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This report was prepared with and for the Tampa community of Refugees from the  
Congo Wars and physicians/faculty at tpa @ faculty aty a249f1.79 0 Tdf1.7J0 Tc 0 Tw 0 Tc 0 ins

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## Executive Summary

1. The issues:

## 5. Results/Conclusions

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**6. Recommendations:**

**A. State:**

**B. County:**

C. City:

D. Health Educators and Providers:

Materials available:

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Acknowledgments:

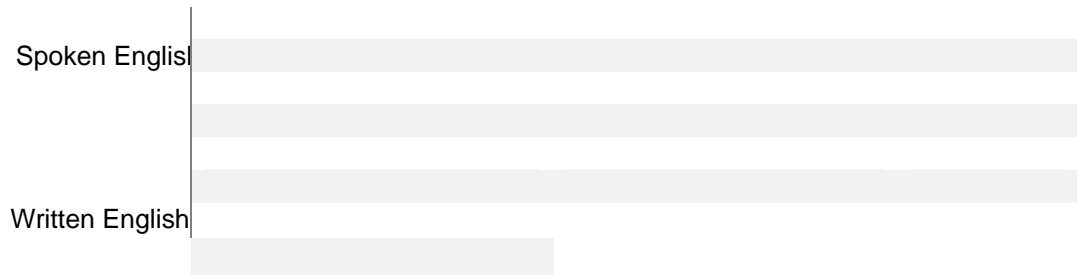
## Introduction











Background Knowledge and Fear of COVID

pepo













## Treatments, Testing, and Vaccines



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# Applied Contributions



## References

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## Appendix A: Questionnaire

Interviewer \_\_\_\_\_ Date \_\_\_\_\_

Consent statement

Unatumia email?









Epuka umati wa watu. Weka umbali kati ya mimi  
na watu wengine ninapokuwa kwenye umati

Kaa nyumbani zaidi

Unaweza kufanya nini ukidhani una \_\_\_\_\_?

Ikiwa wewe au mtu wa familia alikuwa anaonyesha dalili kama homa, kikohozi, au  
uchovu, je! Ungeweza kupimwa au kuwapeleka wapimwe? Mbona ndio? mbona la?

Ukipimwa ipatikane una\_\_\_\_, unaweza kufanya nini?

Una bima ya afya? Insurance? Kuna mtu yeyote kutoka kwa familia yako ambaye ana  
bima ya afya?

### C. Workplace disruptions including the need to file for unemployment/stimulus checks

Ulikuwa (wewe au mchumba) na aina gani ya kazi kabla ya hizi shida au kasheshe?

Wewe na familia yako mlikuwa mnatengeneza kama pesa ngapi mwaka uliopita?

Kuna mtu yeyote kwa familia yako ambaye amepoteza kazi?

Wamefaili unemploymnt, au wameambia serakali juu ya ukosefu wa ajira? Kwa nini?

Ikiwa sivyo, je wanajua jinsi ya kufanya hivyo?

Kama bado huenda kazini, una wasiwasi kwenda kufanya kazi wakaingine wanabaki nyumbani? Kwa nini?

Wamepata au umepata stimulus check, ni \$1200 iliyotolewa na serikali kusaidia watu na mahitaji?

Ikiwa sivyo, wanajua jinsya kupata moja?

Unaendeleaje bila malipo ya kazi?

Ni nini nyingine unahitaji msaada nayo?

#### D. Housing

Kulipa kodi ya nyumba imekuwa vigumu zaidi kwa sababu ya \_\_\_\_\_? Kodi au bill zingine?

Unaogopa kufukuzwa kwa nyumba?

Mwenye nyumba anasaidia? Kuna yeyote anasaidia?

#### E. Access to food assistance

Familia yako ina chakula cha kutosha? Kwa nini?

Umefanya nini kupata chakula cha kutosha kwa familia yako?

Unafanya nini juu ya kupata kiamsha kinywa na chakula cha mchana vya watoto ambavyo walkuwa wanapata shuleni hapo awali?

Unahitaji usaidizi na nini?

F. What other information would you like about \_?

Unahitaji habari gani zingine kuhusu ---kwa wakati huu?

G. Overall, how well do you think the president of the US is doing in managing \_\_\_\_\_?

Unaonaje kazi rais yetu wa Merikani amefanya kusaidia wakati huu?

H. Would Swahili language videos about \_\_\_\_\_ be useful? Or some different way to get the information? What?

Video za lugha ya Kiswahili kuhusu maswala haya zitasaidiaRuta njia yoyote ya kusambaza habari hizi ambayo ungependa?

I. Children, daycare, and schoolwork

Una watoto?

