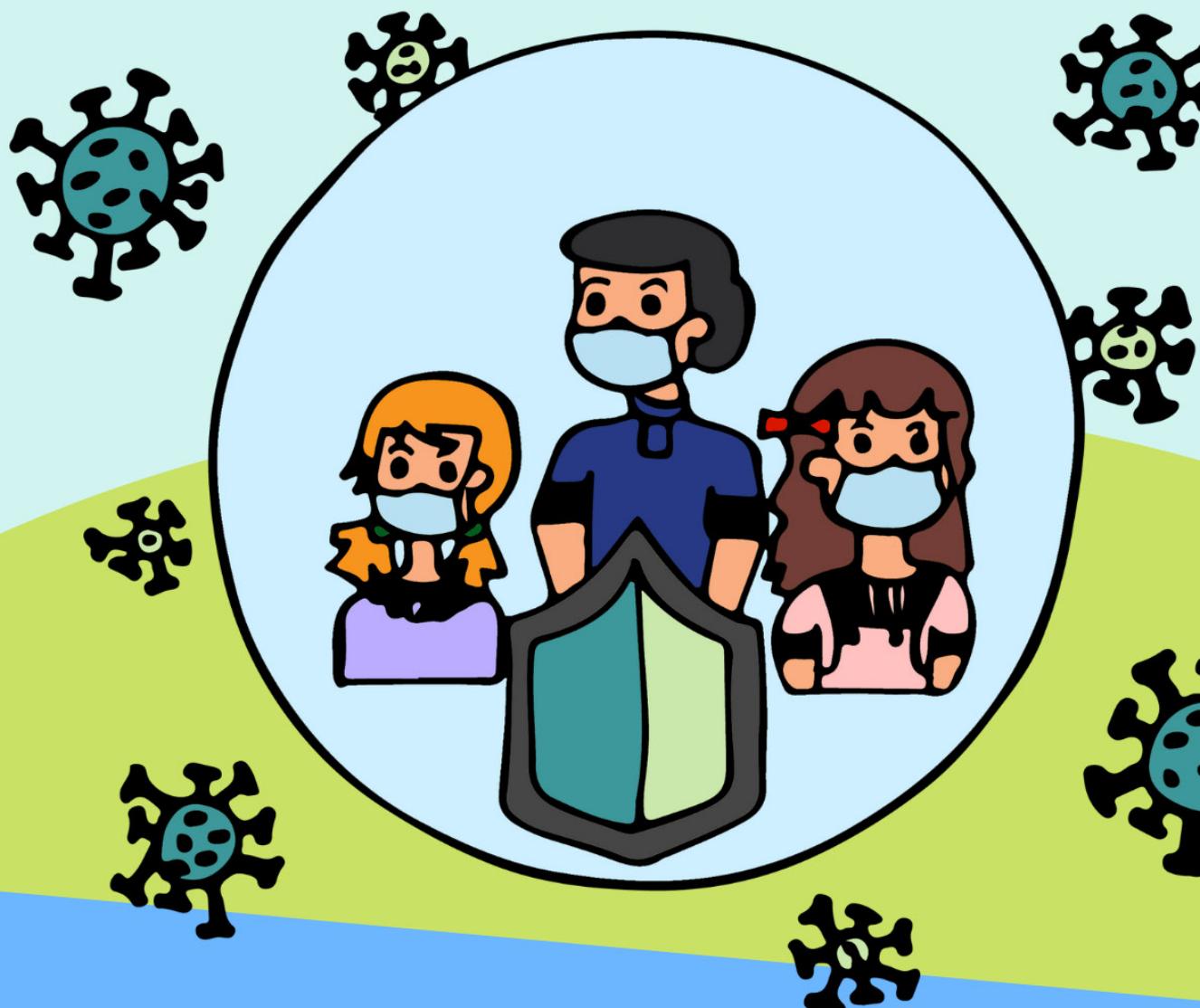


Sōp hră tōdah po' thāo tolōi rōhmač kōhman COVID-19



Bing mōta brüa ih khōm ngă kiăng ko pōgang droi hōjän ih pō hăng droi hōjän
bing arăng pokön mōng tolōi atüp djōr rōhmač kōhman Corona (COVID-19)

TO'LŌI POTHĀO BRO'I

Hmāo pojing mōng thün 2007, Asylum Access Thailand (AAT) jing sa bung sang mă bruă ƀu pøgop røbít hröm häng ƀing knuk kna ôh leh anun bung sang anai jing sa črān amäng bung sang anõ Asylum Access. Bing gømøi mă bruă kiäng pø dørg dí tolroi phiän anä mørnuih häng tolroi sít broi kø ƀing mørnuih tì nän. Bing gømøi dão abih bang ƀing mørnuih tì nän duri hmåo tolroi røngai häng tolroi hødip phrâo.

Gët ƀing gømøi ngä



Pø-djru böh hiäp
tolroi gal



Pøjäo tolroi phiän
kø anä plei



Røkâo pøplih
amäng tolroi juät

Abih bang ƀing hrä ar  p sem t  nan pø  ar Thailand hl k anai yua Bung sang Mørnuih t  nan LHQ (UNHCR) m  br a broi. Tolroi m  br a anai ci røng a m ng sui  ia, hm o tolroi gl h glar laih an n ci pojing tolroi r a pran jua m n. Bing gømøi pøkah pha abih bang mørnuih tolroi djru b h hi p am ng tolroi gal laih an n am ng tolroi hødip ki ng k  ƀing go u pøhaih h  tolroi anai h ng hm o t  u jing sa mørnuih t  nan.

Bing gømøi pøj o broi tolroi duri p suaih k j p k  phung m nuih t  nan tui h ng lu m ta tolroi b h hi p ki ng poj  an n plei laih an n p hr m knang k  tolroi th o broi ƀing khul p j o tolroi phi n k  m nuih t  nan dj  br a. Bing gømøi p -d rg d  s p hr  SGBV hr m b t h ng ƀing tolroi t  jum wai l ng khul    dai am ng plei pla. Ki ng dj  k j p tolroi duri poj  ƀing tolroi dram g nam ki ng p d  m ai tolroi h dip, ƀing gømøi p -b  them tolroi k tang k  m nuih t  nan laih an n p d rg d  tolroi phr o yua an n plei dj  br a.

Bing gømøi m  br a hr m b t h ng ƀing khul m  bru  k  tolroi phi n an n m nuih p k n ki ng k  r k o d  ƀing tolroi p plih am ng tolroi phi n l n  ar Thailand anai an n y h ki ng p d rg gl i tolroi r nuk r nua h ng k nuih k  phung m nuih t  nan l m  ar. Bing gømøi hl k p dur ki ng k   ar Thailand jing sa anih hm o tolroi r nuk r nua k  abih bang phung m nuih t  nan laih an n ƀing go u ci duri pojing d  d rg sa tolroi h dip phr o.

B h hr  tolroi w uh i u:

Anih sang: 1111/151 Ban Klang Muang, Ladphrao Road, Chankasem, Chatuchak, Bangkok 10900
Mr  phone : +66 2 513 5228 Email: thailand@asylumaccess.org

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COVID-19 hăng ṫing mota rōhmač kōhman ñu

Amăng hnăl tuč thün 2019, Coronavirus blung hlāo hmāo rođuh bōi bā anih đōč samōr rōgǎo gī anūn goňu tañ rođba djōp djang anih amăng lōn tōnah anai. Toloi atüp djōr rōhmač kōhman tolroi rúa mōng mōnuh anai truh pō mōnuh dih duri pojing dī lu mota tolroi duăm rúa todu bđudah kraih. Mōng tolroi atüp blung hlāo, COVID-19 hmāo pōkah pha giōng 5 mota rōhmač kōhman phara; laih anūn sa mota rōhmač kōhman či duri hmāo tolroi atüp, tolroi pōdōng glāi ia djrão hăng tolroi pojing duăm ruă phara yōh.



Alpha

- Hmāo rođuh blung hlāo po čar Anh mōng blan 9 thün 2020
- Toloi kōtang: Rōhmač Alpha atüp rōhmuñ hloh kō rōhmač kōhman blung hlāo anūn.



Beta

- Hmāo rođuh blung hlāo po čar Nam Phi mōng blan 9 thün 2020.
- Toloi kōtang: Rōhmač anai hmāo tolroi duri pojing dī tolroi rúa kraih krin bđudah tolroi djai lu hloh kō rōhmač kōhman blung hlāo anūn.



Delta

- Hmāo rođuh blung hlāo po čar India mōng blan 12 thün 2020
- Toloi kōtang: Delta atüp tañ hloh kō rōhmač kōhman blung hlāo laih anūn goňu anai yōh hmāo rođuh lu bā mā pō čar Thailand hlăk anai.



Gamma

- Hmāo rođuh blung hlāo po čar Brazil mōng blan 12 thün 2020
- Toloi kōtang: Rōhmač anai atüp tañ hloh kō ṫing rōhmač kōhman pōkōn laih anūn tolroi sít kō văc-xin kiăng pōdōng glāi Gamma jing mōsét đōč.



Lambda

- Hmāo rođuh blung hlāo po čar Peru mōng blan 12 thün 2020
- Toloi kōtang: Rōhmač anai hmāo tolroi duri pō-lu dī tolroi duri atüp djōr laih anūn pōdōng glāi ia djrão pōgang.

