Due to the lack of culturally and linguistically appropriate COVID-19 outreach and education materials and resources in Khmer (Cambodian), The Cambodian Family (TCF) Community Center has compiled COVID-19-related information and resources in English and translated them into Khmer. We hope that you will find information and resources in this COVID-19 Handbook helpful during these unprecedented times. This COVID-19 Handbook will be updated regularly. TCF is always here to help support our community during these challenging times.

TCF would also like to take this opportunity to express our sincere gratitude to the County of Orange Health Care Agency (OCHCA), Orange County Asian Pacific Islander COVID-19 Task Force (OC API Task Force), Orange County Resilience Fund (OCRF), and many other donors and supporters for making these resources possible for our Cambodian community members in Orange County.
On February 11, 2020 the World Health Organization (WHO) announced an official name for the disease that is causing the 2019 novel coronavirus outbreak, first identified in Wuhan China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, ‘CO’ stands for ‘corona,’ ‘VI’ for ‘virus,’ and ‘D’ for disease. Formerly, this disease was referred to as “2019 novel coronavirus” or “2019-nCoV”. There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans.

Symptoms of COVID-19 can include the following:

- Cough
- Fever or chills
- Headache
- Feeling tired, muscle/body aches
- Shortness of breath or trouble breathing
- Sore throat
- Nausea, vomiting, or diarrhea
- Congestion or runny nose
- New loss of taste or smell

HOW COVID-19 SPREADS
 лечает кувировин-19 មួយ ប៉​បវប៉​បម

You may be able to get it by exposing your hands to a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

You can become infected by staying close to (about 6 feet or two arm lengths) a person who has COVID-19.

You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.

STOP THE SPREAD OF GERMS

Stay at least 6 feet (about 2 arms' length) from other people

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands

When in public, wear a mask over your nose and mouth

Do not touch your eyes, nose, and mouth

Clean and disinfect frequently touched objects and surfaces

Stay home when you are sick, except to get medical care

Wash your hands often with soap and water for at least 20 seconds.

STOP THE SPREAD OF GERMS

Stay home when you are sick, except to get medical care.
Wash your hands often with soap and water for at least 20 seconds.

WASH YOUR HANDS TO PREVENT SPREAD OF COVID-19
Wash your hands often with soap and water for at least 20 seconds.

How to Wash Your Hands

Use soap and water
Palm to palm
Fingernails
Fingers interlaced
Base of thumbs
Wrists

1. **Stay home** and isolate yourself from others for at least 10 days.  

   កុម្មុយន៍នៅផ្ទៃវិញនិងកំនត់ការបំពាក់បំភ្លឺខ្ពស់រុក្សិ៍បន្ទាប់ពី 10 ប្រយោគ។

2. Call your health care providers to help **monitor your symptoms**.  

   កុម្មុយន៍ការបោះបង់ប្រការបំភ្លឺ និងការរក្សាសំរាប់ ប្រការបំភ្លឺជាមួយអ្នក។

3. **Get rest and stay hydrated.**  

   និងពិការពីកុងហិរញ្ញវត្ថុ។

4. If you have an appointment, please **inform the healthcare providers** that you may have COVID-19 before you meet them.  

   បើមានការសិក្សានៅមុនអត្ថប្រយោជន៍ ក៏សិក្សានៅមុនអត្ថប្រយោជន៍វិញដ៏សេចក្តីថ្លែងការណ៍ ៃី-19។

5. **In case of emergency, call 911.**  

   ការចាប់បែបភ្លឺសំខាន់ប្រាណ ទូរស័ព្ទទូរស័ព្ទ 911។

6. Be aware of the health department calling you concerning **contact tracing.**  

   កុម្មុយន៍និងអនុវត្តន៍អេក្រសម្រាប់ បែបការលើកការកូវីដ-19 ប្រការបំភ្លឺ ប់ពីអ្នកជួបត់ខ្លួនឯង។

If you or someone at home tests positive for COVID-19, take these steps:

