

# ECHO Minnesota

*Emergency, Community and Health Outreach*



## ECHO Minnesota

Lub xeev Minnesota txoj kev tshaj xo rau pejxeem qhia txog cov xov xwm kub ceev thiab kev npaj ti thaiv cov khaub thuas .

### ECHO H1N1

Frequently Asked Questions (Updated May 7, 2009)

Cov lus uas pejxeem nug heev tshaj

**1. What is H1N1? Why does my community need to know about this now?**

H1N1 yog dabtsi? Yog vim li cas tamsim no cov pej xeem hauv zos no thiaj yuav tsum paub txog H1N1?

**Suggested Answer:**

Cov lus teb:

- **It is a new kind of influenza that people have never seen before.**  
Nws yog ib hom khaub thuas tshiab uas neeg tsis tau pom dua.
- **Nobody is immune to it and there is no vaccine.**  
Tsis tau muaj ib tug neeg twg yuav kis tsis tau hom khaub thuas no thiab tsis tau muaj tshuaj txhaj tiv thaiv.

**2. How dangerous is it?**

Yuav txaus ntshai npaum li cas?

**Suggested Answer:**

Cov lus teb:

- **It spreads easily from person to person.**  
Hom khaub thuas no yog hom sib kis tau yooj yim heev.
- **It is widespread right now in the U.S. and worldwide – but less dangerous than once feared.**  
Tamsim no, hom khaub thuas H1N1 tshwm sim nyob hauv tebchaws Asmelikas thiab thoob ntiaj teb no lawm – tabsis, tsis ntshai npaum li txhawj.

**3. How do I know if I have to go to the doctor?**

Kuv yuav paub tau li cas tias kuv yuav tsum tau mus cuag kws khomob?

**Suggested Answer:**

Cov lus teb:

- **Before going in to see a doctor, call first to discuss your symptoms or concerns.**  
Ua ntej yuav mus cuag kws khomob, hu mus nrog kws khomob tham txog koj tus mob lossis koj cov kev txhawj.
- **You may not need to see a doctor.**

Tejzaum, koj twb tsis tas mus cuag kws khomob.

**4. What if I am undocumented? Can I still see a doctor?**

Yog hais tias kuv tsis muaj ntaub ntawv nyob teb chaw no? Kuv mus cuag kws khomob puas tau?

**Suggested Answer:**

Cov lus teb:

- **Doctors and clinics do not usually ask about that. It is not their job.**  
Cov kws khomob thiab cov chaw khomob yuav tsis nug txog tej no. Nws tsis yog lawv lub luag haujlwm.
- **When you call about whether to come in, you can ask what information you will need to provide.**  
Thaum koj hu nug seb puas tsim nyog mus cuag kws khomob, koj mam nug seb lawv xav tau cov ntaub ntawv li cas ntawm koj.

**5. If I don't have health insurance, how can I pay for clinic services?**

Yog tias kuv tsis muaj ntaub ntawv khomob (health insurance), yuav ua li cas kuv thiaj them taus cov nqi khomob?

**Suggested Answer:**

Cov lus teb:

- **Many doctors or clinics across the state offer services based on your ability to pay.**  
Cov kws khomob lossis cov chaw khomob nyob thoob plaws tebchaws Asmelikas muaj txoj kev pab them nqi khomob raws li koj them taus.
- **When you call about whether to come in, ask about how the clinic handles this.**  
Thaum koj hu nug seb puas tsim nyog mus cuag kws khomob, koj mam nug seb lub chaw khomob muaj txoj kev pab li cas.

**6. Are there places where I can find these clinics?**

Puas muaj ib qhov chaw twg qhia tau rau kuv tias cov chaw khomob nyob twg?

**Suggested answer:**

Cov lus teb:

- **A partial list is available at <http://edocs.dhs.state.mn.us/lfserver/Legacy/DHS-4741-ENG>**  
Ib cov chaw khomob muaj nyob rau ntawm <http://edocs.dhs.state.mn.us/lfserver/Legacy/DHS-4741-ENG>
- **You may also be able to get help from Portico Healthnet at (651) 603-5100 or <http://www.porticohealthnet.org/>**  
Tejzaum Portico Healthnet yuav pab tau koj, lawv tus xov tooj yog (651) 603-5100 los <http://www.porticohealthnet.org/>

**7. I'm afraid if I'm sick, I can't take time off work because I can't afford it. What should I do?**

Kuv ntshai tsam thaum kuv tau tus mob, kuv yuav ncuu tsis tau haujlwm vim kuv ncuu ces yuav tsis txaus noj txaus haus. Kuv yuav ua li cas?