Sources:

1. European Centre for Disease Prevention and Control Sars-CoV-2 Variants of Concern as of 20 August 2021 (2021). <https://www.ecdc.europa.eu/en/covid-19/variants-concern>
 2. Vejthani Hospital, 4 COVID-19 Variants of Concern that Worry the World (2021) <https://www.vejthani.com/2021/08/4-covid-19-variants-of-concern-that-worry-the-world/>
 3. Science Focus, lambda Variant: All You Need to Know About the New UK Coronavirus Strain. (2021). <https://www.sciencefocus.com/news/lambda-variant/>

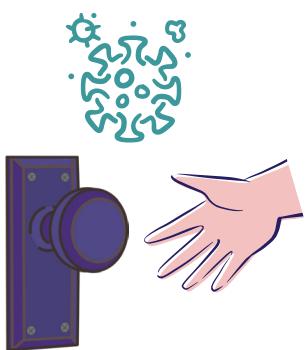
Toloi atüp duám rúa

Hmâo 3 mota glan či atüp djör COVID-19.



1. Djroh ia

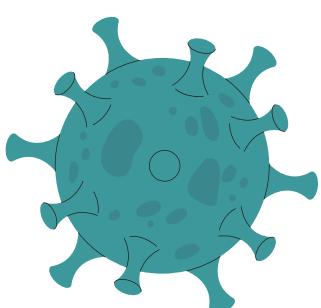
Bing djroh ia bläng tui häng ia röbah häng ia khak hmâo pojing hí tódang ih rotök, röphañ budah ră gläi. COVID-19 duri atüp djör nao rai amäng düa bing mornuih tui glan amäng röbah, mordung häng mota.



2. Röpän röwa hnă hnöi

Djroh ia mörng bing mornuih hmâo atüp djör tolroi rúa duri dö klep gläi häng bing hnă hnöi.

Tódang hmâo mornuih röpän röwa djör bing anih anün, giörng anün röwa gläi röbah, mordung häng mota bing goñu. Anün yoh COVID-19 či duri atüp djör bing mornuih anün.



3. Amäng röngin

Bing mruih anet aneo, hmâo pojing dí yua tolroi ră gläi, goñu duri dö amäng röngin sui bña laih anün đong hiu taih bña hloh kó bing mruih anet pokön. Anih hmâo tolroi duri atüp djör kótang hloh amäng röngin jing pø sang dö, anih hmâo lu mornuih laih anün bing anih bu hmâo rögop anih dö ôh, anai nê jing sang rösí hnă böng, anih phung mornuih hröm adoh, anih ngă tolroi hräm droi hojän, anih röngui amäng mlam mormört, anih mă brüa laih anün anih iâu lăi.

5 črān počkă COVID-19

1

Dő taih hröm bít mőng gōp ih
häng monuih počkön mosét
hloh 1-2 met



2

3

Rögom hī amäng bah laih anün mota ih häng
tongan tordang ih rotök budah rophañ



Klüm nal rögom bo budah knöng
gët duri pogang droi hojän ih pô djor hiam klä.

4

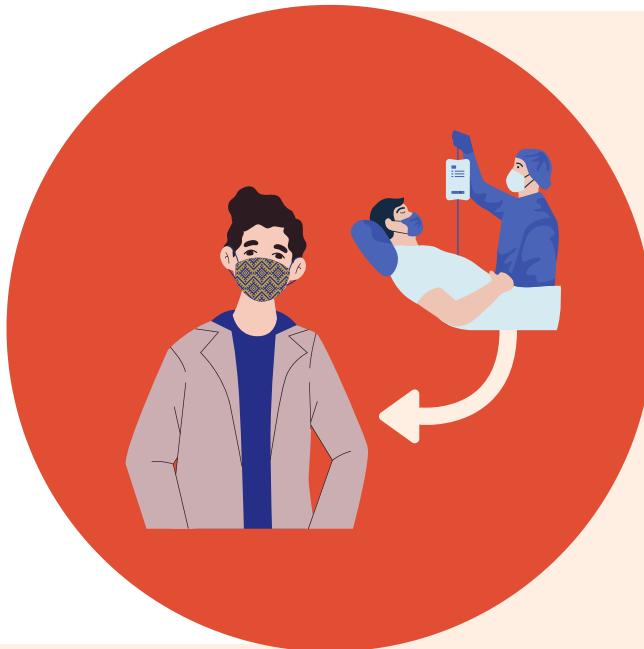


Čräng rão tongan ih häng ia robu amäng mosét hloh
20 monit budah čräng rão tongan ih häng gel alcohol.
Buän röng rão goh tongan hlao kɔ ih böng hüa budah
rowa gläi amäng robah häng modung ih.

5

Toloi pokah pha mota tolloi truh

Kâo năng ai ūn hmâo atüp djör rohmac kohman
COVID-19 yoh laih anün gêt kâo kiäng ngä



Moriäh

Bing monuih dö hröm bít amäng sa böh sang häng röpän wa djör monuih hmâo tolroi rúa amäng rowang 1 met budah rogao hloh 5 monit poglong ci dui atüp djör rohmac kohman COVID-19.

Gêt kâo kiäng ngä

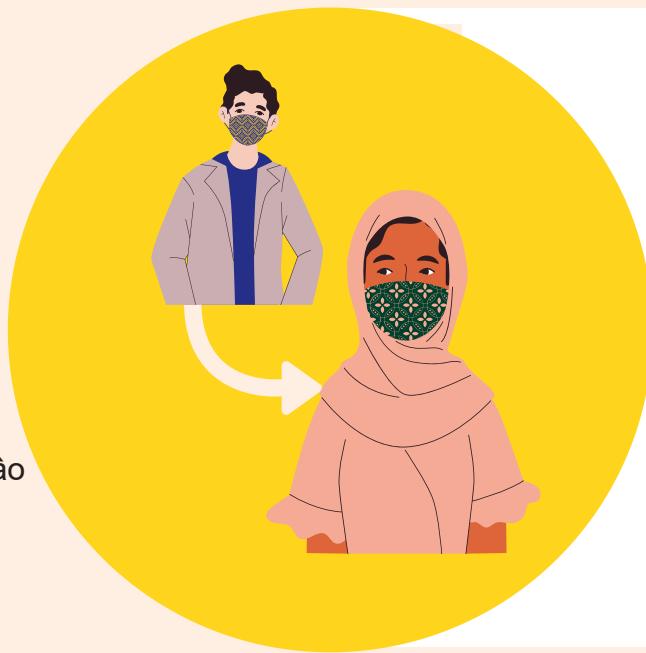
- Rotañ ngä tolroi počrang läng hieu dah ih hmâo atüp djör rohmac kohman COVID-19 morn hä;
- Laih anün dö poklah hojän amäng sang ih pô;
- Rowuh iau bing nai ia djrão kiäng kôr tû mä tolroi pođjrão kôr tolroi rúa ih.

Röñih

Bing monuih röpän wa djör droi hojän laih anün dö hröm sang häng bing monuih dui hmâo tolroi atüp djör rohmac kohman COVID-19 amäng rowang 1 met budah rogao hloh 15 monit poglong.

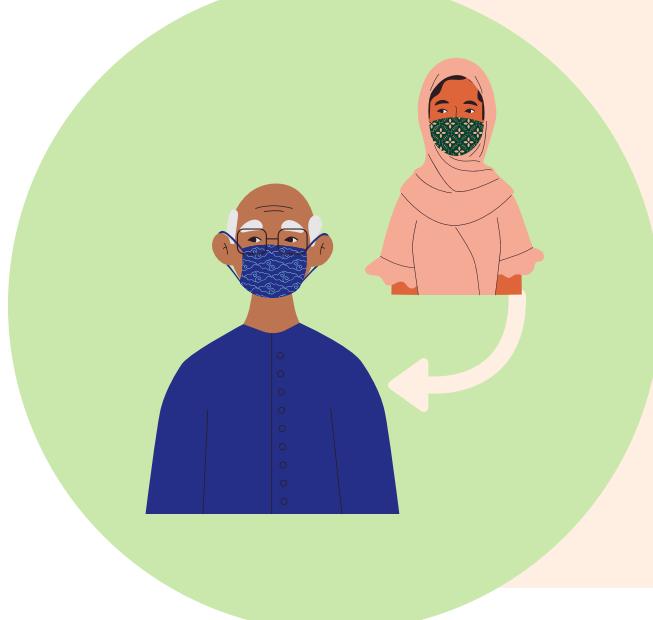
Gêt kâo kiäng ngä

- Dö guan läng thu tolroi lai pothao gläi möng tolroi počrang läng COVID-19 kôr pô anün;
- Tordah pô ñah rokoi / pô ñah kormoi anün hmâo atüp djör rohmac kohman COVID-19, ih kiäng tañ ngä tolroi poklah dö hojän amäng sang laih anün nao ročrang läng COVID-19.



Täh

Bing monuih hmâo robat hröm bít häng bing monuih lom kôr khul kôrlor roñih.



Gêt kâo kiäng ngä

- Guai läng thu bing monuih hmâo tolroi dui ci atüp djör rohmac kohman COVID-19.

Bīng mōta tōlōi pōmīn tă tăń hăng tōlōi blōng rōngōt

Yua kō tōlōi rōhmač kōhman COVID-19, anūn yōh ih či dui hmāo tōlōi tū droi hōjān hăng tōlōi blōng rōngōt bīa mă anai nē či pōjing hī lu mōta tōlōi duām rūa amāng droi hōjān laih anūn amāng pran juā ih.