Positive COVID-19 Test with Symptoms
If you or someone at home has a positive COVID-19 test result and has symptoms (i.e., fever, cough, shortness of breath or trouble breathing):
Unless you are given different instructions, stay home and avoid contact with others until it has been:
- at least 3 days (72 hours) after you have recovered, meaning you don’t have a fever without the use of fever reducing medicine (e.g., Tylenol, Advil)
- at least 10 days after your first symptoms appeared
- and respiratory symptoms (e.g., cough, shortness of breath) are improving

Positive COVID-19 Test with No Symptoms
If you have a positive COVID-19 test, but have no symptoms, stay home for 10 days from the date the test was taken.


If you get a call from the health department, please take it seriously

All positive COVID-19 test results are reported to the OC Health Care Agency (your local health department) for contact tracing to reduce the spread of COVID-19. We contact the person who tested positive for COVID-19 to see who else might have been exposed.

What We Ask for:
- Where you have been recently and who you have been in contact with?
- The names and contact information of the those you have had close contact with so we can call them.
We will protect your privacy and will NOT tell them who may have exposed them without your permission.

What We DON'T Ask for:
- Social Security Number
- Immigration Status
- Credit card number

If you or someone tests positive for COVID-19 and are not able to stay at home: Ask the OC Health Care Agency representative that contacted you for help with isolation.

For Free COVID-19 testing in Orange County
Please Contact Us at
(714) 581-0114
Monday-Friday
9:00am to 6pm
FREE Covid-19 Education & Testing Navigation

The Cambodian Family is a part of the Orange County Asian Pacific Islander (API) COVID-19 Task Force working together to provide culturally responsive education, training, referrals and linkage for COVID-19 services to API community members in order to ensure equitable access to testing, up-to-date information on COVID-19, as well as quarantine and isolation resources.

Free Services include:

- Virtual One-On-One/Group Education on Covid-19 in English/Khmer (Cambodian)
- Covid-19 Testing Navigation
- Initial Health Need Assessments
- Translation and Interpretation in Khmer
- Referrals and Linkages to: free testing, free temporary housing for those needing quarantine or isolation, food distribution, mental health services, financial and other community resources
- Care Coordination and more ...

For more information, please contact

The Cambodian Family

Tel: (714) 581-0114
www.apitaskforce.org

This program is made possible through the support from County of Orange Health Care Agency
Community Health and Mental Health

- Prevention and Early Intervention Health and Mental Health Programs
- Mental Health Services (short-term individual and group counseling)
- Family Support Services
- Benefits Enrollment (i.e. Medical, Food Stamp)
- Health Education and Health Accessing
- Family Advocacy and Comprehensive Case/Disease Management

Youth

- Academic/After-School Tutoring
- Life Skills and Leadership Development
- Youth Mentoring
- Extracurricular Activities: Field Trips, Art Workshops, Music Programs, Sports & Athletics, Colleges Tours
- Youth Substance Use Disorder Prevention Program

Civic Engagement and Immigration

- Community and Civic Engagement/Advocacy Field Work
- Community Ambassador Leadership
- Immigration Referrals/Citizenship Services
- Interpretation and Translation Services
- Health/Mental Health Advocacy
- Cultural Competency Training

The Cambodian Family Center

General Line: (714) 571-1966
Khmer & English: (714) 591-6439
Spanish & English: (714) 560-3169
1626 E. 4th Street, Santa Ana, CA 92701
www.cambodianfamily.org
Stay informed and in touch

Get the latest updates about COVID-19 only from verified sources.

www.apitaskforce.org
www.ochealthiertogether.org
www.cdc.gov
https://occovid19.ochealthinfo.com

This resource is made possible through the support from:

County of Orange Health Care Agency

This document is intended to provide information and guidance related to COVID-19. It is important to follow the advice of healthcare professionals and to stay informed through reliable sources. For more information, please visit the websites listed above.
40th Anniversary
1980-2020
The Cambodian Family
Serving Orange County Since 1980