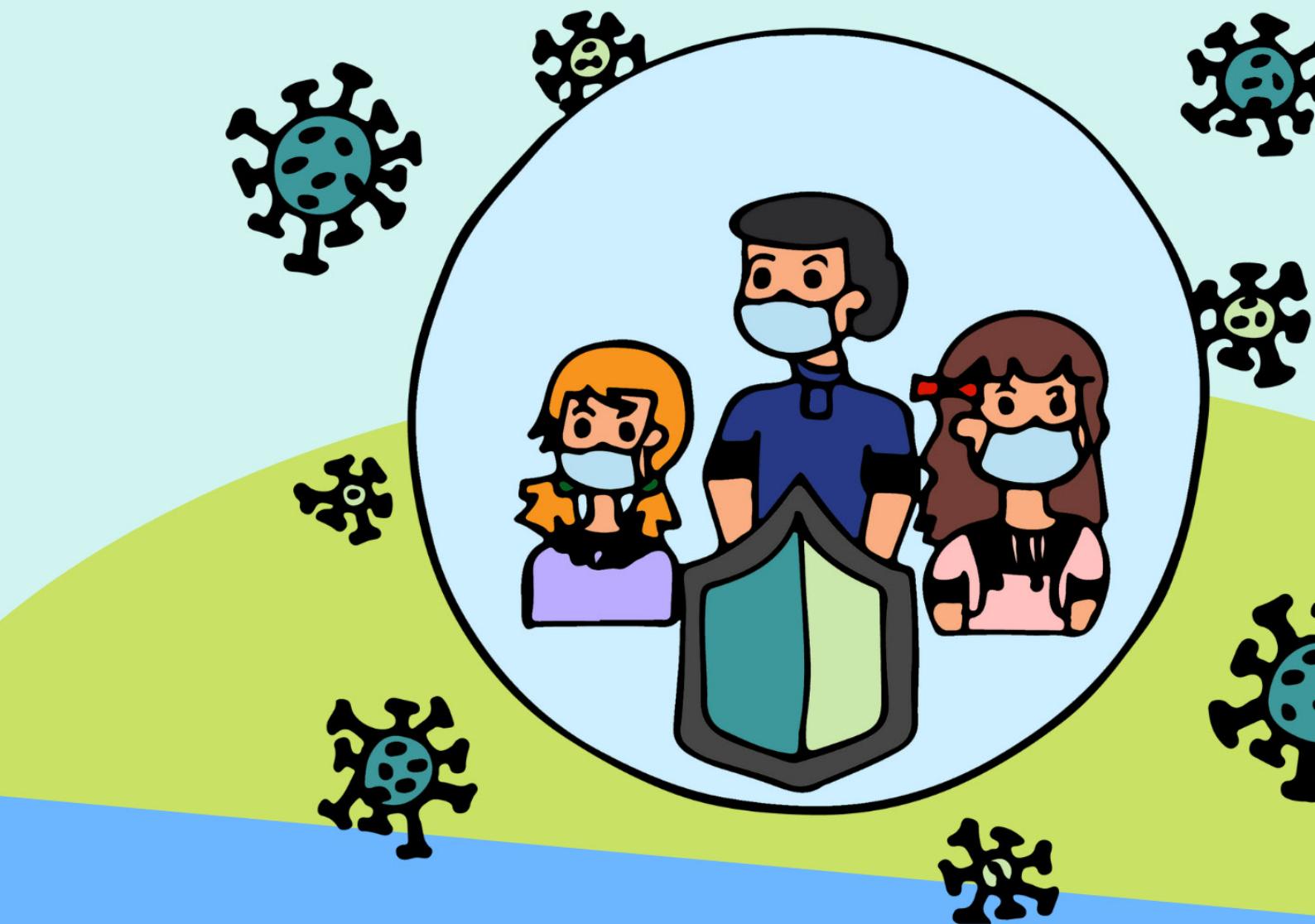


# Phau ntawv COVID- 19



Yam uas koj yuav tsum tau ua txhawm rau tiv thaiv koj tus kheej thiab lwm tus los ntawm tus kab mob coronavirus (COVID-19)

# Foreword

Koom haum AAT txhim kho xyoo 2007, Asylum Access Thailand (AAT) tsis yog koom haum tsoom fwv tabsis yog tsim kho los ntawm tsev neeg Asylum Access xwb. Peb ua haujlwm txhawm kom muaj kev vaj huam sib luag rau cov neeg tawg rog. Vim peb ntseeg hais tias txhua tug neeg tawg rog tsim nyog tau txais kev ncaj ncees ntawm lub neej tshiaab.

## Peb ua dabtsi:



### Muab kev pabcuam sab kev cai lij choj

Cov neeg thov ua neeg tawg rog hauv Thaibteb tamsim no tau kev saib xyuas los ntawm cov koom haum neeg tawg rog (UNHCR). Cov txheej tx-heem ntawm UNHCR yuav siv sijhawm ntev, yog li ntawm yuav nyuaj thiab yuav ua muaj teeb meem rau sab kev nyuaj siab mob hlwb. Peb thiaj tau muaj kev pab cuam sab kev cai lij choj rau cov neeg tawg rog txhawm rau lawv ua raws cov txheej txheem thiab yuav tau txais ntawv ua neeg tawg rog.

### Kev txhawb tej zej zog

Peb txhawb nqa cov neeg tawg rog tej zej zog kom nyob ruaj khov, muaj kev nthuav qhia kev paub rau hauv tej zej zog thiab txuj ci raws li kev qhia rau cov neeg tawg rog coj los txhawb nqa pab pawg. Peb kuj qhia muaj kev xav txog sab SGBV thiab nrog rau muab kev pov puag rau cov menuam yaus. Txhawm rau peb thiaj ruaj siab tau hais tias cov tib-neeg tuaj yeem nrhiav tau rau lawv noj. Peb txhim kho cov neeg tawg rog kom muaj zog.

### Txhawb nqa kev cai lij choj

Peb ua haujlwm nrog rau cov koom haum uas ua haujlwm sab kev muaj vaj huam sib luag rau tibneeg txhawm kom muaj kev hloov pauv kev cai lij choj hauv Thaibteb kom tsis pub muaj kev phom sij rau cov neeg tawg rog. Peb tab tom thov rau Thaibteb ua kom txhua tus neeg tawg rog nyob kom muaj kev nyab xeeb thiab tuaj yeem pib dua lub neej tshiaab tau.

## Tiv tauj:

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# Kab mob COVID-19

Nyob rau xyoo 2019 dlau los, tau muaj kab mob Coronavirus tshwm sim thawj zaum nyob rau tej qhov chaw xwb tabsis tom qab ntawm txawm kis mus thooj plaws lub ntiajteb.

Kev kis tus kab mob no los ntawm tibneeg mus rau tibneeg tuaj yeem ua rau raug mob sib lossis raug mob nyav los tau. Suav txij li thaum muaj kev kis tus kab mob no thawj zaug, tau muaj 5 yam kab mob COVID-19 uake xws li; muaj kev sib txawv rau sab kev sib kis, kev tiv thaiv thiab raug mob nyav thiab sib li cas.



## Alpha

- Ntsib thawj zaug hauv tebchaw United Kingdom, lub 9 hli 2020
- Qhov nyav: Tus kab mob Alpha tuaj yeem sib kis yooj yim tshaj li tus qub.



## Beta

- Ntsib thawj zaug hauv Africa qab teb, lub 9 hli 2020
- Qhov nyav: Hom kab mob no muaj feem ntau dua ua rau raug mob nyav lossis tuag tau yog muab piv rau thawj yam kab mob uas hais los saum.



## Delta

- Ntsib thawj zaug hauv tebchaw India, lub 12 hli 2020
- Qhov nyav: Yam kab mob Delta tuaj yeem kis sai dua li lwm yam thiab tamsim no tseem tabtom muaj kev sib kis ua ntsib hauv Thaibteb.



## Gamma

- Ntsib thawj zaug hauv tebchaw Brazil, lub 12 hli 2020
- Qhov nyav: Hom kab mob no tseem haj yam sib kis yooj yim dua li lwm hom thiab Vaccine los kuj tsis tuaj yeem tiv thaiv tau pej tsawg.