Dōm mōta tōlōi rūa amāng droi hōjān

- Rūa laih anūn tăng kuāi, bra hăng roiāng ih
- Rūa hlung
- Tăng ară
- Rūa kō
- Trăo da
- Bih pran đudah đih pīt tōanap

Dōm mōta tōlōi rūa amāng pran juā

- tōanap kiăng kō pōmīn hōdōng
- Taň hăo hil
- Bu dui dō hōdōng
- Đih pīt tōanap
- Hmāo tōlōi rōngot hăng tōlōi pōhmal kō tōlōi soh ū
- Rōngōt ngañ laih anūn hīu hiăt kō abih bang
- Hia
- Hmāo rōmūn tōlōi droi hōjān rōmān
- Hmāo rōmūn tōlōi hiăl

Tōdah ih hmāo dōm mōta tōlōi rūa tui anai, anai nē jing sa tōlōi pōtō broi kiăng kō git gai tōlōi ăbu hōdōng kō ih :



Ngă bīng mōta brūa či pōđur pran juā ih rōmak



Ră glăi hrōm bít hăng sang anō laih anūn goyüt yāo ih



Ngă tōlōi hrōm droi hōjān



Duah sem bīng bōh hiăp phrāo mōng pō rōngiăo dih



Gir lōk nao rai bīng mōta tōlōi juăt ih



Pioh mōng mōsĕt bīa hăng phone ăbudah mang pōkē abih bang mōnuih



Roañ ūnum ia pai ăbudah djüp hōt

"Tōlōi rōngot, tū droi hōjān, ăbu hōdōng, hīu hiăt ăbudah tōlōi hăo hil amāng rōnuk rung răng anai jing tōlōi juăt rođuh đōc".

Čră̄n tōdu kōtā̄ng kō bīng mōta tōlōi rūa nūa

la kōlōr tah

Khul anai jing bīng mōnuh hmāo tōlōi rūa tōdu hāng bū hmāo tōlōi rūa nūa gēt ôh
(bū pōdah tōlōi rūa gēt ôh).



- Duām (droi hojān ih iā mōng 37.5° pō glōng)
- Rotōk, rūa dōk hāng bīa ia mōng mōdung
- Bu thāo rōbhāu būdah bū thāo krān hnā bōng
- Droi hojān bīa tāl deh būdah kāu tōkai tōngan pōplih ia kōlōr phara
- Rōmān būdah mōriāh mōta
- Čriōh kian
- Bu hmāo tōlōi rūa glēh sūa pran, öt pran
- Bu hmāo tōlōi rūa kōsōh
- Bu hmāo tōlōi rūa nūa pōkōn ôh

kōlōr tah anai



Khul mōnuh anai hmāo bū tōlōi
dū cī pōklah dō hojān amāng sang

la kōlōr roñih

Khul mōnuh lōm kō ia kōlōr roñih anai kōtū khul mōnuh rōhmuñ cī hmāo tōlōi
anap, bīng mōnuh tha mōng 60 thün pō glōng hāng / būdah hmāo sa mōta tōlōi rūa
hōdāp hāng / būdah bīng mōnuh hmāo dōm mōta tōlōi rūa tui anai:



- Rūa da
- Sūa pran glēh glar samō ih ngā bīng brūa
rōdjōl dōc
- Rōmān droi hojān hāng hyung kō
- Brāh kōsōh
- Čriōh kian lu hloh 3 wōt amāng sa hrōi laih
anūn rōmūn djōl kō

Brūa ih kiāng ngā broi khul
mōnuh lōm kō ia kōlōr roñih



Khul anai khōm rōtañ ba nao pō sang
gang kiāng kō pōgāng tōlōi dī potāng
them kō bīng mōta tōlōi rūa dōng.

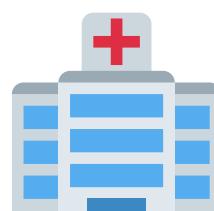
la kōlōr moriah

Khul mōnuh lōm kō ia kōlōr moriah jing hmāo bīng mōta tōlōi rūa kōtā̄ng
hloh kō abih bang hmāo cīh pōh tui anai:



- Suā pran glēh hāng hmāo tōlōi rōmān amāng pran
juā ih kar hāng bū dūi pōdūt bōh hiāp tōdang ih hlāk
rā glāi ôh, ñrōr droi hojān būdah pū pañ rōdīt bīa.
- Rūa da na nao
- Brāh kōsōh
- Hmāo tōlōi tōdu rōngīn Oxy (spO2) dōm dōr
būdah mōsēt hloh 3%
- Tōlōi brāh hmāo nāh hlāk atūp hiāu lu hloh amāng
lām kōsōh hmāo pōdah dī hāng X-ray.

Brūa ih kiāng ngā broi khul mōnuh
lōm kō ia kōlōr moriah anai



Nao dīh sang gang hāng anai tām yōh

Khul mɔ̄nuih rohmuñ či hmâo tolɔi anap

Khul mɔ̄nuih rohmuñ či hmâo tolɔi anap či hmâo lu tolɔi duí kotāng hlo hōng dōm bing mɔ̄ta tolɔi rúa núa yua atūp djō COVID-19. Tōdah khul mɔ̄nuih rohmuñ či hmâo tolɔi anap hmâo tū mǎ tolɔi ră pothâo kɔ̄ tolɔi ngă počrang lăng anün jing djō hröm bít hăng COVID-19, bing goňu amra či pokah pha jing bing tolɔi duăm rúa lóm kɔ̄ črân todu kotāng kɔ̄lɔr roňih. Khul anai kɔ̄tǔ kɔ̄;

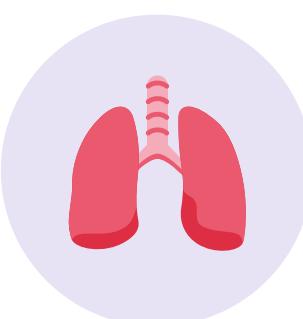
1. Bing mɔ̄nuih tha mōng 60 thün po glōng laih anün hmâo budah bu hmâo tolɔi duăm rúa gét gét ôh.



2. Bing mɔ̄nuih hmâo dōm mɔ̄ta tolɔi duăm rúa tui anai.



Rúa tai böh hăng tolɔi rúa ară drah



Tolɔi rúa súa pran kotāng / tolɔi rúa kɔsôh



Tolɔi rúa böh bleh kotāng



Tolɔi rúa ară drah amăng kɔ glo budah tolɔi rúa đôt qüy.



Tolɔi rúa ung thu



Tolɔi rúa ia ñă hmâo sĭk



Tolɔi rúa romöng plêl

Toloi dō anăp hăng COVID-19

Bing đah kormoi dō anăp kiăng pøgang ū pô lu hloh yua kɔ̄ bing goñu anai yoh hmâo lu tolroi duři pøjing hī tolroi duăm rúa kotăng yua COVID-19 tødah pølong hăng bing đah kormoi ū dō anăp ôh.



Tødah ih dō anăp bori črăń 24 wört hroi juh laih anün ū hmâo tolroi yom gët ôh kiăng kɔ̄ tøña böh hiăp pô nai ia djrão, røkâo ih pøjuh gläl lui hī hroi bürp bō hăng pô nai ia djrão anün tødah tolroi anün jing tolroi hiam hloh ih kiăng ngă amăng rønuk anai.

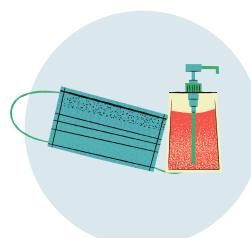
Røkâo ih ngă tui klă dôm mota tolroi pioh hroi bürp bō kɔ̄ tolroi dō anăp laih anün hnäm ih dō gläi sui đorí ôh amăng sang gang tødah ih löm kɔ̄ dôm mota tolroi anai:



- Dō anăp amăng črăń 32 wört hroi juh pø glöng
- Tolroi dō anăp čl hmâo lu tolroi anap: dō anăp tødah ih mörng 17 thün pø trün bùdah mörng 35 thün pø glöng, tøkeng ană lu, hmâo lu tolroi glêh anap amăng dôm blan ih dō anăp, v.v
- Ih hmâo tolroi rúa nuă; dräh kotăng pøglöng, ia ñă hmâo sïk, tolroi rúa dök, rúa tai böh, røtök ngört, tolroi rúa kɔsöh kotăng, tolroi rúa böh bleh kotăng hăng tødu tolroi pøgang amăng lám droi højän amăng dôm blan dō anăp.



Hnäm ih đř bing mota dêh hmâo lu mönüih tûm hröm bít laih anün hnäm ih røbat hröm hăng lu hloh sa cō mönüih ôh.



Klüm nal røgom bō djör hiam klă laih anün djä ba gel alcohol kiăng kɔ̄ rão tøngan ih na nao.



Dō taih bít mörng røgörp ih (2 met) tødang ih dō guan tolroi pioh hroi bürp bō pø sang gang anün.



Klörm lui hī nal røgom bō ih hmâo yua leh, rão goh tøngan laih anün pøplih sôm ao plöng tødang ih gläi truh pø sang

TOLOI YOM PØPHĂN

Ră pøthâo broi sang gang ih hmâo nao khäm tødah ih hmâo røbhuh dôm mota tolroi truh ū čang rømang tui anai; bräh tøkai tøngan, čordai anet amăng lung ih pǖ mösét tui, tüh dräh đah kormoi, rømûn rúa bori hlung ană, tüh ia kô.



