tau sib koom ua ke.

Tej kooshaum zoo ib yam li MAWA thiab Project HEALING yuav los tsim tej kev pab rau cov neeg thojnam kom lawv tau txais txoj kev pab li lawv xav tau. Cov kooshaum no tsis muaj kev cuam tshuam rau nom tswv. Ndip thiab Nambanqi yog cov neeg uas los tsim tej kooshaum no los mus pab rau tej pejxeem thiab vim nkawv thiaj nkag siab txog tej pejxeem; xwsli, muab tej ntaub ntawv hais txog kev noj qab haushuv coj los txhab txhais ua haiv neeg African no li lus kom thiaj li nkag siab yooj yim.

(translating health information)

MAWA thiab Project HEALINGS kuj muaj lawv lub chaw kho mob los mus nrog teb tej lus nug, nrhiav kev tivthaiv kev noj qab haushuv, thiab tuaj mus nkaug tshuaj tivthaiv yog koj xav tau. Ndip xav tias, “peb yeej paub lawm hais tias cov niamtxiv yeej ua li lawv ua tau los mus tivthaiv rau lawv tsev neeg kom tsuas ntsib kev noj qab nyob zoo. Peb yuav nyob ntawm no thiab yuav pab teb koj tej lus nug thiab txhab txhais yam uas peb muaj kom txhua leej thiaj muaj peeov xwm txiav txim siab rau lawv txoj kev xav tau ntawm lawv tus kheej.”



VAX TO SCHOOL



Make sure you're up to date on recommended vaccines, including COVID-19 vaccines, before you head to campus.



Reference

- 1.[Dr. Katherine E. Fleming-Dutra. (2022, June 17). COVID-19 epidemiology in children ages 6 months– 4 years. <https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2022-06-17-18/02-COVID-Fleming-Dutra-508.pdf>
- 2.Chatterjee, R. (2022, June 18). CDC clears the way for vaccinations for children 6 months to 5 years old. NPR. <https://www.npr.org/sections/health-shots/2022/06/18/1105929247/vaccinations-for-children-6-months-to-5-years-old-can-begin-after-cdc-clears-the>

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3 COVID-19 vaccines are now available in Minnesota.

Johnson & Johnson
Moderna
Pfizer

Each are nearly 100% effective against hospitalization.
Each are highly effective against severe illness.

ROLL UP YOUR SLEEVES, MINNESOTA

The graphic features a stylized map of Minnesota in blue and white, with a sunburst effect behind it. The three vaccine logos (Johnson & Johnson, Moderna, Pfizer) are shown with their names below them. Two yellow boxes at the bottom provide information about the vaccines' effectiveness. The text "ROLL UP YOUR SLEEVES, MINNESOTA" is at the bottom, and the "mn" logo is in the bottom right corner.