## Lambda

- Ntsib thawj zaug hauv Peru, lub 12 hli 2020
- Qhov nyav: Yam kab mob no tuaj yeem sib kis tau thiab cov tshuaj vaccine uas cov tibneeg txhaj lossis muaj nyob tam sim tej zaum yuav tsis tuaj yeem tiv thaiv yam kab mob Covid Lambda no tau.

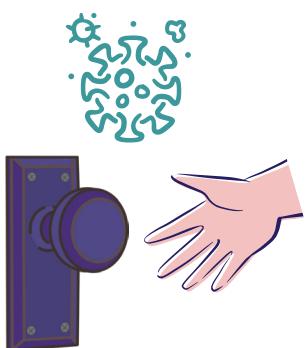
# Kev sib kis kab mob muaj xws li no:

Muaj 3 txoj hau kev ua sib kis COVID-19 tau.



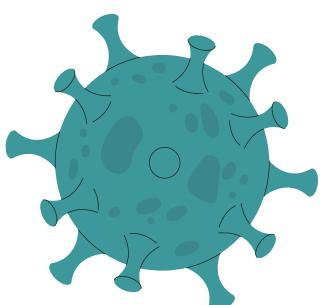
## 1. Qaub ncaug:

Cov qaub ncaug thaum lub sijhawm koj hnoos, txham lossis hais lus. Yog li COVID-19 tuaj yeem sib kis tau los ntawm lub qhov ncauj, qhov ntswg, thiab qhov muag.



## 2. Kev sib kis:

Cov qaub ncaug uas los ntawm cov tibneeg kis kab mob nws tuaj yeem nyob hauv av lossis cov cuab yeej khoom siv. Thaum tibneeg mus chwv lossis kov cov khoom uas muaj tus kab mob, thiab coj los tuav lawv lub qhov ncauj, qhov ntswg, lossis qhov muag. Ces COVID-19 tuaj yeem kis rau cov tibneeg ntawm tau.



## 3. Cov kab mob ya saum huab cua:

Tej yam xws li kev tham lus, tuaj yeem ua rau tus kab mob ya nyob saum huab cua tau ntev thiab ya tau mus deb. Cov thaj chaw uas tuaj yeem yuav kis tau kab mob yooj yim muaj xws li chaw noj mov, chaw hu nkauj, gyms, chaw haus dej cawv mo ntuj, chaw ua haujlwm, thiab chaw pehawm thov Vajtsvw.

# 5 yam kev tiv thaiv kab mob COVID-19

1

Nyob sib quas deb li 1-2 mev ntawm yus tus kheej thiab lwm tus.



Tu kom koj lub hoob tsev muaj cov huab cua zoo thiab tsis txhob mus tej chaw uas muaj neeg coob coob.

2

3

Pos koj lub qhov ncauj thiab qhov ntswg txhua lub sijhawm uas koj hnoos lossis txham.



Coj ntaub npog lossis cov cuab yeej uas tuaj yeem tiv thaiv kab mob.

4

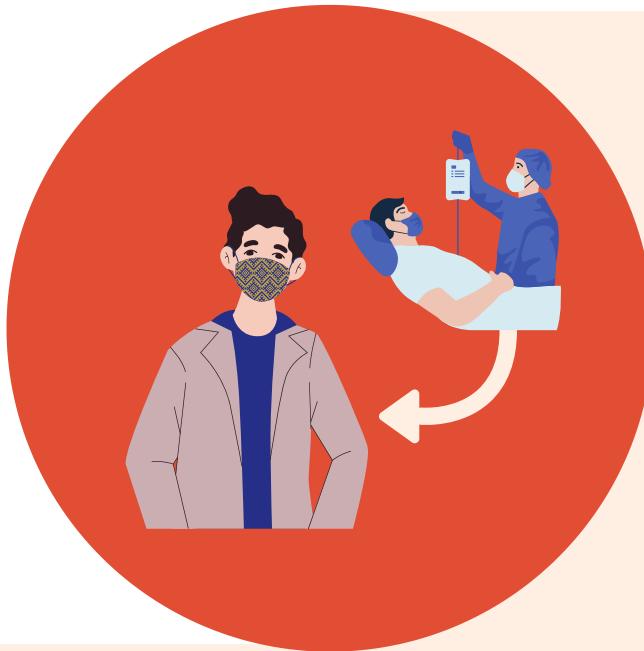


Siv xab npum ntxuav koj ob txhais tes li 20 vib nas this lossis siv cov tshuaj Alcohol Gel ntxuav koj txhais tes los tau. Koj yuav tsum ntxuav koj ob sab tes ua tej noj mov lossis ua ntej yuav tuav koj lub qhov ncauj thiab qhov ntswg.

5

## Soj ntsuam kev phom sij muaj xws li:

**Kuv muaj kev phom sij uas tuaj yeem kis tus kab mob COVID-19,  
yog li ntawm kuv yuav ua li cas?**



### Cov mob uas nyob xim liab

Cov tibeeg uas nyob uake tib lub tsev lossis tau mus ntsib cov neeg uas twb kis kab mob, xws li nyob sib quas deb 1 mev thiab sijhawm li 5 nas this nce mus, tuaj yeem yuav kis COVID-19 siab heev.

### Kuv yuav ua li cas

- Siv cov Kuaj kab mob Covid-19, kuaj yus tus kheej;
- Kam tuas koj tus kheej thaum sijhawm tos qhov kev kuaj ntawm saib puas raug mob lossis tsis raug.
- Hu rau cov kws kho mob txhawm kom tau txais kev kho mob ntxiv.



### Cob mob uas nyob xim ntsuab

Cov neeg no tau coj lawv tus kheej mus ntsib lossis nrog cov neeg tuaj yeem raug mob nyob qib xim daj sib tham.



### Kuv yuav ua li cas

- Noog saib cov neeg uas kis mob ntawm puas muaj kev phom sij dab tsi.

# Tibneeg kev noj, nyob sib raug zoo thiab kev xav, kev nyuaj siab

Vim yog muaj kab mob COVID-19, koj tuaj yeem ntsib kev ntxhov siab thiab poob siab heev uas ua rau muaj teeb meem rau koj lub cev thiab lub hlwb kev xav.

## Cov mob nyob sab nqaij tawv, xws li

- Mob thiab nro ntawm lub caj dab, xub pwg, thiab nraub qaum.
- Mob plab
- Cov leeg nruij
- Mob taub hau
- Nyav hauv siab
- Sab thiab pw tsis tsaug zog

## Cov mob nyob sab lub hlwb kev xav

- Npau taws sai
- Nyob twb ywm tsis tau
- Pw tsis tsaug zog
- Muaj kev nyuaj siab
- Txhawj thiab ntxhai txog kev noj nyob
- Quaj
- Tus kheej nkees heev
- Kho siab

**Yog tias koj twb tau ntsib cov mob uas kuv hais los saum no, ntawm no yog qee lub tswv yim uas tuaj yeem pab kho koj cov kev ntxhov siab.**



Ua Yam uas ua rau koj muaj kev kaj siab



Nrog yus cov phoojywg thiab tsevneeg sib tham.



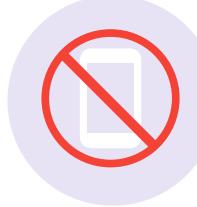
Exercise



Txheeb xyuas cov ntaub ntawv nrog qhov tseeb



Ua raws li koj txoj haujlwm pheej tshaj

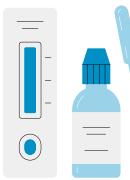


Tsis txhob saib lossis siv social media txhua lub sijhawm



Tsis txhob haus luam yeeb thiab dej cawv

*"Nws yog tej yam pheej tshaj uas ua rau koj muaj kev nyuaj siab, ntxhov siab, tsis meej pem, ntshai lossis npau taws sai nyob rau ntu lub sijhawm muaj tej kab mob no"*



## Kuaj kab mob COVID-19 (Antigen test)

Thaum ua ntej ntawm yog tias koj muaj kev phom sij siab uas yuav kis COVID-19 thiab koj xav kuaj, koj tuaj yeem siv (Antigen Test) kuaj hauv tsev los tau (Qhov kev kuaj yuav qhia saib koj mob lossis tsis mob nyob rau nyob ntawm).