B  n   ing go  moi d  ui ng   toloi poklah d   ho  j  n am  ng sang?

  ing monuih r  a hl  k d   guan nao
dih sang gang budah sang gang
hm  o po  d  ng m   d  c   budah   ing
nai ia djr  o t   u broi   ing go  nu ng  
toloi poklah d   ho  j  n am  ng sang.



  ing monuih r  a hm  o d   am  ng
sang gang m  ng 7 truh po   10 hroi
leh laih an  n d  ui po  suaih ki  ng ko  
po  djr  o m   po   sang.

Bing mənuih rúa hmâo đu tɔlɔi kiăng hmâo kiăng kɔ́ dui ngă tɔlɔi poklah dō hojän amăng sang

Či dui tő ư broi bing mənuih rúa (khul kɔ́lɔr tah) bu hmâo tɔlɔi duăm rúa
budah hmâo bing məta tɔlɔi rúa núa tɔdu đôc (khul kɔ́lɔr tah),
tui hăng dōm məta tɔlɔi anai;



**Bing mənuih mօng
60 thün pօ trün**



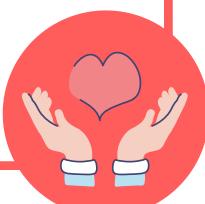
**Droi hojän hmâo
tɔlɔi suaih pral hiam klă**



**Dō sa čô budah dō
hröm bít hăng bu lu
hloh sa čô mənuih ôh
amăng sa böh sang**



**Bu hmâo tɔlɔi rúa
rօmօng plēl
(trǎo mօsét bía 90 kg)**



**Bu hmâo bing məta tɔlɔi rúa
kotăng anai**

- Tɔlɔi rúa đǒl kɔsôh kotăng bía mă (COPD); tɔlɔi rúa kɔsôh
- Tɔlɔi rúa böh bleh kotăng bía mă (CKD črǎn 3,4)
- Bing məta tɔlɔi rúa tai böh hăng ară drah
- Tɔlɔi rúa ară drah amăng kō glo budah tɔlɔi rúa đôt qüy
- Tɔlɔi rúa ia ñă hmâo sikh kotăng
- Bing tɔlɔi rúa pokön pô nai ia djrǎo hmâo

kotăng mօn.



**Bing mənuih lôm kɔ́ khul
anai kiăng bing goňu
tő ư tɔlɔi arăng pօjě
ñu pô yoh.**

**Bing mənuih rúa bu hmâo đu ôh
tui hăng tɔlɔi kiăng hmâo bɔi
anai sam᷑ pô nai ia djrǎo hmâo
ěp sem hăng tő ư broi bing goňu
hlâo kaih dui ngă “Tɔlɔi poklah
dō hojän amăng sang”.**





Prăp hmet broi bing monuih rúa amăng mōng ngă tolroi poklah dō hojjan amăng sang

Po' sang

Ih KIĂNG dō amăng sang jing pia ih bu du'i bia nao po' rongjao ôh budah hmâo tuai nao rongui po' sang.



Dō ha bít amăng sa anih

Tordah du'i, hiam hloih ih dō ha bít amăng sa anih bu hröm bít hăng sang anö ih ôh, anih anün kiăng hmâo böh amăng phah laih anün hmâo rongin romüt bia nao rai na nao. Tordah bu du'i ôh, tő mörn poklah ih dō boi sa anih amăng sang anün laih anün kiăng kóh taih bít hröm bing monuih pokön mösét hloih 3 yak kai.

Näm yua hröm hnă hnói dúa bing gih ôh

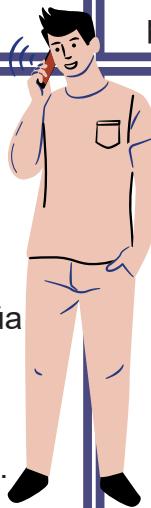
BU yua hnă bōrg hröm bít ôh budah bing hnă hnói hröm bing arăng pokön ôh

Răo tōngan le

Răo tōngan ih hăng ia robu hăng ia rōgoh na nao amăng mösét hloih 40 mōnit budah hăng ia gel alcohol răo tōngan. Rōbuän rōng ih hmâo răo rōgoh abih bang anih ci rōpän rōwa djor na nao amăng anih dō ih (hăng băng dō bér, anih rōpän böh amăng, hnă pok amăng, v.v.).

Pioh mōng doi hăng ñum ia đu

Pioh mōng doi hăng ñum ia đu kiăng kóh djă lui ia amăng lăm droi hojjan ih.



Ngă tolroi dō taih bít mōng görp ih

Hnăm ih dō djĕ hröm hăng bing monuih amăng sang anö ih ôh budah dō taih hröm bít mösét hloih 2 met



Yua sang monuih ia

Ih khōm yua sang monuih ia phara, tordah du'i. Tordah ih yua hröm sang monuih ia hröm bít hăng bing sang anö ih laih anün sang monuih ia anün kiăng răo rōgoh hí rōgăo kóh ih hmâo yua giōng.

Klüm nal rōgom bō na nao

Klüm nal rōgom bō na nao yoh tordah ih kiăng dō djĕ hröm monuih pokön. Pöplih nal rōgom bō rōgăo hí 8 mōng ih hmâo yua budah rōtañ băa dōrg tordah nal anün säh hí budah hlü hí yoh

Böh sōm ao hojjan ñu

Böh bing sōm ao buh, nal lang sūng, siäm monuih ia hăng bing hnă hnói pokön hăng ia robu hojjan ñu budah hăng ia răo böh rōgoh.



Rowai lăng tolroi suaih pral droi hojjan ih tōng ten

Rowai lăng tolroi suaih pral droi hojjan ih kóter kóh tolroi iă droi hojjan, tolroi sua pran oxy, tolroi duăm hăng tolroi rōmân.

Rowuh iâu kóh bing bung sang ia djrăo

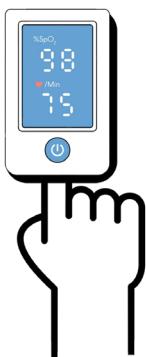
Tań rowuh iâo kóh bing bung sang ia djrăo mă brüa broi kóh ik kiăng kóh hmâo tolroi rowai lăng budah kiăng ba nao po' anih ia djrăo klă băa dōrg, tordah bing mota tolroi rúa ih ñu kotang dři tui anai; sua pran glêh glar, bu thâo čuyén ia sirôm, rongia ia mōng amăng lăm droi hojjan ih, duăm na nao budah droi hojjan ih iă kotang.

Hnăm ih dři hăng bing mota dêh hmâo lu monuih tûm hröm bít ôh

BU tő u broi kóh ih dři hăng bing mota dêh hmâo lu monuih tûm hröm bít ôh kar hăng dêh bus budah dêh treng tordang ih kiăng nao po' sang gang. Klüm nal rōgom bō na nao tordang ih hlák rōbat po' rongjao laih anün kiăng ih pok amăng phah budah yua amăng phu' rongin romüt nao rai amăng dêh anün kiăng kóh rongin romüt bia nao rai na nao.

Hěm či yua may počkă Oxy mōng tolōi súa pran?

- Pōk may pōkā Oxy mōrg tōloī sūa pran. Kiāng bīng mrō hmāo pōdah dī rōdah amāng may anūn
 - Rōmūt kāu tōngan tōng krah hāng kāu tōngan črāu ih amāng may pōkā Oxy mōrg tōloī sūa pran. Anūn dōng dō guan amāng mōsēt mōnīt kiāng kō may pōkā Oxy duah sem būh arā ih hāng pōdah rōdah dī mrō pōkā Oxy (SpO₂).
 - SpO₂ (črān alē kō oxy): či dūi dok tui hāng mrō pō-sen (%)
 - Dok hāng čih pioh mrō oxy ih
Mrō Oxy hiam klā: SpO₂ mōrg 95% dī pō glōng



Tordah SpO₂ mōsēt hloh 95%, laih anün pô anün kiăng ba nao po anih bing mōnuih mă brüa ia dīrào tăm yōh

- Rǎo hǐ rögoh abih ḫing đeng tøngan ih hǎng ia rǎo rohmač kohman ḫudah uah hǎng siám hmâo gel alcohol rögão kɔ ih hmâo yua giøng
 - Kiäng kɔ hoái pødah djø mrô soh, nám ih røwe kâu tøngan ih ôh

Hěm kiăng kɔ́ pokă tolɔi iă droi hɔjän hăng gai pokă?

Yua gai po:kă tɔ:lɔi iă dro:i ho:jän ɓo:i amäng rɔ:bah

- Rǎo lui kǒ ŋu hǎng ia rōt hǎng ia rōbu, giǒng anǔn rǎo rōgoh glǎi dǒng
 - Nǎm ih bōrg húa hǎng ŋum ia gět gět ôh amǎng mōsēt bǐa 5 mōnít hlāo kó ih pōkǎ tōlōi iǎ droi hōjǎn yua kó tōlōi iǎ mōng bǐng knōng bōrg ŋum anǔn či ngǎ mrô pōdah dǐ bù djōr tōng ten ôh.
 - Pōk gai pōkǎ. Pioh ŋu bōi gah yǔ čōlah ih, amǎng lǎm rōbah ih bǐa
 - Giǒng anǔn ih mlem gai pōkǎ anǔn amǎng rōbah hǎng pioh ŋu dō hōđōng tui anǔn amǎng 40 mōnít bōudah truh pō hmු ŋu ŋi bōip / pōdah dǐ pui.
 - Ěp lǎng glǎi mrô tōlōi iǎ droi hōjǎn hmâo pōdah dǐ laih anǔn cih pioh mrô tōlōi iǎ droi hōjǎn ih.



