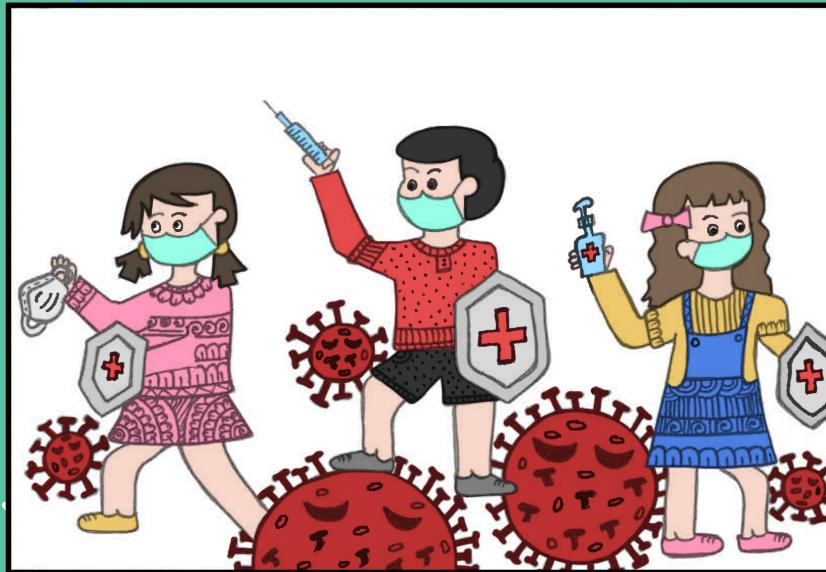


PEB TUE PHOOJWEE UAS TIV
THAIV-TUS KAB MOB COVID-19



Foreword

Koom haum AAT txhim kho xyoo 2007, Asylum Access Thailand (AAT) tsis yog koom haum tsoom fuw tabsis yog tsim kho los ntawm tsev neeg Asylum Access. 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 tshiab.

Peb ua dabtsi

• 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 txheem ntawm UNHCR yuav siv sijhawm ntev, yog li ntawm yuav nyuaj thiab yuav ua muaj teeb meem rau sab siab ntsws kev xav. 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 txhawm tej zej zog

Peb txhawb nqa cov neeg tawg rog tej zej zog kom nyob ruaj khov, muaj kev ntthuav 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 tibneeg tuaj yeem nrhiav tau rau lawv noj . Peb txhim kho cov neeg tawg rog kom muaj zog.