## Kuv yuav nrhiav cov cuab yeej (Antigens Test) kuaj qhov twg

- Cov cuab yeej kuaj COVID-19 muaj muag nyob raws cov tsev muag tshuaj uas nyob ti koj.
- Koj yuav tsum yuav cov uas coj los kuaj hauv tsev.



## Yuav siv li cas: Ua ntej ntawm yuav tsum tau npaj xws li

1. Hauv txhua tus kuaj kab mob, yuav muaj cov cuab yeej 5 Yam xws li.



Cov khoom kuaj nruab nyob hauv lub plaub foil



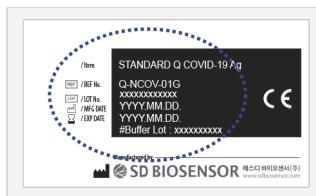
Muaj xws li tus laum qhov ntswg, lub hau khwb, lub rajtum cov kua tshuaj



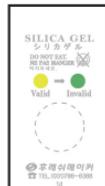
Thiab daim ntawm qhia cov txheej txheem kev siv

2. Thov saib hnub tag sijhawm uas nyob tom qab lub plaub ua ntej mam siv.

**TSIS TXHOB** siv cov cuab yeej uas tag sijhawm lawm.



3. Qheb muab cov khoom siv kuaj thiab saib cov cuab yeej yuav siv li cas. Yuav muaj cov xim qhia nyob tom qab tus kuaj mob xws li.

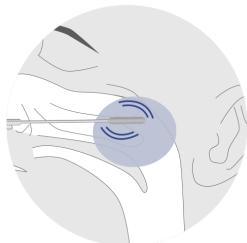


Xim daj = Tsis tuaj yeem siv tau

Xim ntsuab = Tseem siv tau

## Yuav siv li cas

1. Ntxig tus pas mus rau hauv koj lub qhov ntswg li 2 cees thiab laum koj lub qhov ntswg 5-10 zaug li 15 vib nas this.



\*Ntxuav koj txhais tes thiab coj looj tes ua ntej koj mam kuaj.



2. Tom qab ntawm muab tus laum qhov ntswg ntxig rau hauv lub raj tshuaj. Thaum koj ntxig lawm, koj yuav tsum tau nyem lub raj tshuaj thiab muab do li 15 zaug.



3. Thaum koj muab tus pas paj rwb thau tawm hauv lub raj tshuaj los, nyem lub pob tus pas paj rwb txhawm rau kom cov kua tshuaj tawm los, tom qab ntawm muab lub hau los npog lub raj tshuaj kom ceev.

4. Muab lub hau coj los khwb lub raj tshuaj kom ruaj.



5. Hliv 3 tee cov kua tshuaj mus rau hauv lub kuaj. Yuav tsum muab cov kua tshuaj hliv mus hauv lub voj voog puag ncig thiaj li yuav paub tau tias koj raug mob lossis tsi raug, thiab tos li 15-30 feeb.



## Koj yuav paub tau tias koj mob lossis tsis mob tau li cas

### Cov lus txhais raws li hauv qab no

#### Positive :

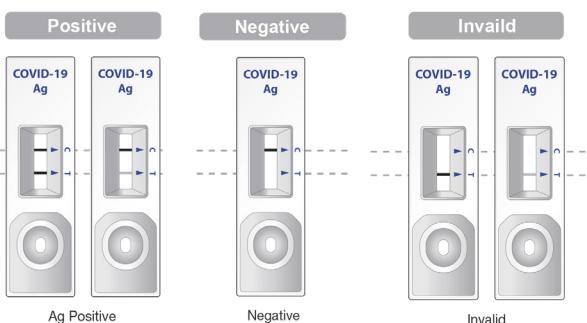
Txhais tias kis mob COVID-19

#### Negative :

Tsis kis mob COVID-19

#### Invalid

Thaum qhov kev kuaj tsis tuaj yeem siv tau. Koj yuav tsum tau siv tus kuaj thiab coj los kuaj.



\*Cov cuab yeej uas siv kuaj lawm yuav tsum tau muab pov khib nyiab xwb (txawm tias kuaj kis thiab kis los xij), nco ntsoov muab cov cuab yeej siv lawm nruab rau hauv lub nab thiab khip ncauj kom nruaj ua ntej muab coj mus pov tseg.

Nco Ntsoov:

- Txhua lub tuam txham tsim nyias muaj nyias kev siv tsis sib xws.
- Thov koj nyeem thiab ua raws li cov txheej txheem ua laww qhia kom zoo.
- Kev kuaj Antigen Test yeej tsis cuag li mus kuaj hauv tsev kho mob.

# Cov qib kab mob COVID-19

Cov qib kab mob COVID-19 uas cov neeg raug yuav tsis thooj ib Yam. Xws li thaum ib tug neeg raug mob tuaj yeem mob nyav, mob tsis nyav lossis tsis mob li los muaj. Cov qib kab mob yog ib qhov tseem ceeb uas cov kws tshuaj siv los soj ntsuam cov neeg mob txhawm rau kom muab kev kho rau lawy, saib puas yuav raug mus pw tsev tshuaj lossis Kam Tuas hauv tsev. Cov qib kab mob raug faib nyias muaj nyias xim xws li hauv qab no:

## Ntsuab

Cov mob xim ntsuab no raug suav tias yog cov mob tsis nyav oo aan calaamad laheyn



- Ua kub ua no  
(xws li kub 37.5°C or lossis siab tshaj ntawm)
- Hnoos, mob caj qas, thiab los ntswg
- Nplaig tsis hnov qab thiab tsis hnov pa tsw
- Tawm pob txob raws ib ce lossis yus cov ntiv tes ntiv taw pauv xim.
- Txob qhov muag lossis qhov muag liab
- Thoj plab
- Ua pa tsis nyuaj
- Tsis mob lub ntsws
- Tsis muaj lwm yam mob

Xws li cov mob xim ntsuab,



Lawv tuaj yeem Kam Tuas hauv tsev tau.

## Daj

Cov mob xim daj yog cov neeg uas tsis muaj dag zog uas muaj noob nyoog 60 xyoo nce mus/lossis muaj lwm yam mob/lossis muaj cov mob xws li hauv qab no



- Mob hauv siab
- Ua tej haujlwm sib sib los ua pa nyuaj
- Txog siav thiab ib ce tsis muaj zog
- Lub ntsws muaj teeb meem
- Ib hnub no thoj plab tshaj 3 zaug thiab noog cuag li ib ce tsis muaj zog

Xws li cov mob xim daj



Lawv yuav tsum raug xa mus rau tsev tshuaj sai li sai tau txhawm rau thiv thaiv tsis pub kom mob nyav tuaj.

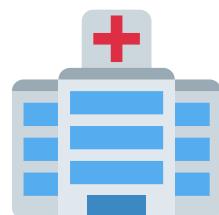
## Liab

Cov mob xim liab yog cov neeg raug mob uas nyav tshaj plaws uas muaj xws li hauv qab no:



- Ua tsis tau pa thiab muaj teeb meem sab siab ntsws xws li tsis tuaj yeem hais lus ntev ntev tau, thiab teb tsis tau sai.
- Mob lub hauv siab txhua lub sijhawm
- Mob ntsws
- Oxygen poob (SpO2) xws li 3% lossis tsawg tshaj 3%
- Muaj teeb meem rau lub ntsws thaum X-ray

Xws li cov mob xim liab



Yuav tsum tau mus tsev kho mob tamsim ntawm

# Cov neeg tsis muaj dag zog uas tuaj yeem kis kab mob tau yooj yim

Cov neeg uas tsis muaj dab zog no yuav mob nyav los ntawm COVID-19. Yog thaum lawv kuaj thiab paub tias raug mob COVID-19, lawv yuav raug suav tias yog cov mob nyob qib xim daj. Cov neeg no muaj xws li;

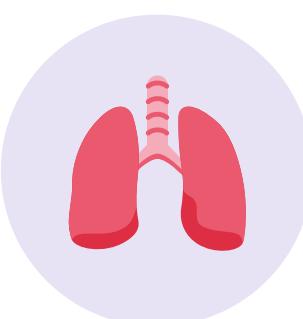
## 1. Cov tibneeg laus uas muaj noob nyoog li 60 xyoo nce mus/ txawm lawv tsis muaj mob los xij