Hmâo tolroi duăm: abih bang bing mrô tolroi iă droi hojän mõng 100.4 F (38 °) pø glông jing pia hmâo tolroi duăm yøh.

- Rǎo gai počka tolroi iǎ droi hojǎn anǔn hǎng ia ročt, giǒng anǔn uah glǎi hǎng alcohol hǎng rǎo qlǎi sa wört dǒrnq.



Yua gai phăo poanah tăloj iă droj hoiăñ

- Pök gai phao po'anah tolroi ia droi hojan laih anun kiang ih rang hiu dah nu pardah di mrô djor morn ha
 - Djä gai phao po'anah tolroi ia droi hojan taih bit mörng tongan truh po rotho'ih ih (6 inch) laih anun tit gür kiang kör nu pardah di mrô tolroi ia droi hojan

Hmâo tolroi duám: abih bang bing mrô tolroi iă droi hoj n m ng 100.4 F (38°) po gl ng jing pia hm o tolroi du m y h.

- Rǎo goh gai phǎo po'anah tօlօi iă droi hօjǎn hǎng ia rǎo rohmač kohman ɓudah uah hǎng siăm hmâo alcohol rօgǎo kօ ih hmâo yua giօng ɓudah hlâo kօ ih pojǎo qlǎi pօ arǎnq pokǒn



Hĕm či ngă kiăng ko' po'suah ih pô amăng mōng ih poklah dō hojăñ amăng sang?

Tordah ih duăm hăng droi hojăñ ih iă mōng mrô 37,5 po' glōng.

- Pioh mōng po' doi lu bia; dih pít mosset hloh mōng 7-8 mōng rím mläm mōmört
- Num ia lu
- Krăp lăng sú ia nă ih; tordah ia nă ih po'plih giörg kolo' roñih năng ai nū amăng lăm droi hojăñ ih bu hmâo tolroi duri rongia ia gët gët ôh, samõ tordang ia nă ih po'plih giörg kolo'r mōmört bia năng ai nū ih kiăng nūm them lu ia bia dörng.
- Num sa sär djrão paracetamol rögao hí 4-6 mōng.
- Kiăng po'trún tolroi iă droi hojăñ ih; Mä sa nal buk pioh amăng ia òh laih anün mă pioh ði' ðing anih droi hojăñ ih iă kótag kar hăng áh, koai hăng kian aneh ih.

Tordah ih rotök

- Dih čeng budah däl hnăl kó glōng bia laih anün hnăm ih dih dang ôh tordang ih pét dih.
- Num djrão rotök budah mlem djrão rotök kiăng ko' tordah bia tolroi rotök.
- Num ia mōdăo kuor hăng ia hni (Samõ bu broi čo'dai anet mōng 12 blan po'trún nūm hröm ia anai ôh)



Tordah ih hmâo tolroi rúa črioh tian budah blé potah

- Hnăm ih ðörng ðing dram gónam tui anai ôh; ðing gónam ðörng kra hăng ia tósâo (kar hăng ia tósâo rósám hăng ia tósâo nūm), ðing böh troh hăng ðing gónam ðörng khăng ôh.
- Nūm ia na nao kiăng ko' po'-them ia amăng lăm droi hojăñ ih (ORS) lük hăng ia jöngéh hmâo rotük po'diá hí yoh amăng hröi anün (ðing mōnuh rúa böh bleh budah rúa tai böh kiăng ko' ră ruai hăng pô nai ia djrão hlâo gí nūm ia ORS).
- Tordah ih bu mōhăo ðörng húa ôh, kiăng ih gir ðörng tui ha sét samõ amăng lu bít yoh.



Tordah ih súa pran glêh glar budah súa pran hmrăr

- Pök amăng phah budah dō amăng anih hmâo rongin rómüt bia nao răl hiam klă bia.
- Súa pran ronang hăng gläm tui glan mōdung hăng röbah ih.
- Dö bér kiăng tópă roiăng, gluh trún bra, samõ bu djö' röwök droi budah dō röwë droi ôh.
- Röbür droi ih nao po' anáp bia, laih anün tó tóngan ih ðoi tolüt ronang hăng súa pran gläm kiăng ko' ih mă pran rohmuñ bia.
- Gir run hnăm tű droi hojăñ hăng h්iu hiürt ôh.
- Tolroi pít dih: dih čeng budah däl hnăl kó glōng bia.

Toloi pít đih

Bing mota tolloi pít đih tui anai či pødu hí dôm mota tolloi rúa kôsôh
kotæng yua tolloi atüp djø COVID-19 kar hæng tolloi sua pran
glêh glar budah øt pran hæng rømân droi hojän

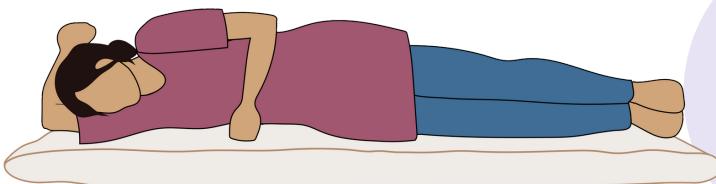
1

Đih küp bô trün amäng tolloi
ronuk hloh mõng 30 mørnít
truh po 2 mõng



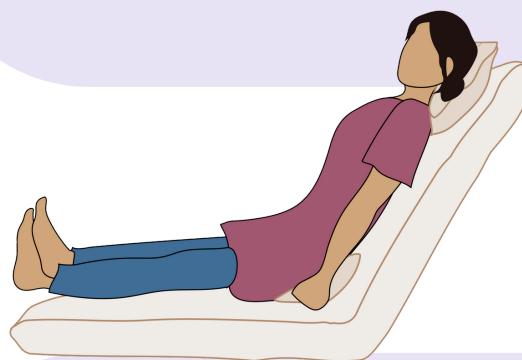
2

Tö tui døng jing đih čeng
mõng 30 mørnít truh
po 2 mõng



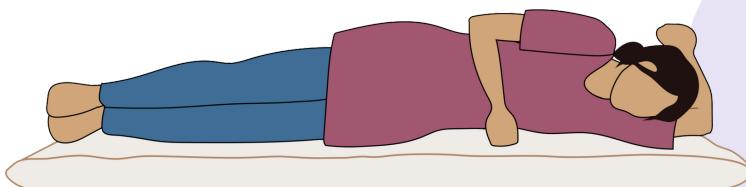
3

Tö doi kɔ anün ih kiæng tøgü
dø døng tui 60-90 mrô røwë
mõng 30 mørnít truh po 2 mõng



4

Tö tui, đih čeng nao gah
roião mõng 30 mørnít
truh po 2 mõng.



5

Tö doi kɔ anün, ih đih küp bô
døng hæng yøng đí sa bë tøkai
hæng ngø mõng 30 mørnít
truh po 2 mõng.



Giøng kɔ ih hmåo ngä tui
kar hæng böh hiäp hmåo čih
pioh hæng ngø anün,
ih duri lök gläi sa wört døng
mõng tal blung laih anün rok
tö tui bing tolloi poklon anün.

FAH TALAI JONE (ANDROGRAPHIS PANICULATA)

Fah Talai Jone jing sa mota djrão hmâo pokra häng hla rök kiău hmâo poyua lu bia maă amăng čar Thailand anai broi kôbing mota tolroi rúa todu bia (jing tolroi duăm, rúa ñok häng tolroi rotök) häng bing monuih rúa bu pordah tolroi rúa gët gët ôh. Samõ ñu, Bung sang la djrão Lõn tonah (WHO) budah abih bang lõn tonah ka bu tö u mota djrão anai ci duri porsuah häng pogang gläi tolroi atüp djör rohmač kohman COVID-19 ôh.

*Yua kô hläk hmâo tolroi duah sem tolroi phrâo häng anai, rökâo ih čräng duah sem böh hiäp phrâo.



Bing mota tolroi pogang



Hnäm ih yua djrão Fah Talai Jone hröm bit häng bing mota djrão kiăng kô pogän bu broi drah rökörng (pogän tolroi rökörng drah), pogän bing drah amăng droi hojän klep hröm bit nao rai (pogän tolroi drah klep) häng djrão huyêt ap kar häng djrão Warfarin laih anün djrão Aspirin ôh yua kô bing mota djrão nai duri pojing hî tolroi truh pordah gläi nao rai düa bing goñu.



Hnäm ih dö anáp ôh, tolroi hläk dö anáp häng / budah hläk broi ană mém yua kô tolroi hru ană ih pü pañ nao rai ci pojing hî tolroi plé ană, tokeng ană moda ka truh blan budah çöđai hmâo tolroi rówen rówo.



Mota djrão anai bu duri yua broi kô bing monuih hmâo tolroi rúa hordap ôh tui häng tolroi rúa kosoh kotäng, tolroi rúa tai böh kotäng, tolroi rúa huyêt ap, tolroi rúa ia ñă hmâo sîk budah tolroi rúa tai.

Toloi pokă ñum ia djrăo

- Broi kō bing mōnuih prōng

Ñum abih bang 180 mg andrographolide amāng sa hrōi wōt dah amāng lu hrōi tō tui

*Rōkāo ih djā pioh tolroi anai jing sa mōta ia djrăo phara či hmāo sa črān andrographolide phara mōr. Đok kōnen bōh hiāp hmāo čih pioh laih anūn ngā tui dōm tolroi pō nai ia djrăo hāng pō sī ia djrăo hmāo potā broi ih anūn.