Je, hizi shida za \_\_\_\_\_ zimebadilisha vile watoto huenda daycare au childcare?

Watoto wako wanafanyaje na kazi yao ya shule?

Wanayo shida gani?

Ukizingatia maswala ya masomo, watoto wanahitaji usaidizi wa aina gani? Wewe unahitaji usaidizi wa aina gani?

Una mtoto ambaye naweza ongea naye? Tungependa kuongea na mwanafunzi wa high school mmoja na mwanafunzi mwengine wa shule ya msingi.

Appendix B: Virginia Emergency Standard for Workplace Safety During  
Coronavirus

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## Appendix C: Resources for the RFCW Community

### RECOMMENDATIONS FOR PEOPLE WHO HAVE OR MIGHT HAVE COVID 19

#### USHAURI KWA WAGONJWA WALIOAMBUKIZWA AU KUSHUKIWA KUAMBUKIZWA NA VIRUSI VYA COVID 19

Your doctor and the people from the public health department will see if you can stay at home. If you don't need to go to the hospital and can stay away from other people at your house, you can stay at home. They will keep in touch with you and see how you are doing. They may give you a monitor to keep on your finger to watch the oxygen level in your blood and make sure you are not getting worse.

Daktari na wataalam wa afya wataamua ikiwa unaweza kupata utunzaji wa nyumbani. Wakisema si lazima ulazwe hospitalini, madaktari na wataalam wa kiafya watafuatilia maendeleo yako unapojitenga pale nyumbani. Utavalishwa kipimo kidoleni cha kuangalia hali yako inavyoendelea.

To keep other people in your house and neighborhood from getting sick, you should do the things below until the health department says you can go back to your normal activities.

Ili kutoambukiza wengine kwa familia na jamii yako, fuatalia maagizo yafuatayo hadi idara ya afya itakapokuamuru kurudi kwa shughuli zako za kawaida.

#### 1. Stay home except to get medical care

##### Bakia nyumbani ispokuwa kupata utunzaji wa kiafya

People who are just a little sick with COVID-19 can still give the virus to other people. You should not do anything outside your home, except for going to the doctor. Do not go to work, school, or be in public areas. Don't use buses, ubers, or taxis. Don't get rides with friends. Don't go to the supermarket--try to get others who are not sick to bring groceries or food.

Wagonjwa ambao hawajaonyesha dalili za hatari bado wanaweza kuambukiza watu wengine. Kama siyo lazima, jaribu kutofanya shughuli zinazo nya ya nyumba kama kwenda sokoni, kazi, shule na pahali popote pa umma. Usitumie basi, texi ama kushirikiana pamoja na watu ambao hawaishi pamoja nawe





## 9. Treat your symptoms at home with safe remedies:

Yafautayo ni aina ya matibabu ya dalili za COVID-19:

**Fever** Æ Use tylenol 500 mg three times a day for adults and for children follow the instructions based on how much they weigh.

**Homa** Æ Dawa ya Tylenol inapatikana kwenye pharmacy. Tumia mara tatu kwa siku. Uliza kiwango ma maelezo ya utumizi wakati ukinunua

**Sore Throat** Æ Drink water with ginger and lemon every hour. Don't drink alcohol, bleach, or cleaning products—they can cause more damage to your body.

**Kuumwa na koo** Æ Kunywa maji yenye tangawizi na limau kila baada ya saa moja, Usinywe pombe au masabuni yeyote

**Cough** Æ Lay on your stomach for 10 minutes every hour. Also you can use Mucinex DM--1 tablet every 12 hours.

**Kukohoa** Æ Lala kwa tumbo kwa dakika kumi kila baada ya saa moja. Unaweza kutumia dawa ya Mucinex – ulizia maelezo na kipimo wakati wa kununua

## 10. Ending being isolated at home

People with COVID-19 should stay isolated at home until

- f You have had no fever for at least 72 hours (that is three full days of no fever without using medicine that brings down fevers)  
AND
- f other symptoms have gotten better (for example, when your cough or shortness of breath have gotten better)  
AND
- f at least 10 days have gone by since your symptoms first started.

Walioambukizwa na virusi vya korona wanafaa kujitenga nyumbani hadi yafuatayo yatendeke.

1. Kutokuwa na homa kwa siku tatu mfululizo bila kutumia dawa
2. Dalili za Corona zimepunguka na hali inaendelea kuimarika
3. Siku kumi zimepita tangu dalili za Corona zilipopatikana

Always, follow what your doctor and the public health people tell you. Talk about the decision to stop being isolated with your doctor, especially if you have other medical problems.

Baada ya haya yote, fuatilia maagizo kutoka kwenye idara ya afya na madaktari wako ili kuhakikisha kuwa umepona.