## 2. Lossis cov neeg uas muaj cov mob xws li cov hauv qab no.



Mob siab thiab cov hlab ntsha



Mob kev ua pa ntev/  
mob ntsws



Mob raum



Mob xauv ntshav taub hau



Mob kab (cancer)



Mov ntshav qab zib



Mob rog (cov neeg uas muaj roj ntau)

# Cov poj niam cev xeeb tub thiab kab mob COVID-19



**Cov poj niam cev xeeb tub yuav tsum tau ceev faj vim  
tias lawv muaj feem yuav raug mob nyav los ntawm  
COVID-19, yog muab piv rau cov poj niam uas cev tsis  
xeeb tub.**



Yog tias koj cev xeeb tub tau 24 lub asthiv thiab tsis muaj kev tx-hawj xeeb dabtsis uas cheem tseem ntsib kws kho mob,  
koj tuaj yeem ncua lossis hloov pauv kev teem caij nyog raws li  
koj pom zoo

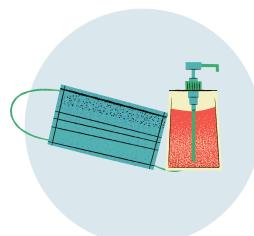
**Thov mus raws li cov kev teem caij nyog kuaj menuam txhua zaug thiab tsis  
txhob nyob rau hauv tsev kho mob ntev ntev yog tias koj poob rau ib nqe uas  
muaj xws li hauv qab no.**



- Koj xeeb tub muaj 32 lub asthiv lossis tshaj ntawm
- Yuav muaj kev phom sij siab rau kev xeeb tub yog tias koj yog ib tug poj  
niam uas muaj noob nyog 17 xyoo nqe mus rov hauv lossis 35 xyoo nce mus,  
xeeb dua menuam ntxaib, lossis tau muaj teeb meem txog kev xeeb menuam  
dua los, thiab lwm yam.
- Yog tias koj muaj lwm yam mob; xws li ntshav siab, ntshav qab zib , o pa,  
mob siab, hawb pob, mob ntsws, mob raum, lossis yog thaum koj lub cev xeeb  
tub es koj lub cev txoj kev tiv thaiv kab mob tsis muaj zog lossis tsis ua haujlwm  
zoo lawm.



Yuav tsum tsis txhob mus  
rau tej qhov neeg coob coob  
thiab tsis txhob taug kev  
mus los.



Coj ntaub npog ncauj thiab coj  
alcohol txhawm rau ntxuav  
koj txhais tes.



Nyob sib quas deb li (2 mev)  
thaum lub sijhawm uas tos  
ntsib kws kho mob.



Hle koj daim ntaub npog ncauj  
pov tseg, ntxuav koj txhais  
tes, thiab hloov koj cev khaub  
ncaws tom qab uas rov  
los txog tsev.

## Qhia rau cov kws kho mob tamsim ntawm

yog tias muaj cov kev txawv txav no tshwm sim;  
xws li O, tus menuam hauv plab tsis nti,  
lub chaw mos tawm ntshav,  
thiab mob plab ntawm lub chaw mos.



# Koj yuav Kam Tuas hauv tsev thaum twg?

Cov neeg rau mob uas tab tom tos yuav mus rau tsev kho mob lossis mus rau cov chaw kaw neeg raug mob. Kws kho mob tuaj yeem pub cai rau lawv kaw lawv tus kheej hauv tsev tau.



Cov neeg raug mob uas nyob hauv tsev tshuaj tau li 7 mus txog 10 hnub thiab zoo zuj zuj tuaj lawm tuaj yeem mus tsev thiab kho lawv tus kheej hauv tsev tau.

# Cov neeg raug mob twg thiaj li tuaj yeem Kam Tuas hauv tsev tau?

Txuas yog cov neeg mob uas nyob rau qib xim ntsuab xwb thiaj li tau kam tuas hauv tsev. Cov neeg raug mob COVID-19 uas tsis muaj mob lossis mob me me, xws li hauv qab no;



**Muaj noob nyooq qis tshaj 60 xyoo rov hauv**



**Muaj dag zog khov kho**



**Nyob ib leeg loss-is koom nyob ib lub tsev tsis pub ntau tshaj ib tug tibneeg**



**Tsis txhob rog (yuav tsum qis tshaj 90 kilograms nqe los)**

**Yuav tsum tsis muaj kev mob nkees xws li**

- Kab mob txhaws lub ntsws {COPD}thaum uas koj lub ntsws mob es muaj tej yam los txhaws}; mob ntsws
- Mob raum (CKD stage 3,4)
- Mob siab thiab xauv ntshav
- Xauv ntshav taub hau
- Muaj ntshav siab
- Lwm yam mob uas kws kho mob suav tias yuav muaj kev phom sij.



**Yog koj raug mob Covid koj tuaj yeem xaiv sem yuav kam tuas hauv tsev lossis mus tsev kho mob, qhov no nyob rau ntawm koj kev txaus siab.**



**Cov neeg raug mob uas tsis muaj cov mob uas hais los saum no, kws kho mob tuaj yeem soj ntsuam thiab pub cai rau lawv kam tuas hauv tsev tau.**





# Cov kev coj uas cov neeg raug yuav tsum tau ua thaum kam tuas hauv tsev

## Thaum nyob hauv tsev

Koj yuav tsum nyob hauv tsev TXHAIS tias tsis pub tawm mus sab nraum lossis txwv tsis pub cov neeg tuaj saib yus.

## Nyob hauv hoop

Yog tias tau, yuav tsum tau muab cais mus nyob hauv hoop txhawm kom txav deb ntawm tsev neeg thiab lub hoop yuav tsum muaj qhov rais uas muaj huab cua tawm mus los. Tabsis yog tias tsis tau, quas ib qhov chaw hauv lub tsev nrug li 3 kauj ruam deb ntawm tsev neeg kuj tau.

## Tsis txhob siv cov cuab yeej khoom siv ua ke.

Tsis txhob siv tej cuab yeej khoom siv thiab noj mov uake.

## Ntxuav koj txhais tes

Yuav tsum siv xab npum thiab dej ntxuav koj txhais tes yam tsawg 40 vib nas this lossis siv alcohol ntxuav koj txhais tes. Nco ntsoov tu koj lub chaw nyob kom huv (xws li rooj, lub xauv qhov rooj, lossis lwm yam).

## So thiab hau dej kom txaus

So thiab hau dej kom txaus txhawm rau kom yus lub cev muaj dej.

## Hu rau qhov chaw kho mob uas saib xyuas koj

Hu rau qhov chaw kho mob uas saib xyuas koj txhawm rau qhov uas lawv tuaj yeem saib xyuas koj txhua lub sijhawm tau, yog tias koj mob nyav raws li hauv qab no; ua pa nyuaj, thoj plab, hau dej tsis txaus, ua npaws ntev, lossis kub heev.



## Nyob sib quas deb

Tsis txhob nyob ze nrog cov neeg hauv tsev lossis yuav tsum nyob sib nrug deb li 2 mev.

## Tsis txhob siv chav dej ua ke



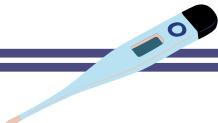
Yog tias tau koj yuav tsum siv koj ib hoop chav dej. Tabsis yog tias koj nrog tsev neeg koom siv ua ke, tam qab siv tag lawm yuav tsum tu kom huv.

## Coj daim ntaub npog ncauj txhua lub sijhawm

Coj ntaub npog nacuj txhua lub sijhawm thaum uas koj nyob nrog tibneeg coob coob. Tom qab 8 lub xub moos lossis daim ntaub npog ncauj ntub lawm yuav tsum tau pauv daim tshiab.

## Tsis txhob ntxhua khaub ncaws ua ke

Xws li khaub ncaws, pam pua chaw, phuam da dej, thiab lwm yam khoom siv yuav tsum tau muab nyias ntxhua nyias nrog xub npum.



## Saib xyuas koj tug kheej kom zoo

Saib xyuas koj tug kheej kom zoo xws li seb koj qhov kub siab npaum li cas, oxygen, ua kub ua no, thiab koj li dag zog.