- Broi kō bing čōđai trăo mosēt bīa 50 Kg:

Ñum mōrg 3 – 3,5 mg broi sa 1kg amāng tolroi trăo droi hojān rīm hrōi. Tōdah tolroi trăo droi hojān ih mōrg 50kg pō glōng tui anūn yua djrăo kar hāng mōnuih prōng yōh

***Hnām yua djrăo Fah Talai Jone
amāng 5 hrōi tō tui ôh**

Mrō trăo droi hojān	Črān djrăo Andrographolide dūi ñum amāng sa hrōi
20	60 mg/ hrōi
30	90 mg/ hrōi
40	120 mg/ hrōi



Toloi potō yua djrăo

- Đok ten kōnen bōh hră hmāo čih pioh bōi duh ia djrăo yua kō črān andrographolide či phara mōrg sa bung sang kra djrăo phara.
- Ñum djrăo sa wōt rōgăo hī ih hmāo hūa bōrg giōng kiāng kō pōgān tolroi hāo tah hāng ö tah
- Ih kiāng yua djrăo Fah Talai Jone amāng 72 mōng đōč (3 hrōi) rōgăo hī ih hmāo tū mā tolroi djō hrōm bīt hāng COVID-19

Toloi truh bū čang rōmang

- Pōdoi ñum mōta djāo anai tōdah ih hmāo rōbhuh dōm bing mōta tolroi rūa kōtang tui anai; bū hāo bōrg hūa, hāo tah, ö tah, rūa kō, tai bōh đuāi hm̄ar hāng rōmān droi hojān.
- Ih kiāng dō bēr bōdah dīh trūn bīa tōdah ih rōmuñ hiung kō bōdah giām gī djāi ngōl. Tōdah dōm bing mōta tolroi rūa anai bū lui abih ôh amāng 30 mōnít, rōkāo ih duah sem tolroi potō mōrg pō nai ia djrăo.
- Tōdang ih ñum lu hlo hōdah hmāo ñum djrăo amāng lu hrōi hlo kō bōh hiāp hmāo čih pioh amāng tolroi potō, anūn yōh mōta djrăo Fah Talai Jone či dūi pojing hī tolroi ñrōl droi hojān bōdah rōmuñ tōkai tōngan hāng hmāo rōbhuh dōm bing mōta tolroi truh bū čang rōmang pōkōn dōng
- Sa cō pōkōn či hmāo rōbhuh tolroi pōdah glāi hāng ia djrăo; bīa tal deh, bīa kroā hāng brah bō. Tōdah ih hmāo dōm bing mōta tolroi rūa tui anai, pōdoi ñum djrăo Fah Talai Jone tām yōh, mā ñum bing djrăo pō grāng tolroi pōdah glāi hāng ia djrăo kiāng kō tōdu hī bing mōta tolroi rūa anūn, tōna bōh hiāp mōrg pō nai ia djrăo laih anūn bū ñum glāi mōta djrăo anūn dōng tah.

Ia hra ñum kiăng kơ po-them glăi ia hmâo rongia mĕng amăng lăm droi hojän (ORS) hăng COVID-19

Hröm bít hăng tolroi duăm, lu mənuih hmâo atüp djör rohmač kohman COVID-19 hmâo pojing hí bing tolroi rúa hlung soi hăng tolroi hăo tah, tolroi ö tah hăng tolroi črioh kian.

Tolroi črioh kian duri ngă tolroi rongia ia amăng lăm droi hojän ih,

tolroi anai hmâo po truh yua kơ droi hojän ih bu hmâo po-them ia na nao ôh.

Tolroi rongia ia amăng lăm droi hojän ci duri pojing tolroi kraih laih anün duri pojing tolroi djai todah tolroi rúa anai bu hmâo posuah broi rotañ budah bu hmâo posuah hăng anai ôh.

Amăng rōwang mōng dō guan nao po sang gang,

kiăng ih ñum ia hra (ORS) kiăng kơ po-them glăi ia amăng lăm droi hojän ih hmâo rongia yua kơ tolroi črioh kian.

*Ia ñum mĕng tolroi hröm droi hojän bu duri broi bing mənuih duăm, črioh kian budah ö tah ñum ôh yua kơ tolroi sín hăng tolroi rōmih amăng ia ñum tolroi hröm droi hojän anai jing phara hăng ia hra ORS laih anün goňu duri ngă kōtăng them tolroi rúa nuă kơ ih dōrg.

Tolroi potô kra ia hra ñum kiăng kơ po-them glăi ia hmâo rongia amăng droi hojän po sang ih pô (ORS)

Prăp hmet bing dram gōnam tui anai:

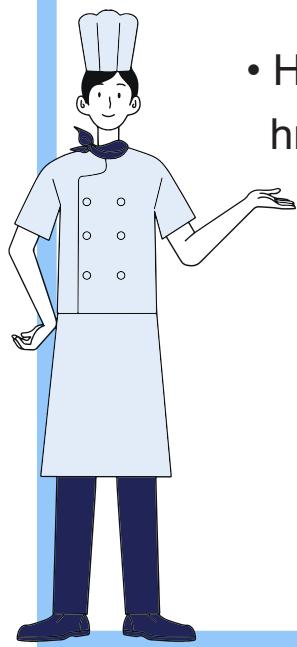
- Dua buōng sīk (24 gram)



- Tōng krah buōng café hra (3 gam)



- Ha mōsēt ia ñum budah ia iă hmâo pioh oh hí yoh (750 cc.)



**Quōr bing dram gōnam
anai hröm bít truh po hra
hăng sīk alĕ hí abih**

Knōng rāk pioh ia djrāo amāng sang anō

Lu sang gang hmāo pokă mōsēt hī bīng mōnuih rūa dūi dīh glāi amāng sang gang rīm hroi amāng rōnuk tolōi rūa nūa rōhmač kōhman hlāk pōdī mōai hlāk anai yua kō tolōi bāh amāng prāk kāk hāng tolōi bāh amāng hnā hnōi pōgang droi hōjān.

Anūn yōh bīng goñu rōkāo bīng ih hnām nao pō sang gang ôh tōdah bū djōr tolōi jāc. Todang dō pō sang, tolōi yom jīng tolōi ih kiāng pāp hmet dū knōng rāk pioh ia djrāo amāng sang anō laih anūn bīng ih cī dūi pōsuaih gih pō dōm bīng mōta tolōi rūa tōdu bīa mōsēt, tolōi truh būdah tolōi rūa.

Knōng rāk pioh ia djrāo amāng sang anō broi kō tolōi rūa COVID-19 kōtū dōm mōta tolōi anai:

Djrāo pōdu tolōi rūa hāng tolōi duām

- Ņum djrāo gāl paracetamol broi kō bīng mōnuih prōng
- Ņum djrāo xi-rō paracetamol broi kō bīng čōdai anet



Djrāo pōdu tolōi rūa hāng tolōi duām Tolōi rūa črioh kian

- Ņum ia hra kiāng kō pō-them glāi ia hmāo rōngia amāng droi hōjān (ORS)
- Mruih dāng nē



Rōtōk hāng rūa dōk

- Djrāo mlem būdah djrāo djrioh kiāng kō pōsuaih tolōi rōtōk



Tolōi pōdah glāi iā djrāo kar hāng tolōi rōtōk drap

- Chlorpheniramine



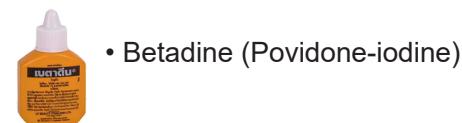
Tolōi bōng hūa kiāng kō pōdī mōai tolōi dūi pōgang mōng droi hōjān ih pō

- Vitamin lu bīt
- Vitamin D
- Vitamin C
- Vitamin B lu bīt

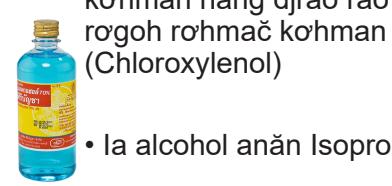


Bīng mōta djrāo pōkōn kiāng hmāo jīng kō:

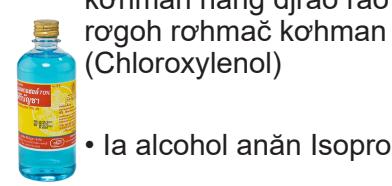
Djrāo pō djai rōhmač kōhman hāng djrāo rōgoh rōhmač kōhman



- Betadine (Povidone-iodine)



- Djrāo pō djai rōhmač kōhman hāng djrāo rōgoh rōhmač kōhman (Chloroxylenol)



- Ia alcohol anān Isopropyl



Rōgoh hāng rōgoh rōhmač kōhman amāng hnā hnōi

- Ia rōgoh tōngan kiāng pōdjai rōhmač kōhman
- Ia rōgoh hnā hnōi



Knőng puh hmet ih pô hăng răo rōgoh

Anih ih dō jing sa tolroi roňa b  a m   broi k   tolroi at  p dj   rohma   k  hman COVID-19 yua k   ih c   duri ba gl  i rohma   k  man vi-rut po sang ih p  .

Tolroi yom jing tolroi   u  n r  ng ih c   puh hmet anih ih d   h  ng ia r  o duri rohmu     p   uh m  ng am  ng sang s   mlia jum dar sang ih.