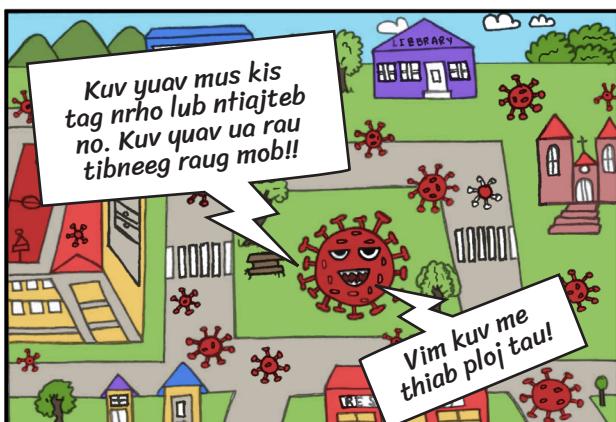
• Txhawb nqa kev cai lij choj

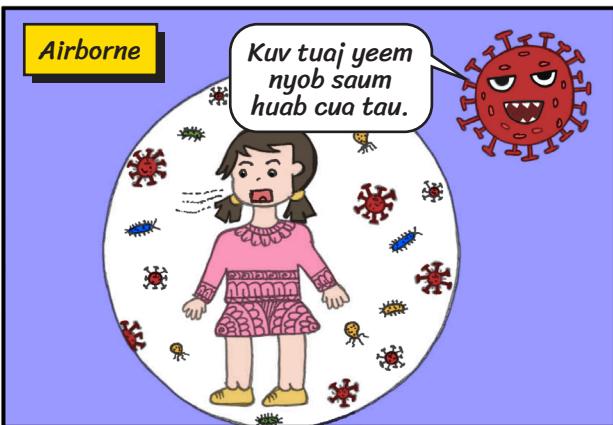
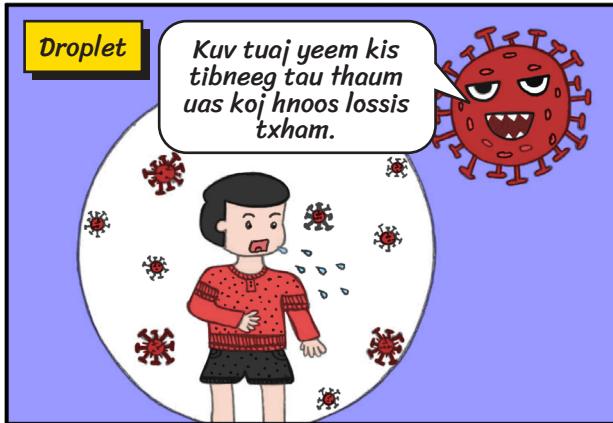
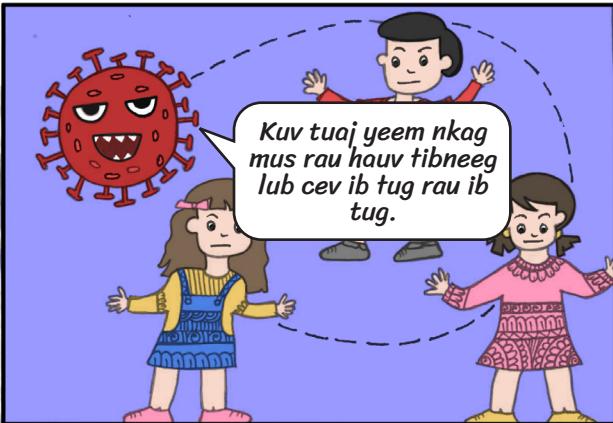
Peb ua haujlwm nrog rau cov koom haum uas ua haujlwm sab kev muaj vaj huam sib luag rau tibneeg txhawm kom muaj kev hloov paav kev cai lij choj hauv Thaibteb kom tsis pub muaj kev phom sij rau cov neeg tawg rog. Peb tab tom thov rau Thaibteb ua kom txhua tus neeg tawg rog nyob kom muaj kev nyab xeeb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

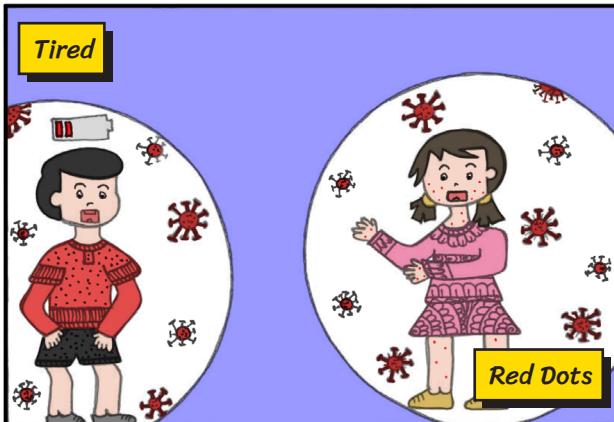
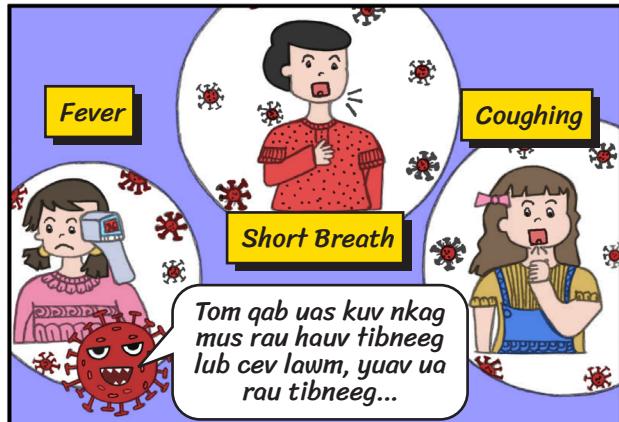
Lus Ceeb Toom:

Phau ntawv dab neeg (Kab Toos) no yog tsim los ntawm AAT. Tug nyeem yuav tsum tsis txhob muaj kev cia siab txog cov ntsiab lus hauv phau ntawm no vim nws tsuas yog dab neeg xwb. Vim cov ntsiab lus hauv phau ntawv tsuas yog piav qhia dav dav xwb, phau ntawv tsim tawm nyob rau tamsim no lawm. Cov lus hauv phau ntawv no sau hnub 17 lub 8 hli 2021. Tabsis thov nco ntsoov hais tias cov ntaub ntawv hauv phau ntawv tuaj yeem hloov paav tau txhua lub sijhawm. Yog koj muaj lus noog dabtsi thov tiv tuaj ncaj qha rau AAT lossis kws tshuaj.