## Tsis txhob caij tsheb qhua uas muaj neeg coob coob

Tsis xav kom caij tsheb bus lossis tsheb tauj uas muaj neeg coob coob thaum mus tsev kho mob. Yuav tsum nco ntsoov coj ntaub npog ncauj thaum koj mus sab nraum thiab yuav ntsum nco ntsoov qheb lub qhov rais tsheb txhawm rau kom muaj haub cua ya mus los.

# Yuav siv lub ntxuas (Pulse Oximeter) ntiv tes li cas?



- Ua ntej siv muab ntxua ntiv tes qhib (Pulse Oximeter) thiab xyuas saib lub kuaj ntawm puas pom cov le ua haujlwm.
- Muaj koj tus ntiv tes ntxig mus rau hauv lub ntxua, tos li 2-3 feeb txhawm rau kuaj koj li axxygen (SpO2).
- Tus nqe SpO2 (oxygen saturation): koj tuaj yeem pom ua feem puas (%)
- Saib thiab sau koj tus lej Axygen
  - Pheej tshaj koj li oxygen mas yuav tsum yog 95% lossis yuav tsum siab tshaj

**Yog tias oxygen (SpO2) qis tshaj 95 %, tus neeg mob ntawm yuav tsum raug xa mus rau cov kws tshuaj tam sim ntawm**

- Siv tshuaj alcohol los tu kom huv tom qab uas siv tag
- Txhawm rau kom tsis yuam kev, koj cov rau tes yuav tsum tsis ntev.

## Koj yuav siv tus pas ntsuas kub ntsuas li cas?

### Siv lub ntsuas qhov ncauj digital li cas

- Siv dej txias thiab xub npum ntxuav lub hau
- Tsis txhob noj ib yam dabtsis thiab haus dej yam tsawg 5 nas this ua ntej koj ntsuas, vim yog tias cov zaub mov thiab dej haus ntawm tuaj yeem ua rau qhov kev ntsuas tsis meej pem tau.
- Qheb lub ntsuas ua ntej mam siv tau.
- Muab tus ntsuas ntxig rau hauv hauv qab koj tus nplaig.
- Qom qab ntawm kaw koj lub qhov ncauj, tos li 40 vib nas this lossis tos txog thaum lub ntsuas nrov lawm mam rho tawm.
- Saib koj qhov kub saib siab npaum cas thiab muab sau.



**Ua npaws: yog tias koj qhov kub siab li 100.4 F (38° C) lossis siab tshaj ntawm suav tias yog ua npaws.**

- Siv dej txias los ntxuav lub ntsuas kub, tom qab ntawm siv Alcohol los txhuam thiab rov qab siv dej yaug dua ib zaug ntxiv.



### Siv tus tua ntsuas yus qhov kub li cas

- Qheb lub kuaj ntsuas kub thiab xyuas saib puas haum. saib Turn on the thermal gun and ensure it records correct temperature
- Muab lub kuaj kub ntawm tso nrug deb ntawm koj lub hauv pliaj li 6 ntiv tes ua ntej koj kuaj. Tom qab nyias lub pobKeep the thermal gun at the palm's distance (6 inches) from the forehead and press the button to record the temperature
- Xyuas tus lej uas tawm saum "screen" saib tau li cas thiab sau cia.

**Ua npaws: yog tias koj qhov kub siab li 100.4 F (38° C) lossis siab tshaj ntawm suav tias yog ua npaws.**

Yuav tsum siv tshuaj ntxuav tes lossis alcohol tu lub kuaj ntawm kom huv tom qab siv tag.



# Koj yuav saib xyuas koj tus kheej li cas thaum kam tuas hauv tsev?

## Yog tias koj ua npaws thiab kub li 37.5 nce mus yuav ua li cas?

- So kom txaus; xws li ib hmo yuav tsum pw 7-8 lub xub moo.
- Haus dej kom ntaw ntaw.
- Xyuas koj cov zis; yog tias xim dej txhais tau tias koj lub cev tsis qhuav dej, tabsis yog xim tsaus txhais tau tias koj yuav tsum haus dej kom ntaw.
- Yuav tsum noj tshuaj paracetamol txhua txhua lub 4-6 xub moo.
- Txhawm rau pab kom koj lub cev tsis kub heev, muab ib daim phuab ntub dej txias los npuab, xws li qhov txos, caj dab, puab tais.

## Yog tias koj hnoos

- Pw hauv ncoo siab, txhob pw ib sab lossis khwb rwg. Sleeping on your side or a high-loft pillow and avoid sleeping flat on your back.
- Noj tshuaj hnoos lossis npuav tshuaj pab kom tsis txhob hnoos. Take cough medicines or throat lozenges to relieve coughs.
- Haus dej kub nrog nrog zib mu (Tsis pub cov menyuam uas tsis tau muaj 12 hlis haus). Drinking warm water with honey (Do not give to children under 12 months)



## Yog tias koj raws plab lossis ntuav

- Tsis txhob noj cov khoom xws li mis (yogurt thiab mis) txiv hmab txiv ntoo thiab tej zaub mov uas nyuaj zom.
- Siv dej kub lossis dej huv tov kua ntsev haus (cov neeg uas mob raum thiab mob hauv siab yuav tsum tau noog kws kho mob ua ntej haus kua ntsev).
- Yog tias koj tsis qab los, maj mam noj me me.



## Yog tias ua pa nyuaj lossis ua tsis taus pa

- Qhib lub qhov rais lossis nyob hauv lub chav uas muaj huab cua zoo.
- Maj mam ua pa thiab tso pa los ntawm lub qhov ncauj thiab qhov ntswg.
- Zaum yiag kom koj lub xwb pwg thov zoo, tsis txhom khoov.
- Tig me ntsis mus pem hauv ntej, maj mam tso koj lub luj tshib rau ntawm koj lub hauv caug thiab ua pa tob tob tuaj yeem pab tau koj ua pa yooj yim.
- Tsis txhob muaj kev ntxhov siab thiab ntshai
- Pw tsaug zog: pw tig ib sab thiab siv hauv ncoo siab.

# Kev pw tsaug zog

Cov thaj pw txuas ntsiv tom ntej no tuaj yeem pab tau cov uas lub ntsws muaj teeb meem los ntawm COVID-19, xws li ua pa nyuaj, ua pa luv thiab txog siav.

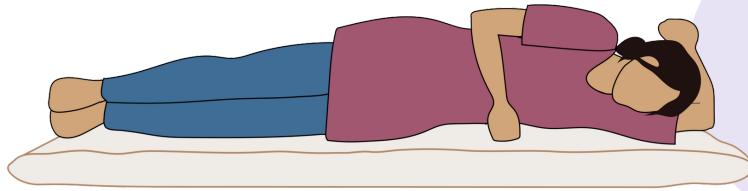
1

Pw khwb rwg kom thov zoo li 30 feeb lossis 2 xub moo.



3

Ces zaum yus lub cev yiag 60-90 degree li 30 feeb txog rau 2 xub moo.



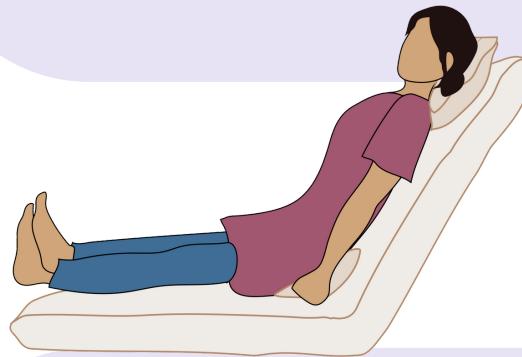
5

Pw khwb rwg tabhau tuaj hauv thiab txa ko taw li 30 feeb lossis 2 xub moo.



2

Dlau ntawm pw tig sab xi li 30 feeb lossis 2 xub moo.



4

Txuas ntxiv, pw tig sab laug li 30 feeb lossis 2 xub moo.