Tolroi pot   broi ki  ng k   th  o l  k ia r  o sang ih p   po sang

1 Hiam hloh ih l  k hr  m b  t 2   o  t d  r  o ia r  o am  ng 2 l  t ia

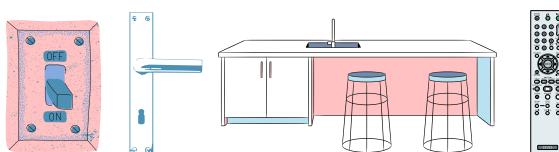


2 BU l  k d  r  o ia r  o hr  m b  t h  ng   ing ia r  o phara po  k  n ôh



Tolroi pot   broi ki  ng k   r  o r  goh

- R  bu   hn  i hn  i po  gang droi hoj  n ih p   (PPE) kar h  ng   at tai c  t t  ngan, n  l kl  m m  ta   udah n  l kl  m po  gang ki  ng k   po  gang tolroi sat h  ng po tr  n   ia tolroi r  p  n wa dj     ing hn  i hn  i.
- Bu  n r  ng tolroi r  ngin r  m  t b  a nao r  i c   hiam kl   kar h  ng p  k b  h am  ng phah   udah p  k b  h am  ng r  m  t nao rai.
-   r  ng r  o r  goh abih bang   ing anih g  t am  ng sang ih hm  o t  dang ih   uh go  n h  u leh.
- Bu  n r  ng ih hm  o r  o r  goh abih bang   ing anih c   rohmu     p  n wa dj   kar h  ng anih r  p  n b  h am  ng, ri-mot tit m  ng tai, sung d   b  r, anih r  p  n t  ngan, anih t  k pui laih an  n gr  n um ia h  ng ia r  o rohma   k  hman DIY   udah r  o h  ng ia r  o rohma   k  hman hm  o alcohol 70%



Toloi potô broi kiăng ko' răo rōgoh

- Hăng rang sang, duri mōn ih mă yua ia răo sang amăng sang anō, ia rōbu þudah ia djrăo răo sang hăng ia soh. Kiăng răo mōng anih hlü lu hloh hlâo tui anün răo nao truh pō anih hmâo hlü mōsét þia, samō' hnăm ih răo lōk nao rai þori sa anih đōc ôh. Tō tui anün, ih mă yua ia răo pōdjai rōhmač kōhman ih hmâo kra ih pō hăng ia răo hmâo alcohol 70% hröm bít anün þudah ih mă yua ia djrăo răo sang kiăng ko' pō giōng hī brüa răo sang anai.



- Hăng sang ia, blung hlâo ih răo ñu hăng þing ia răo rōgoh sang ia hlâo, tō tui dōng ih răo glăi þing anih anün hăng ia răo kiăng pōdjai rōhmač kōhman knōng gĕt ih hmâo pō kra ih pō laih anün ih pioh lui anih anün hōđōng mōsét hloh amăng 10 mōnít hlâo ko' ih răo rōgoh glăi sa wōt dōng hăng ia.
Buän rōng ih hmâo răo rōgoh abih bang þing anih ih hmâo rōpān wa djō na nao hăng þing ia răo kiăng ko' pōdjai rōhmač kōhman DIY þudah þing ia
răo hmâo alcohol 70% hröm bít þori anih rōpān bōh amăng, đīng ia, anih răo þō, grê dō bēr, nīl lăng þō hăng hnă
pioh ia rōbu amăng sang ia anün.



Toloi potô pōgang yom

- Hnăm ih hrūh þing mōta ia răo kiăng ko' pōdjai rōhmač kōhman ôh yua ko' tolroi anai či pōđī mōai tolroi đung hiâu ko' þing rōhmač kōhman.
- Mōng kiăng mă yua hiam hloh jīng þori mōng rōgăo gī ih hmâo prăp hmet giōng ia răo sang
- HNĂM ih mă yua þăt tai čüt tōngan ih hmâo yua kiăng ko' pōdjai hī rōhmač kōhman amăng sang anō ih giōng broi ko' þing mōta brüa pōkōn ôh kiăng ko' pōgăñ tolroi đung hiâu ko' þing rōhmač kōhman anai.
- Hnăm ih rōpān wa glăi klī þō ih ôh (mōta, mōdung hăng þuai) tōdang ih hlăk dō uah răo droi hojăñ ih hăng / þudah mă yua þăt tai čüt tōngan kiăng hrūh pōdjai rōhmač kōhman.
- Tolroi truh þu čang rōmang; abih bang þing ia răo sang anai jīng ia djrăo răo sang kōtang laih anün þing goñu duri pojīng hī tolroi pōdah glăi ia djrăo þudah ngă cung kōtang hăng klī ih. Buän rōng þing ih hnăm mă djō þing mōta ia răo anün hăng tōngan soh ôh þudah rōwa glăi þori anih jum dar mōta ih ôh.



Hěm či glō'm luj hǐ nal rōgom bō

Blung hlāo pōk hǐ
nal rōgom bō ih



1

2
Tō tui ih lōp hǐ nal
rōgom bō ih hmāo
yua giōng anün
jing dua bít budah
lem hǐ goňu



3
Laih anün ih mǎ nal
rōgom bō anün pioh
amāng dung su ha cō
ňu hăng pōkă hǐ ſu
kojăp klă.

22

Anih pă kāo kiăng rōwuh iâu kō tolroi djru

Kiăng kō hmāo tolroi djru broi kō bing mōta tolroi rúa amăng droi hōjān, rōkāo kō ih rōwuh iâu bing bung sang mă brüa gah yū anai:

BANGKOK REFUGEE CENTER (BRC)

- Amăng tolroi rúa núa jăč kōtang bīa mă, BRC či duri pokah pha tolroi mă brüa kiăng posuah duăm rúa budah či kla glăi phräk kăk ih hmāo bloi djrão hăng dih sang sang.
- Ih duri rōwuh iâu kō bung sang BRC tui hăng dōm mrō phone hmāo čih pioh gah yū anai:
 - 02-512-5632-4 amăng mōng bung sang dō mă brüa
 - 086-010-4117 – mrō phone anai kiăng bing ih rōwuh iâu kō bung sang tōdah bing ih hmāo tolroi truh jăč samōr hmāo rōgāo
- hī bě mōng bung sang mă brüa mōrg 07:00-23:00

Tzu Chi

- Tzu Chi či pokah pha dram goñam ia djrão (broi sōh) broi kō mōnuih rúa lōm kō khul kōlōr tah kō tolroi atūp djōr rōhmač kōhman COVID-19, rōkāo kō ih rōwuh iâu bing goñu kiăng pokhāo lu bōh hiăp pokōn dōng tui hăng bing bōh hiăp hmāo čih pioh gah yū anai:
 - Facebook: Tzuchithailand
 - Line: Tzuchithailand
 - Tel: 080-558-5892 (bōh hiăp Mi), 02-328-1161-63 & 062-8471388 (bōh hiăp Thailand)

Kiăng kō hmāo tolroi djru broi kō bing mōta tolroi rúa núa amăng pran jua / tolroi pōmīn hăng pōgān glăi tolroi atūr sār gär, rōkāo kō ih rōwuh iâu kō bung sang mă brüa anai:

JESUIT REFUGEE SERVICE (JRS)

- Mrō phone: 084-427-4136, 062-540-5456, 094-371-7834
- Tōdră mă brüa kiăng kō pok anih khăm pran jua tolroi pōmīn či pioh mōng amăng hrōi Sa, hrōi Dua hăng hrōi Pă





Toloi prăp hmet hlâo ko' dih sang sang.

Hmâo dôm črân dram gønam ih kiäng prăp hmet hlâo ko' ih nao dih sang gang,
ih duí lâng tui dôm bôh hiăp hmâo cih pioh gah yû anai

**The pothâo anän ih – kótû ko' the UNHCR
budah hră passport**

The bao hiêm (tordah ih hmâo)

**Phone rôwuh iâu, hră sak phone, hnă sak phone duí djă ba
bôi tøngan hăng mrô phone cî rôwuh iâu tordang ih hmâo
toloi truh jăc.**

**Hră ar pokah pha ia djrão broi ko' bing mota tolroi rúa hođăp
poköñ ih hmâo laih anün amăng hră ar anai hmâo cih pioh
anän sang gang hăng anän pô nai ia djrão.**

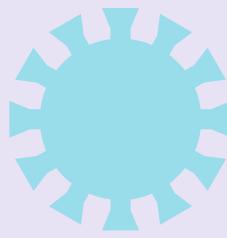
**Djă ba dram gønam ih cî yua ko' ih pô jing kótû ko' hnă hnöi
dah ko'moi hăng nal čüt ko' bing čođai (tordah ih hmâo ană ba)
lah anün hră ar yua amăng sang eh**

**Sa blah sôm ao røbuhs droi
(prăp hmet broi ko' hrơi ih gläi po' sang)**

**Prák kăk, the ATM, the cih pioh tolroi đom prák kăk hăng the
yua prák hlâo laih anün po' kla gläi prák dô doi**

Nal røgom bô hăng gel alcohol

**Dung băk hăng dung su cî po'son pioh abih
bing mota hnă hnöi ih**



Văc-xin hăng ɓing mota tolɔi truh bu čang rɔmang

Dui mőn kāo klö ia djrão pøgang røgão hǐ kāo hmāo tǔ mǎ tolɔi ră pøthāo jing kāo hmāo atüp djɔr røhmač kohman COVID-19 hă?

