COVID-19 Resource Decks

BURMESE • HMONG • KAREN • KHMER • LAO • VIETNAMESE
Stay home.

သင်္ဃန်း ကိုးကျော်

Nyob tsev

ဒါရာလေးနဲ့

နိုးသော်:

ဦးလိုဖို့

Nën တွေ့ နေ
Stop the spread of coronavirus.

ကျွန်တော်မှာ ကိုးကားမှုကို စိတ်ပြောဆိုပေမယ့် လိုအပ်ပါတယ်
Cheem kev sib kis tus kab mob coronavirus
စိုက်ပျိုးမှုကို လိုအပ်ပါတယ်
ပါကြည်မှန်လိုအပ်ပါတယ်
ဦးထီးမှုဖြစ်ပြီး
Ngần ngửa không cho vi khuẩn Corona lan truyền
What is COVID-19?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases, such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus is called COVID-19.

COVID-19 (scientifically named 2019-nCoV) is the infectious disease caused by the most recently discovered coronavirus, which was unknown to the public before the outbreak began in Wuhan, China in December 2019.

Source: World Health Organization
1. Wash your hands often.
2. Cough or sneeze into your elbow or tissue.
3. Don’t touch your eyes, mouth, or nose.
4. Keep a safe distance from others (3 feet at minimum).
5. Stay home if you feel sick. Call your doctor if you have a cough, fever, and trouble breathing.
Facts & Fiction

FICTION

It’s called Chinese Coronavirus and it’s the Chinese people’s fault.

FACT

Coronavirus does not originate from any specific race, ethnicity or group of people. The virus has impacted more than 198 countries in the world and will keep growing. This includes Italy, the United States, Spain, Germany, Iran; just to name a few. There have been increasing reports of hate crimes and incidents of xenophobia against Asians. Coronavirus doesn’t discriminate and neither should we.

FICTION

Only elders and people with bad health will get infected with coronavirus.

FACT

Anyone can become infected with coronavirus. Those who are elderly, have pre-existing medical conditions (such as asthma, diabetes, heart disease), and have poor immune systems are more vulnerable at becoming most affected by coronavirus. It takes 2 to 10 days for those infected with coronavirus to become sick and have symptoms of fever and respiratory issues.

FICTION

Consuming certain foods/drugs/chemicals/theories will prevent or cure coronavirus.

FACT

There has been no proven treatment, cure, or vaccine for coronavirus at this time. Doing things such as drinking toxic chemicals and believing conspiracy theories may be dangerous to one’s health and well-being. Because coronavirus is new and different, researchers are still working on understanding it and developing a vaccine.
Resource Links

- CDC (Center for Disease Control)
- WHO (World Health Organization)
- USA Hello COVID-19 Resources in Multiple Languages
- Asian American, Native Hawaiian, and Pacific Islander In-Language Resources for Coronavirus (COVID-19)
- How To Create Your Own Emergency Pod