**Thaum koj ua tag cov kev pw uas hais los saum no,  
koj tuaj yeem rov ua saum hauv paus tuaj raws li txheej txheem.**

# Cov tshuaj Fah Talai Jone (ANDROGRAPHIS PANICULATA)

*Fah Talai Jone yog cov tshuaj ntsuab uas muaj tibneeg feem ntau siv nyob rau Thailand rau cov neeg uas raug mob tsis txhuam nyav (xws li ua npaws, mob qa, thiab hnoos). Dlau li ntawm, nws tseem tsis tau txais kev lees paub los ntawm lub koom haum Saib Nyuas Kev Noj Qab Haus Huv Ntiajteb (WHO) lossis thoob ntiajteb rau kev kho lossis tiv thaiv kev kis tus kab mob COVID-19.*

\*Raws li muaj tej kev kawm tsis tu ncua, thov caum saib cov xov xwm tshiab uas hais txog cov tshuaj no.



## Cov kev ceev faj



Txwv tsis pub noj Fah Talai Jone nrog cov tshuaj uas pab tiv thaiv cov ntshav txhaws (tiv thaiv tsis pub ntshav khov), txhawm rau tsis pub cov hlwb hauv cov ntshav los sib koom ua ke thiab cov tshuaj ntshav siab xws li Warfarin thiab Aspirin vim yog tuaj yeem ua rau cov ntshav los sib koom uake tau.



Txwv tsis pub cov poj niam uas cev xeeb tub/lossis lub chaw yug menuam muaj teeb meem noj Fah Tailai Jone, vim tuaj yeem ua rau nchuav menuam tau, yug ua ntej sijhawm, lossis yuav ua rau tus menuam tsis zoo tes zoo taw.



Cov tshuaj no kuj tsis zoo rau cov ua muaj mob xws li mob ntsws, mob plawy, mob ntshav siab, nshav qab zib lossis mob raum noj.

## Kev noj tshuaj

- Cov neeg laus

Noj tshuaj andrographolide ib hnub li 180mg, noj 2-3 hnub tiv tauj uake.

\* Thov nco ntsoov tias tus nqis andrographolide cov tshuaj tsis sib xws. Ua tib zoo nyeem cov ntawv hauv cov tshuaj thiab ua raws li kws kho mob lossis kws muag tshuaj qhia.

- Cov menuam yaus uas nyav tsis txog 5kg.

Ib hnub noj 3-3.5 toj 1 kg raws li lub cev nyav. Yog tias nyav 50kg lossis nyav tshaj ntawm, noj tshuaj raws li cov neeg laus.

**\*Tsis txhab noj cov tshuaj Fah Talai Jone tshaj 5 hnub.**

Lub cev nyav kg	Yuav tsum noj tshuaj Andrographolide npaum li cas
20	60 mg/ib hnub
30	90 mg/ib hnub
40	120 mg/ib hnub



## Qhia kev siv tshuaj

- Nyeem cov tshuaj kom zoo vim yog cov tuam txhab kev tsim andrographolide tsis sib xws.
- Noj tom qab noj mov tag txhawm rau pab kom tsis xeev siab thiab ntuav.
- Yuav tsum noj Fah Talai Jone ua ntej 72 lub xub moo (3 hnub) thaum uas koj kuaj thiab paub tias kis mob COVID-19.

## Yam uas tuaj yeem tshwm sim

- Tsis txhab noj cov tshuaj ntxiv yog tias koj noog xws li; tsis qab los noj mov, raws plab, xeev siab, ntuav, mob taub hau, plawv dlia, thiab tsis muaj zog.
- Zaum lossis pw yog tias koj kiv taub hau lossis yuav tsaus muag. Yog tias tom qab 30 feeb tsis zoo tuaj yuav tsum tau ntsib kws kho mob.
- Thaum noj cov tshuaj ntau dlau lossis siv tshaj li cov sijhawm uas kws kho mob qhia, Fah Talai Jone tuaj yeem ua rau koj ob txhais ceg thiab tes tsis muaj zog tau, thiab tuaj yeem muaj lwm yam kev phom sij uas ua xav tsis txog tshwm sim los kuj tau thiab.
- Muaj qee leej tsis haum cov tshuaj, thaum noj lawm yuav ua rau muaj pob khaus thiab ntsej muag o, yog noj thiab tsis haum xws li hais los no tsis txhab noj ntxiv lawm. Siv cov tshuaj noj pab pob xua los noj thiab ntsib kws kho mob thiab tsis txhab siv Fah Talai Jone ntxiv lawm.

# Haus kua ntsev (ORS) thaum mob COVID-19

Xws li koj mob npaws, cov tibneeg uas mob COVID-19 feem ntau muaj teeb meem rau cov plab nyuv zaub mov thiab xeev siab, ntuav thiab raws plab. Qhov kev raws plab tuaj yeem ua rau koj lub cev qhuav dej tau, qhov uas koj lub cev qhuav dej vim yog koj lub cev tsis muaj dej txaus. Qhov uas koj lub cev tsis muaj dej txaus ntawm yuav ua rau muaj mob nyav tau thiab tuaj yeem muaj teeb meem txog yus lub neej txoj sia yog tias tsis tau txais kev pab lossis kev kho. Thaum ua ntej tsis tau mus ntsib kws kho mob, thov qhia koj haus kua ntsev (ORS) txhawm rau mus pab koj lub cev.

\*Txwv tsis pub cov neeg uas mob npaws, raws plab thiab ntuav haus cov kua ntsev (sports beverages). Vim yog cov ntsev thiab suab thaj hauv cov kua ntsev (sports beverages) muaj kev sib txawv cov kua ntsev ORS thiab nws yuav tuaj yeem ua rau koj tus mob nyav dua qub.

## Koj tuaj yeem ua cov kua ntsev ORS hauv tsev tau

Cov kev sib tov muaj xws li nram qab no:

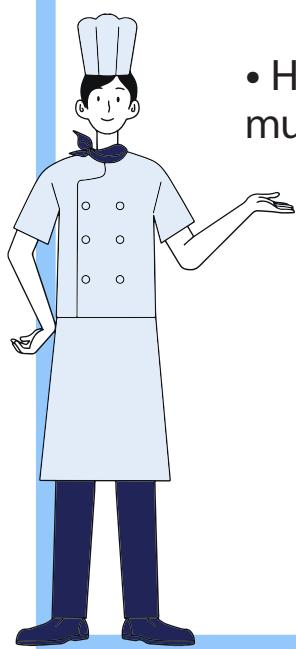
- Ob diav suab thaj (24 grams)



- Ib nrab diav ntsev (3 grams)



- Haus cov dej huv li 1 liv lossis cov dej ua muaj rhaub uas txias lawm (750 cc.)



**Muab cov ntsev thiab  
suab thaj do sib xyaw  
uake kom yaj.**

# Kev pab kho yus yus kheej ua ntej

Muaj ntau lub tsev kho mob txwv tus nab npawb txais tos cov neeg mob tuaj kho txhua hhub. Vim yog ntu no muaj tus kab mob COVID-19 ua rau muaj cov cuab yeej kho mob tsis txaus. Txwv tsis txlob mus nram tsev kho mob yog tias tsis muaj kev cheem tsum. Yam tseem ceeb uas koj yuav tsum tau muaj nyob hauv koj tsev yog cov cuab yeej pab kho tus kheej ua ntej (first aid kit) txhawm rau qhov uas tuaj yeem pab kho tej mob pheej tshaj uas tsis nyav.

**Cov cuab yeej siv pab kho kab mob COVID-19 yuav tsum muaj xws li:**

## Tshuaj noj thiab tshuaj npaws

- Tshuaj Paracetamol rau cov neeg laus
- Tshuaj Paracetamol rau cov menuam yaus



## Shubanka Raws plab

- Haus kua ntsev (ORS) thiab
- Activated Charcoal



## Hnoos thiab mob caj pas

- Tshuaj npuav lossis tshuaj hnoos pab kom tsis txlob hnoos



## Mob xws li los ntswg

- Noj tshuaj Chlorpheniramine



## Khoom noj khoom haus pab txhawb koj lub cev tiv thaiv kab mob

- Noj Vitavin xws li
- Vitamin D
- Vitamin C
- Vitamin B complex



## Lwm yam tshuaj uas yuav tsum tau muaj:

### Cov tshuaj tua kab mob

- Betadine (Povidone-iodine)
- Cov tshuaj tua kab mob (Chloroxylenol)
- Isopropyl alcohol



### Cov cuab teej siv tu thiab tua kab mob

- Tshuaj ntxuav tes
- Cuab yeej tu kev sim huv



# Kev sim huv ntawm yus tus kheej – cov cuab yeej tu kev sim huv

Koj lub chaw nyob tuaj yeem yog lub chaw kis kab mob Covid-19 tau vim yog tej zaum koj mus sab nraum thiab nqa tau kab mob los rau hauv tsev uas koj tsis paub.