Tom qab lawv knov COVID-19 hais li ntawm, ua rau peb tug menyuam ntshai thiab kхиav mus tsev nrhiav kev pab. Ces tamsim ntawm, tsab ntawm txawm tshwm sim!

PUFFF!!!

Peb cheem tsum kev pab!

Hi, nyob zoo cov menyuam! Kuv quav ua dabtsis rau nej tau?

Koj quav tsum tau muaj ntaub npog ncauj, xa npus, thiab alcohol ntsuas tes; yog koj muaj cov cuab yeej no lawm, nws quav pab tiv thaiv koj tsis pub kis tub mob COVID-19.

Thov nco ntsoov! Tsis txhob kov koj lub qhov muag, qhov ncauj, thiab koj lub qhov ntshwj yog tias koj tsis tau ntxuav alcohol. Koj quav tsum tau nyob sib quas deb ntawm lwm tug xws li 1 mev thaum uas koj mus rau sab nraum.

Cov menyuam

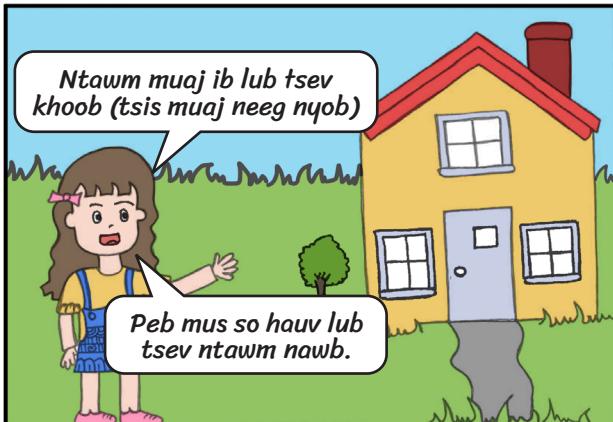
nej cia li mus rau cov tsev tshuaj uas nyob hauv nroog thiab nrhiav tibneeg tuaj pab.

Peb yuav ua li cas maj? Vim tamsim no tug kab mob COVID-19 nyob rau txhua qhov chaw lawm!

Yog tias qhov no yog tib txoj hau kev uas quav cawm thiab tiv thaiv tau...

PEB YUAV
TSUM TAU
MUS! KUV
MUS THIAB!!

3 tug menyuam txiav txim siab mus tsev kho mob uas nyob hauv nroog.



Vim COVID-19 nyob puag ncig lawv tag, cov
menyuam thiaj txiav txim siab nyob hauv lub tsev.

Niaj Covid-19 tab tom los, peb puas
yuav tsum tawm hauv lub tsev no mus?

Kuv xav tias peb yuav tsum kaw
peb tug kheej yam tsawg 14 hnub

vim tias tej zaum peb tuaj nyeem
nqa COVID-19 mus kis lwm tug, thiab
nws phom sij heev uas quav tawm
mus rau sab nraum lub sijhawm no.

Hmm...lawv ntsia
nyuaj siab, tsis xav noj mov,
thiab tej zaum pw tsis tsaug
zog.

Kuv yuav tsum tau
tshuaij xquas lawv
txoj kev xav.

3-4 dlau mus, lawv tsis tau ua exercise
li thiab ua rau lawv noog lawv lub ces
tawm txawv txawv...

Koj noog zoo li
cas xwb?

Thaum twg peb lub neej mam
rov los zoo li qub dua ib zaug
os? Kuv txhawj xeeb thiab
nkees rau txhua yam heev lawm.

Kuv ntshai heev.
Thaum twg peb
thiaj li rov mus
tsev no?

Ua siab ntev, peb tuaj ntawm no yog txhawm rau peb xwb. Nws yeej tsis txhaum uas koj yuav txhawj xeeb thiab nkees thiab txawm koj yuav quaj los yeej tsis ua cas li os.