Bu dui ôh, ih kiäng dō guan mɔsét hloh amäng 90 hrøi røgão kɔ ih hmāo phräo pøsuaih mɔng tolɔi atüp djɔr røhmač kohman COVID-19 laih anün kaih ih dui klö ia djrão pøgang anün

Kāo dō kiäng klö ia djrão pøgang anün dörng mőn hă tødah kāo hmāo pøsuaih leh mɔng tolɔi ruä yua atüp djɔr røhmač kohman COVID-19?

Ih khöm klö ia djrão pøgang anün yɔh tødah ih dui yua kɔ ɓing pô nai ia djrão bu ră dī gët ôh tolɔi ih amra bu atüp djɔr røhmač kohman gläi dörng tah amäng røwang mɔng mɔsét røgão hǐ ih hmāo pøsuaih yɔh mɔng tolɔi atüp djɔr røhmač kohman COVID-19 hlāo anün. Anün dörng, tolɔi klö ia djrão pøgang anai či pødjru kiäng kɔ pødī mɔai tolɔi dui pøgang mɔng amäng läm droi højän broi kɔ ɓing mɔnuih hmāo pøsuaih mɔng tolɔi rúa núa COVID-19.

Kāo dō dui atüp djɔr røhmač kohman COVID-19 dörng mőn hă tødah kāo hmāo klö ia djrão pøgang giøng yɔh?

Hmāo, ih dō dui mőn. Ia djrão klö pøgang COVID0-19 anai či pødjru kiäng kɔ pødī mɔai tolɔi dui pøgang mɔng amäng läm droi højän ih laih anün tødu hǐ tolɔi pøjing ɓing mota tolɔi rúa wört dah tolɔi truh kɔ ňu. Samɔr, ia djrão pøgang anai bu či pøkah pha tolɔi pøgang tøng ten ôh broi kɔ droi højän kiäng kɔ pødøng gläi tolɔi rúa núa anai abih bang.



Hroi kiăng kɔ̄ duah sem bōh hiăp mၑng pô nai ia djrăo hlâo kɔ̄ klō ia djrăo pၑgang COVID-19?

- Bing mɔ̄nuih hmâo tol̄oi pၑdah gl̄ai h̄ang ia djrăo kɔ̄tăng hr̄om h̄ang sa črăn mɔ̄ta djrăo amăng văc-xin.
- Bing mɔ̄nuih hmâo tol̄oi pၑdah gl̄ai h̄ang ia djrăo kɔ̄tăng hr̄om h̄ang črăn klō blung hlâo kɔ̄ văc-xin **COVID-19**.
- Bing mɔ̄nuih hmâo tū mă tol̄oi ră pၑthâo jing djၑ hr̄om b̄t h̄ang COVID-19 amăng 10 hroi rōdjĕ anün.
- Čođai anet h̄ang bing hlăk ai mၑng 18 thün pၑ trün
- Bing mɔ̄nuih hlăk dō anăp h̄ang broi ană mĕm ia tōsâo ƀudah hlăk prăp hmet kiăng kɔ̄ dō anăp
- Bing mɔ̄nuih hmâo atüp djၑ tol̄oi rúa HIV samၑ CD4 ñu mōsĕt hloh kɔ̄ mrō 200.
- Bing mɔ̄nuih hlăk dō hmâo tol̄oi rúa nuă ƀudah phrâo pၑ gū gl̄ai tol̄oi rúa năa hōđăp ñu.
- Bing mɔ̄nuih hmâo tol̄oi rúa ia ñă hmâo sĭk laih anün amăng drah hmâo lu sĭk bă mă ƀudah goñu ƀu dui git gai ôh tol̄oi huyet ap amăng mōng anai.
- Bing mɔ̄nuih hmâo tol̄oi pၑgang mၑng amăng lăm droi hojăn hmâo pၑ răm rai yoh.
- Bing mɔ̄nuih phrâo mua mă drah ƀudah / h̄ang drah kō amăng rōwang 90 hroi.
- Mɔ̄nuih phrâo pၑsuaih mၑng tol̄oi rúa kɔ̄tăng laih anün phrâo gl̄ai mၑng sang gang amăng 14 hroi pၑ trün đôč.
- Bing mɔ̄nuih hmâo tol̄oi rúa todu samၑ ƀu dui git gai ôh h̄ang hmâo bing mɔ̄ta tol̄oi rúa ƀu hōđording.
- Bing mɔ̄nuih hmâo mrō črăn ia drah mōsĕt (mrō črăn ia drah hmâo pၑ trün mōsĕt) ƀudah / h̄ang hmâo tol̄oi drah klol nao răi.



Prăp hmet ih pô hlâo kô klő ia djrăo pogang

Prăp hmet pore

- Přit đu mông hăng pioh mông doi
- Hnăm ñum ia pai hlâo kô klő ia djrăo pogang ôh
- Hiam droi hojän ðu hmâo tolroi duăm gêt gêt ôh ðudah hmâo ðing mota phara ôh
- Hnăm ih ngă tolroi hröm droi hojän ðudah mă brüa trăo 2 hrói hlâo hăng rögão hí hrói klő ia djrăo pogang ôh
- Húa soi hăng ñum ia
- Pørongah hí ðing ia ñum hmâo caffeine kar hăng café, ia če hăng Coca-cola amăng hrói ih klő ia djrăo ðudah todah ih duri, mösét hloh 6 mông hlâo kô mông ih dih pít.
- Ñum ia bläng tui hăng tolroi hmâo poťa broi
- Büh ao gêt či rohmuñ hluk dí tongan ao hăng ngö todang ih amra klő ia djrăo pogang.



Amăng hrói klő ia djrăo pogang

Buăń röng ih hmâo prăp hmet;

- Nal klüm ðó či rögom hí modung hăng röbah ih (hlom hröm bít hăng mօak pran juia ih)
- Ia răo tongan
- Tolroi iă droi hojän mösét hloh 38° amăng hrói ih klő ia djrăo pogang
- Ră pothâo ih hmâo mua mă tolroi arăng počah hrói klő ia djrăo broi kô ih



Böh hiăp yom ih kiăng ră pothâo broi kô pô nai ia djrăo hăng pô mă brüa ia djrăo hlâo kô ih klő ia djrăo pogang jing kôtür;

- Tolroi pođah glăi hăng ia djrăo hmâo truh kô ih hlâo dih
Tolroi iă droi hojän po glöng hloh 38° amăng hrói ih klő ia djrăo pogang
- Hmâo röbu h anih brăh, tuh drach ðudah yua djrăo pogän tolroi klol drach kar hăng djrăo warfarin
- Abih bang ðing mota tolroi truh ðu čang römang hmâo pođruh kô ih rögão hí hrói ih klő ia djrăo pogang tal blung

Todah ih hlăk dō römuñ tǔ sär găr ðudah blöng ngöt;

- Kiăng ih djă pioh tolroi anai jing sa amăng klő ia djrăo anai
či duri pođlaih tolroi hođip ih
- Hři pran gläm ðăa ðăa
- Lăng đuăi taih mörng črüm klő anün

Rōgāo hī klō ia djrāo pōgang giōng yōh

Rōgāo hī klō ia djrāo pōgang giōng yōh, ih amra kiăng dō ɓoi anih rōwai lăng amăng 30 mōnít. Tōlōi anai kiăng kō lăng sū tōlōi droi hōjān ih či pōdah glăi hăng văc-xin mōn hă laih anün ɓuān rōng ih ɓu hmāo rōbhuh tōlōi truh ɓu čang rōmang kōtăng gēt gēt ôh.

Tōlōi lăng sū: bīng mōta tōlōi truh ɓu čang rōmang juăt rōbhuh



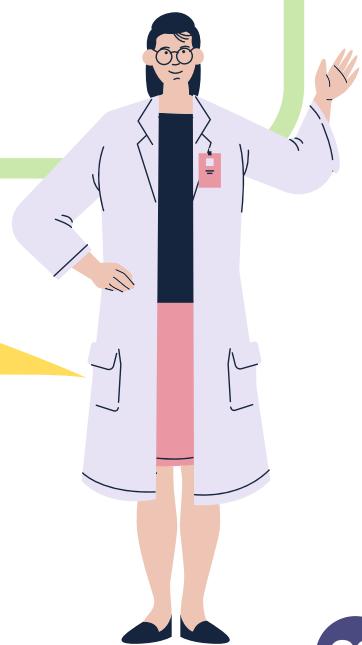
- Rúa hōpăl tōngan, mōriah tōngan, brăh tōngan (hăng tōngan ih klō ia djrāo)
- Duăm ɓia
- Rōmān droi hōjān
- Rúa kō
- Rúa ară ɓudah rúa klang
- Hăo tah
- Kōtar



Hěm či ngă kiăng kō tōdu hī bīng mōta tōlōi truh ɓu čang rōmang anai?



- Ņum mōta djrāo đuăi tui hăng bīng mōta tōlōi rúa ih hmāo kar hăng djrāo paracetamol kiăng kō pōdu tōlōi duăm hăng ia ORS broi kō tōlōi rúa črioh kian
- Klüm nal rōgoh, ጀ, pōsah dī hăng anih rúa hăng ɓu mōak anün
- Mă yua hăng ngă tōlōi hrōm droi hōjān broi kō tōngan tōdah ih duri
- Ņum lu ia



*Tōdah ih hmāo bīng mōta tōlōi truh ɓu čang rōmang kōtăng pōkōn samō ka ɓu hmāo tūm hrōm bít hăng bīng bōh hiăp hăng ngō anün ôh laih anün ɓu hmāo tōdu hī ôh, ih khōm rōwuh iāu bīng pō mă brüa ia djrāo kiăng kō pōdjrāo pō-them yōh.

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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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