Nws yog ib qhov tseem ceeb uas koj yuav tsum tu koj lub tsev kom sim huv nrog cov khoom siv tu vaj tsev uas tuaj yeem nrhiav yuav raws cov chaw muaj khoom ua nyob ze koj tsev.

## Yuav ua li cas tov cov tshuaj tua kab mob DIY

1 Qhov zoo tshaj plaws siv  
2 hau tshuaj tov nrog 2 liv dej



2 Tsis txhob siv cov tshuaj (bleach) tov xyaw lwm yam tshuaj tu kev sim huv

## Yuav tu kom sim huv li cas



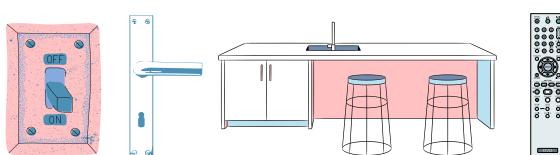
- Hnav cov cuab yeej tiv thaiv tus kheej (PPE) xws li hnab looj tes, tsom iav lossis siv lub tsom iav tiv thaiv tsis pub muaj kev phom sij txhawm rau qhov tsis pub yus lub cev mus tuav ub tuav no.



- Kuaj xyuas saib qhov rais qhov rooj puas qhib thiab puas muaj cua mus los.
- Yuav tsum nco ntsoov tu txhua qhov chaw hauv koj lub tsev thaum uas nws qias neeg.



- Xyuas kom ruaj siab thiab siv cov tshuaj tua kab mob DIY lossis cov alcohol uas muaj 70% nce mus tu cov chaw uas kis kab mob yooj yim xws li lub qhov rooj, lub remote, rooj, chaw qhib thiab tua fais.



# Yuav tu kom sim huv li cas

- Koj tuaj yeem siv cov khoom tu tsev li xab npum lossis dej los tu hauv pem teb. Pib tu ntawm qhov uas qias neeg tshaj plaws mus rau qhov tsis txhuam qias. Tom qab ntawm koj mam li siv cov tshuaj tua kab mob DIY lossis alcohol los ntxuav dua ib lwm.



- Yog koj yuav tu koj lub tsev dej, ua ntej ntawm siv cov tshuaj uas ntxuav tsev dej tag, koj mam li siv cov tshuaj tua kab mob DIY, tom qab hliv cov tshuaj DIY lawm tos li 10 nas this mas li siv dej muab ntxuav. Nco ntsoov yuav tsum siv cov tshuaj tua kab mob DIY thiab alcohol ntxuav koj lub qhov rooj hoob nab, kais dej, tus cav da dej, thiab lub iav.



## Cov kev ceev faj

- Tsis txhob tsuag cov tshuaj tua kab mob vim tej zaum tuaj yeem ua rau kis kab mob tau.
- Yog koj muaj cov cuab yeej, yim siv sai yim huab zoo.
- Tsis txhob siv cov nab looj tes uas siv tua kab mob coj mus siv ua yam lwm txhawm rau qhov uas tsis pub kis kab mob.
- Tsis txhob tuav koj lub ntsej muag (qhov muag, qhov ntswg, thiab di ncauj) thaum uas koj siv cov tshuaj tua kab mob lossis tseem coj hnab looj tes.
- Kev phom sij; feem ntau cov khoom siv tshuaj tua kab mob yog cov khoom siv tshuaj dawb uas tuaj yeem ua rau khaus thiab ua rau koj cov tawv nqaij kub nyiab tau. Nco ntsoov tsis txhob tuav ib puag ncig ntawm koj lub qhov muag thaum siv cov tshuaj tua kab mob.



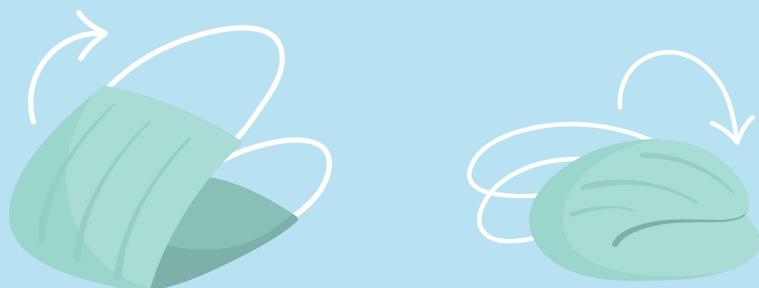
**Yuav pov daim ntaub  
npog ncauj uas siv  
lawm li cas**

**Hle koj daim ntaub  
npog ncauj.**



**1**

**2 Muab daim ntaub  
npog ncauj quav  
ua ib nrab.**



**2**



**3 Muab koj daim ntaub  
npog ncauj uas siv lawm  
pov tseg rau hauv ib lub  
hnab thiab muab khi kom  
zoo zoo.**

**3**

# **Yog thaum koj raug mob lawm yuav tiv tauj qhov twg**

**Yog tias muaj mob rau sab nqaij tawv, tiv tauj rau:**

## **Bangkok Refugee Center (BRC)**

- Yog tias mob nyav, BRC tuaj yeem muab kev pabcuam xws li npawm cov nqe kho mob tau.
- Koj tuaj yeem tiv tauj BRC tau raws li cov npaws hauv qab no:
  - 02-512-5632-4 lub sijhawm ua haujlwm
  - 086-010-4117 – hu rau tus no yog thaum koj muaj kev cheem tsum lossis tom qab sijhawm ua haujlwm, yuav qheb txhua hnub sijhawm 07:00-23:00 moo.

## **Tzu Chi**

- Tzu Chi muaj tshuaj noj (dawb) rau cov neeg raug COVID-19 uas nyob qib xim ntsuab, yog xav paub ntau tshaj no thov tiv tauj rau Tzu Chi raws li cov chaw hauv qab no:
  - Facebook: Tzuchithailand
  - Line: Tzuchithailand
  - Tel: 080-558-5892 (lus mekas), 02-328-1161-63 & 062-8471388 (lus Thaib)

**Yog tias muaj kev nyuaj siab rau sab siab ntsws kev xav/  
kev nyuaj siab thiab xav tau kev pabcuam, tuaj yeem tiv tauj rau;**

## **Jesuit Refugee Service (JRS)**

- Tel: 084-427-4136, 062-540-5456, 094-371-7834
- Muab kev pabcuam rau sab siab ntsws kev ntxhov siab yog hnub vaas caas, vaas aas khaas thiab vaas phav lwv ham.





# Cov txheej txheem uas yuav tsum tau npaj ua ntej mus rau tsev kho mob

Nws muaj ntau yam uas koj yuav tsum tau npaj ua ntej  
mus rau hauv tsev kho mob,  
koj tuaj yeem saib raws li cov hauv qab no:

Daim ntawv ua qhia koj tus kheej – xws li npam UNHCR,  
lossis paspport

Daim npam pa kaas (yog tias koj muaj)

Koj lub xov tooj, txoj xaim tshab, lossis tus npaws xov tooj hu thaum muaj teeb meem cheem tsum

Coj daim ntawv xam tshuaj rau yus tus mob (underlying disease)  
nrog lub npe tsev kho mob thiab tus kws kho mob uas yus pheej  
mus ntsib.

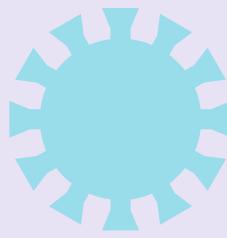
Cov khoom siv xws li pawm (yog tias koj muaj menyuam mos)  
thiab ntawv vim xeeb

Coj ib ce khaub ncaws tau hloov hnub uas koj tawm tsev kho mob

Nyiaj, npam ATM, npam debit thiab npam credit.