Nej puas muaj tej yam ua nej nyiam ua? Tej yam uas tuaj yeem ua rau koj muaj kev kaj siab tau?

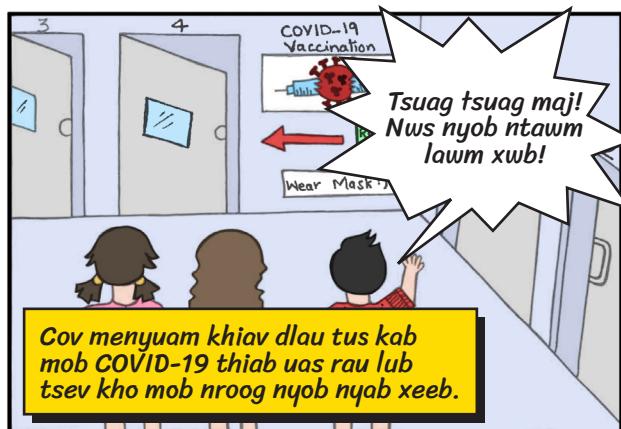
Kuv nyiam kos duab thiab hu nkauj.



Koj puas pom? Txawm hais tias peb quav nyob rau hauv lub tsev no xwb los. Peb tuaj yeem muaj kev kaj siab yog hais tias peb ua Yam uas peb nyiam.

Xav hauv nws lub siab hais tias "Qhov kev zoo siab no yuav hloov mus ua kev nyuaj siab vim peb nyob rau hauv lub tsev no ntev dlau lawm.





Peb tau txais tsab ntawv sau hais tias nyob rau ntawm no muaj kev pabcuam kev tiv thaiv tus kab mob COVID no. Koj puas muaj?



Peb tuaj yeem muab tshuaj vaccine tiv thaiv rau koj tau. Txawm li cas los xij, koj tseem tuaj yeem kis tus kab mob COVID tau, yog tias koj lub cev tsis muaj dog zog txaus. Txawm rau tiv thaiv koj tus kheej thiab lwm tus, koj yuav tsum tau looj ntaub npog ncauj, siv alcohol ntxuav tes, thiab nyob sib quas (social distance).





Tus COVID-19 tuaj yeem sib kis los ntawm kev hnoos, kev sib tuav tes, thiab los saum huab cua. Nws tuaj yeem uas rau tibneeg lub cev thiab lub ntsws muaj teeb meem tau.

Qhov kev nyob sib quas deb, coj ntaub npog ncauj, siv alcohol ntxuav koj txhais tes, npog koj lub qhov ncauj thaum uas koj hnoos thiab txham thiab nrrog rau kev tso cov cua uas tsis zoo uas nyob hauv koj lub tsev fawm mus tuaj yeem pab tiv thaiv tsis pub kis tus kab mob COVID-19 tau.

Kev ntxhov siab, nyuaj siab, thiab txhowj xeeb yog tej yam pheej tshaj uas tibneeg ntsib nyob rau ntu sijhawm uas nkaum tus kab mob COVID-19. Li cas los xij, muaj tej kev ua si uas tuaj yeem ua rau koj tsis muaj kev nyuaj siab, xws li ua tej yam uas koj nyiam!



Yog hais tias thaum koj ua tej ntawm tabsis pab tsis tau thiab yog koj xav tau kev pab-cuam sab kev kho mob. Koj tuaj yeem nrhiav kev pab los ntawm:

- Bangkok Refugee Center (BRC): 025125632 EXT 108 hu lub sijhawm office ua haujlwm xub, thiab 0860104117 hu thaum koj muaj teeb meem cheem tsum;
- Tzu Chi: 080-558-5892 (Lus Mekas), 02-328-1161-63 & 062-8471388 (Lus Thai)



Yog tias koj xav tau kev pab-cuam sab siab ntsws kev nyuaj siab, koj tuaj yeem hu tau rau:

- Koom haum Jesuit Refugee Service (JRS): 084-427-4136, 062-540-5456, 094-371-7834

TIV TAUJ:

*Address: 1111/151 Ban Klang Muang, Ladphrao Road, Chankasem, Chatuchak, Bangkok 10900
Telephone: +66 2 513 5228 Email: thailand@asylumaccess.org*