**Suggested Answer:**

Cov lus teb:

- **Unfortunately, not all employers offer paid time off when you are sick.**  
Muaj tseeb, tsis yog txhua txhua lub chaw ua haujlwm yuav them koj thaum koj mob ua tsis taus haujlwm.
- **Still, you should think about your fellow workers – and stay home so you will not risk making them sick.**  
Txawm li ntawd los, koj yuav tau xav rau koj cov phooj ywg uas ua haujlwm nrog koj. Koj yuav tau nyob tsev , lawv thiab yuav tsis kis tau koj tus mob.

**8. What steps should my family and I be taking to protect each other and avoid spreading the flu?**

Kuv thiab kuv tsev neeg yuav tsum tau ua li cas thiab yuav tiv thaiv peb kom txhob sib kis.

**Suggested Answer:**

Cov lus teb

- **The most important thing is to wash your hands frequently – especially before preparing or eating food, or touching your eyes, nose or mouth.**  
Qhov tseem ceeb tshaj ces yuav tsum ntxuav tes txhua txhua zaus– tseem ceeb tshaj ces ua ntej yuav ua noj ua haus lossis ua ntej noj mov, lossis ua ntej kov qhov muag, qhov ntswg lossis qhov ncauj.
- **Cover your nose and mouth with your sleeve when you cough or sneeze.**  
Thaum koj hnoos thiab txham, muab koj lub tes tsho los npog koj lub qhov ncauj thiab qhov ntswg.

**9. Is there anything else I should consider doing differently?**

Puas muaj tejyam dabtsi ntxiv uas kuv yuav tau pauv?

**Suggested Answer:**

Cov lus teb

- **If possible, limit activities that involve close personal contact.**  
Yog ua tau, txhob ua haujlwm nyob sib ze nrog lwm tus.
- **If you or someone else is ill, staying a few feet away can help prevent the spread of the flu.**  
Yog koj lossis lwm tus tib neeg tau hom khaub thuas no lawm, nej yuav tau nyob sib nruag deb me tsi thiab yuav pab tiv thaiv tau kom txhob sib kis.

**10. Is any particular group responsible – more than others – for introducing or spreading H1N1?**

Pab twg yog cov saib xyuas tej haujlwm no- tshaj lwm pab neeg- thiab yuav los pab tshaj xo qhia txog hom khaub thuas H1N1?

**Suggested Answer:**

Cov lus teb

- **No. It would be a mistake – and inaccurate – to think of some particular group of people as having “started” the H1N1 outbreak.**  
Tsis muaj. Yog muaj yuav yog ib qhov yuam kev- thiab tsis muaj tseeb- yog xav kom muaj ib cov neeg yog cov los xub pib tshaj xo qhia txog hom khaub thuas H1N1.
- **Because it is new, H1N1 is spread very easily, and can quickly become widespread.**

Vim H1N1 yog ib hom khaub thuas tshiab, H1N1 thiaj sib kis tau yooj yim heev, thiab yuav sib kis thoob plaws tau sai heev.

- **No particular group is more likely than any other to spread – or become infected with – this kind of flu.**

Tsis muaj ib pab neeg twg yuav kis tau hom khaub thuas no tshaj lwm pab - lossis tau hom khaub thuas no.

**11. How long is someone contagious with this kind of flu? How long do you need to stay home from work or school?**

Tus tib neeg uas tau tus khaub thuas no yuav kis tau rau lwm tus txog thaum twg? Yuav ntev npaum li cas koj mam mus ua tau haujlwm thiab kawm tau ntawv ?

**Suggested Answer:**

Cov lus teb

- **People first become contagious about a day before symptoms appear.**

Tus tib neeg uas tau hom khaub thuas no yuav pib kis tau rau lwm tus thaj tsam li ib hnuv ua ntej nws paub tias nws mob.

- **You should stay home from work or school for seven days after symptoms first appear, or until 24 hours after the symptoms go away – whichever is longer.**

Thaum koj paub tias koj mob lawm, Koj yuav tau nyob tsev li 7 hnuv tsis mus ua haujlwm los mus kawm ntawv. Thaum zoo lawm, koj yuav tau nyob tsev ntxiv li 24 teev - Li cas los koj yuav tau nyob tsev ntev me ntsi kom zoo tso.

**12. Can I get H1N1 from eating pork?**

Kuv puas yuav tau hom khaub thuas H1N1 los ntawm noj nqaij npuas?

**Suggested Answer:**

Cov lus teb

- **No, eating pork will not give you H1N1**

Tsis tau, noj nqaij npuas yuav ua tsis tau kom koj tau hom khaub thuas H1N1.