Ntaub npog ncauj thiab tshuaj alcohol ntxuav tes

Coj nab txhawm rau tau nruab koj cov khoom siv



## Kev txhaj tshuaj (vaccine) tiv thaiv COVID-19

**Kuv puas tuaj yeem txhaj tshuaj vaccine tau yog thaum kuv kuaj thiab paub tias kis mob COVID-19?**

Tsis tau, koj yuav tsum tos li 90 hnub tom qab uas koj twb zoo lawm koj mam li txhaj tshuaj tau.

**Kuv puas yuav tsum tau txhaj tshuaj vaccine txawm tias kuv twb zoo mob COVID-19?**

Yog tias tau koj yauv tsum tau txhaj tshuaj vaccine vim yog cov kws tshuaj tshaj lij tsis lees tias koj yuav tsis kis kab mob COVID-19 ntxiv lawm tom qab uas koj twb zoo lawm. Dlau li ntawm, kev txhaj tshuaj tuaj yeem ua rau muaj kev tiv thaiv zoo rau cov neeg uas twb zoo mob COVID-19 lawm.

**Kuv puas tuaj yeem kis kab mob Covid-19 tau lawm txawm tias kuv txhaj tshuaj vaccine?**

Koj tseem tuaj yeem kis tau. Cov tshuaj vaccine Covid-19 tsuas yog pab ntxiv kev tiv thaiv tsis pub kis mob xwb.

Txawm li cas los xij, nws tsis tuaj yeem tiv thaiv tau ib puas feem puas.



# Leej twg yuav tsum ntsib kws kho mob ua ntej uas yuav txhaj tshuaj tiv thaiv kab mob COVID-19?

- Cov tibneeg uas tsis haum lossis swb rau kev txhaj vaccine.
- Cov neeg uas swb rau kev txhaj tshuaj vaccine Covid-19 thawj zaug.
- Cov neeg uas kuaj kis kab mob COVID-19 10 hnub dlau los.
- Cov menuam thiab cov hluas uas tsis tau muaj 18 xyoo.
- Cov poj niam uas cev xeeb tub lossis cov uas tseeb pub niam mis rau menuam.
- Cov neeg uas mob HIV.
- Cov neeg uas tam sim no muaj mob lossis nws cov qub mob rov qab huam.
- Cov neeg uas muaj ntshav kab zib uas muaj suab thaj ntau hauv nws cov ntshav ua rau tsis tuaj yeem tswj cov ntshav siab ntawm tau.
- Cov neeg uas nws lub cev muaj kev tiv thaiv kab mob.
- Cov neeg uas tau mus ntxiv ntshav lossis plasma 90 hnub dlau los.
- Cov neeg uas nyuam qhuav zoo los ntawm kev mob nkees nyav thiab nyuam qhuav tawm hauv tsev kho mob los uas tseem tsis tau 14 hnub.
- Cov neeg uas muaj mob uas tsis tuaj yeem tswj tau.
- Cov tibneeg uas muaj ntshav platelet tsis txaus (mild thrombocytopenia) lossis cov ntshav muaj kev txawv txav {Platelet} yog nyob hauv peb cov ntshav thiab nws txoj haujlwm yog los txhaws tej tawv nqaij thaum peb raug mob kom peb zoo sai thiab txhob pheej los ntshav tsis tu}.



# Kev npaj yus tus kheej kom txhij ua ntej txhaj tshuaj vaccine

## Yuav npaj yus tus kheej kom txhij li cas

- So thiab pw kom txaus
- Tsis txhob haus cawv ua ntej txhaj vaccine
- Muaj dag zog khov kho, tsis ua kub ua no lossis muaj lwm yam mob.
- Tsis txhob exercise lossis ua haujlwm nyav li 2 hnub tom qab txhaj vaccine.
- Yuav tsum noj mov thiab haus dej.
- Tsis txhob haus cov dej haus ua muaj caffeine xws li kas fes, tshuaj yej, lossis Coca-Cola rau hnub uas koj txhaj vaccine.
- Koj tuaj yeem noj cov tshuaj uas koj ib txwm noj tau pheej tshaj.
- Hnav cov tsho luv uas tuaj yeem loj mus koj txhais ncaj npab tau yooj yim.



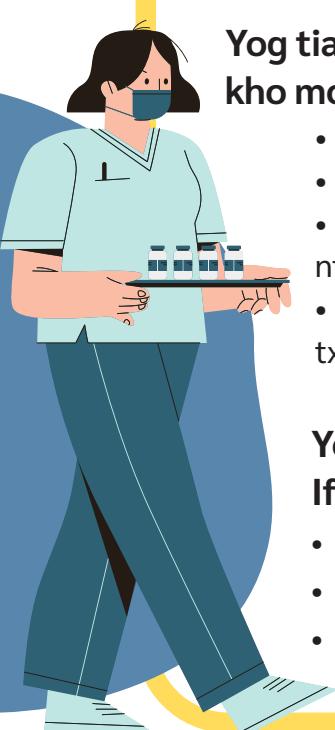
## Koj yuav tsum muaj xws li;

## Hnub uas txhaj tshuaj vaccine

- Daim ntaub npog ncauj npog koj lub qhov ntswg thiab qhov ncauj.
- Tshuaj ntxuav tes
- Hnub uas koj txhaj tshuaj vaccine ntawm koj lub cev yuav tsum kub qis tshaj li 38C.
- Tsab ntawv uas koj tau txais hauv xov tooj yog sijhawm teem caij hnub uas koj mus txhaj tshuaj vaccine.
- Hnub mus txhaj vaccine koj yuav tsum coj koj daim npam thiab.
- Nco ntsoov yuav tsum nyob sib quas deb.

## Yog tias koj muaj cov mob xws li hauv qab no koj yuav tsum qhia rau kws kho mob lossis cov neeg ua haujlwm ua ntej txhaj tshuaj vaccine;

- Kev tsis haum lossis swb tej yam yav tag los uas tau tshwm sim rau koj.
- Thiab yog koj kub tshaj 38C nce mus nyob rau hnub uas txhaj vaccine.
- Muaj nqaij doog , muaj ntshav tawm lossis tau siv cov tshuaj pab rau kom ntshav khov xws li Warfarin.
- Lossis saib puas muaj dua teeb meem dabtsi tshwm sim rau koj tam qab ua txhaj vaccine.



## Yog tias koj ntshai mob thaum txhaj tshuaj, koj yuav tsum xav li no; If you are feeling nervous or anxious;

- Xav tias yog ib tug koob me me uas tuaj yeem pab cawm koj txoj sia tau.
- Maj mam ua pa
- Tsis txhob ntsia thaum uas kws kho mob tab tom txhaj tshuaj thiaj tsis mob

# Tom qab txhaj tshuaj vaccine lawm

Tom qab txhaj tshuaj vaccine tag lawm koj yuav tsum zaum tos li 30 nas this. Qhov no txhawm rau kuaj thiab ruaj siab tau tias tsis muaj kev phom sij dabtsi tshwm sim rau koj.

**Kev soj ntsuam: cov mob uas pheej tshwm sim tom qab txhaj tshuaj lawm, muaj xws li;**



- Caj npab mob, liab, o  
(rau ntawm txhais npab uas raug txhaj tshuaj)
- Ua npaws me ntsis
- Nkees
- Mob taub hau
- Mob nqaij los yog mob pob qij txha
- Xav ntuav
- Lossis txob



**Vib this ua yuav pab kom tsis txhob mob heev**

- Noj tshuaj raws li koj qhov mob xws li paracetamol pab rau mob npaws thiab kua ntsev hau thaum koj raws plab.
- Muab ib daim phuam uas huv, txias thiab ntub dej coj los puab rau ntawm qhov uas mob.
- Yog tau yuav tsum siv koj txhais ncaj npab ua haujlwm mus los.
- Haus dej kom ntau ntau
- Hnav cov khaub nkaws uas ua rau yus thov zoo.



**\*Yog tias koj muaj cov mob nyav tshaj cov uas hais los saum no thiab pheej tsis zoo li. Koj yuav tsum tau tiv tauj rau kws tho mob txhawm rau kom tau txais kev kho koj cov mob ntxiv**

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# **Wear a mask, clean your hands, and keep a safe distance.**

We are all in this together.  
Stay safe and stay connected.

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