



# NKAUG TSHUAJ PAB THAUM CEV XEEB TUB THIAB KEV QHIA TXOG KOJ TUS KHEEJ XAV PAB SEB LI CAS

## PROJECT HEALINGS COVID-19 SERIES - ARTICLE #3 Interviews with Dr. Rodolfo Gutierrez

Minnesota cov pejeem Latine, yog cov raug tus mob coob thaum muaj tus kab mob Covid-19 thaum pib los. Muaj coob tus tau ua hauj lwm rau cov hauj lwm yuav tsum tau ua xws li ua teb, ntim nqaij, ua hauj lwm hauv cov chaw noj mov, hauv tsev kho mob thiab kho kev. Cov tswv ntawm cov lag luam tau muaj kev pab cuam rau pejeem sawv daws kuj tau ntsib kev ntshov siab thaum lawv lub lag luam raug kaw nyob rau ntawm ob xyuas no. [1]

Cov neeg ua cov hauj lwm yuav tsum tau mus ua los sis essential workers txhawb peb kom peb muaj kev nyab xeeb rau lub sijhawm kev phomsij vim kab mob, tiam sis ua rau cov neeg no muaj feem coob heev yuav kis tus kab mob. Kev nkaug tshuaj yuav pab tau.

Qhov 2020 daim ntawv suav Census qhia hais tias muaj 6.1% ntawm cov neeg Minnesota kev suav yog cov neeg latine thiab muaj nyob rau lwm qhov chaw. Kev nkaug tshuaj tsis yog ib yam tshiab rau cov neeg Latine. Muaj ntau lub teb chaws nyob rau ntawv Latin America twb muaj kev nkaug tshuaj xws li cov tshuaj tuberculosis (TB), polio, this lawm yam tshuaj tau kab mob.

Txij li thaum lub 4 hlis tim 27. 2022, 72.9% ntawm cov neeg Hispanic (Mev) nyob Minnesota twb nkaug tus tshuaj COVID lawm, hais los ntawm Minnesota Department of Health.[2] Kev cov neeg mus nkaug tshuaj coob no kuj pab txog kev muaj mob thiab tuag. Nyob rau lub 4 Hlis 2021, Cov neeg Mev muaj 1.3 feem yuav kis mob, 3 npaug muaj feem mus pw tsev khom mob, thiab 2 feem tau tuag los ntawm tus kab mob COVID ntau tshaj ntawm pab pawg neeg dawb.[4] Cov ntaub ntawv qhia thaum lub 4 hlis xyoo 2022 tias, cov neeg raug tus mob kuj tshawg tuaj lawm, ua tsaug rau cov tshuaj. [4]



## Saib Xyuas tsev neeg thiab Kev Xeeb Tub

Tsev neeg yog ib qho tseem ceeb rau ntawm cov pejxeem ntawm tsev neeg Latine. Tsev neeg yog ib qhov tseem ceeb txog kev sib txhawb, hais txog cov tswv yim txog kev noj qab haus hus, kev npaj saib xyuas txog tus kheej. Vim tias COVID-19 sib kis yooj yim, kev txiav txim siab txog kev khom mob yog ib qhov tseem ceeb yuav muaj feem rau tag nrho tsev neeg. Xws li ib tse neeg, yuav tau xav txog yuav ua li cas, sawv daws thiaj noj qab nyob zoo.

Qhov no feeb ntau muaj tseeb rau cov pojniam cev xeeb tub thiab nws tus menyuam. Thaum xeeb tub, tus menyuam txoj kev noj qab hauv huv yog qhov tseem ceeb. Kev txhawj xeeb txog yam yus noj yeej yog ib qhov feem ntau xav txog thaum lub cev xeeb tub thiab muaj lus nug txog kev nkaug tshuaj COVID.

Nkaug tshuaj pab cov pojniam cev xeeb tub thiab tus menyuam kom noj qab nyob zoo. Kev tshawb fawb pom tau Tais kev nkaug tshuaj tsis muaj kev phom sij. Kev nkaug tshuaj tsis muaj kev phom sij rau leej niam lub cev kom muaj tsis tau menyuam los sis ua teeb meem thaum tseem xeeb tub. Cov pojniam xeeb tub muaj feem mus pw tsev kho mob ntau dua thiab tuag coob dua los ntawm tus kab mob COVID-19. Tus kab mob muaj feem ua kev phom sij rau kev yug menyuam thiab rau cov kev yug menyuam ntxov tshaj lub sij hawm yug. Kev nkaug tshuaj yuav pab tau cov kev phom sij no.

Rodolfo Gutierrez, ib tug neeg nyob Minnesota thiab tus Executive Director ntawm HACER pab pawg tshawb fawb, hais ntxiv tias, “kev tshawb fawb qhia tau tias menyuam kuj tau txais kev nkaug tshuaj yog leej niam nkaug tshuaj.”

Muaj ib qhov kev tshawb fawb, los ntawm American Medical Association nrhiav tau hais tias thaum tus pojniam xeeb tus nkaug tshuaj, yuav muaj kev tiv thaiv mus rau lawv tus menyuam nyob hauv plab, pab tau tus menyuam txog kev muaj mob rau ib ntus thaum tau tus menyuam yug los.[5] Lwm yam kev tshawb fawb qhia tias nkaug tshuaj kom tiav thaum cev xeeb tub pab tau tus menyuam kom tsis txob mus pw tsev khom mob vim tus COVID. [6]

## Nkaug tshuaj nyab xeeb thiab kev Qhia txog ntawm tus kheej

Kev qhia txog technology kev siv ntawm kev nkaug tshuaj tau tshawb tau ntau xyoo ua ntej thaum COVID-19 tshwm sim lawm, ntxiv ntawv kev nkaug tshuaj twb tau siv tau ntau xyoo los lawm. Txij thaum kev nkaug tshuaj tau tso cai thaum 2020 los, cov thawj saib xyuas tau ntsuam xyuas txog kev nyab xeeb ntawm kev nkaug tshuaj. Kev tshawb fawb tau pom tias kev nkaug tshuaj yog ib qho tsis muaj kev phom sij thiab yuav pab tau.

Kev nkaug tshuaj pab tau neeg kom tsis txob muaj mob loj thiab tau mus pw tsev kho mob ntawm 90%. Kev nkaug tshuaj kuj pab tau ntau lub hli. Kev nkaug tshuaj pab cov neeg twb nkaug tshuaj COVID lawm kom tsis txob muaj mob loj dua. [7]

Lub lav Minnesota txhawb txoj cai rau sawv daws txog kev nkaug tshuaj thiab kom tiv thaiv tus kab mob COVID-19. Koj tsis tas muaj daim ntawv kho mob los sis insurance los lwm yam ntaub ntawv thaum mus nkaug tshuaj.

Gutierrez, nco tias, “thaum ub, muaj tej zaus cov neeg ua hauj lwm hauv chaw muab tshuaj (pharmacists) tau nug daim ID thiab kom sau npe thiab tshawb txog insurance. Qhov no tsis zoo rau peb cov pejxeem sawv daws vim tias qhov no ua rau tej tug neeg tsis tau txais kev nkaug tshuaj. Tiam sis lub state kuj tau los hais tias, yuav tsum tsis pub kom tsis nkaug tshuaj rau ib tug twg.”

Cov thawj koj tau ua hauj lwm kom txhua tus tau txais kev nkaug ntshuaj tseem hais tias muaj ntaub ntawv los tsis muaj, thiab qhov chaw pharmacies tau hloov txoj kev lawv ib txwm ua kom tsis txob nug daim ID.

Kev nkaug tshuaj kuj muaj kev tiv thaiv kom txob muaj neeg paub txog koj tus kheej. Cov ntau ntawv hais txog nkaug tshuaj tsuas siv tau seb cov pejxeem nkaug tshuaj coob npaum cas xwb. Cov neeg tuaj lwm lub teb chaws tuaj kev qhia ntawm kev nkaug tshuaj tsuas siv tau los qhia seb kev nkaug tshuaj muaj coob npaum cas xwb. Cov neeg saib xyuas txog cov neeg tuaj lwm lub teb chaw tuaj tsis muaj cai mus muab tej ntau ntawv qhia txog kev nkaug tshuaj los sis mus rau ntawm tej chaw nkaug tshuaj.



## Kev txhawb ntawv kev noj qab hauv huv ntawv koj cov lus thiab pej xeeb

Tej zaum kuj nyuaj los nrhiav kev pab cuam rau kev kho mob rau cov neeg hais lub Mev (Spanish) thiab lwm hom neeg xws li nyob rau Latin American. Yog li no, Latine cov pej xeeb tuaj koom ua ke los sib pab kom tau txais kev pab los ntawm kev noj qab hauv huv. Cov koom haum xws li Project HEALINGS, HACER, thiab cov chaw muaj kev tshaj tawm tau los ua hauj lwm los qhia txog COVID hais lus Mev. Qhov no yuav pab tau rau cov neeg hais lub Mev nyob rau hauv Minnesota, uas yog cov neeg tuaj ua hauj lwm vim tsis muaj neeg ua hauj lwm txaus.

COVID 19 yog ib qho txaus ntshais thiab nyuaj rau sawv daws ob xyos los no. Tiam sis koj muaj feem los saib xyuas koj txoj kev noj qab hauv huv thiab pab sawv daws thaum koj los kawm txog kev nkaug tshuaj. Yuav muaj cov kws kho mob thiab cov kws pab uas yuav paub los teb koj tej lus nug thiab kev txhawj xeeb. Yog li no, yim meem nug thiab tham nrog rau koj tsev neeg thiab tej phooj ywj txog qhov uas lawv twb paub lawm txog kev mus nkaug tshuaj tivthaiv. Qhov no, nws thiab li yuav pab koj txiav txim siab seb koob tshuaj nkaug tivthaiv no puas yuav pab tau koj thiab koj tsevneeg. Xav paub ntxiv, mus saib [projthealings.info](http://projthealings.info).



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