

Translated Resource Materials: For Afghani **Dari and Pashto Translations**

SAMHSA: Mental health.

Dari Translations:

- [Age-Related Reactions to a Traumatic Event](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Traumatic Separation and Refugee and Immigrant Children: Tips for Current Caregivers](#)

Pashto Translations:

- [Age-Related Reactions to a Traumatic Event](#)
- [After a Crisis: Helping Young Children Heal](#)
- [Traumatic Separation and Refugee and Immigrant Children: Tips for Current Caregivers](#)

COVID and other Resources for Refugees to the U.S.

Pashto versions

- [Welcome Booklet for Refugees](#)
- [Symptoms of Coronavirus \(COVID-19\)](#)
- [What you can do if you are at increased risk for COVID-19](#)
- [What you should know about COVID-19 to protect yourself and others](#)
- [10 things you can do to manage your COVID-19 symptoms at home](#)

Dari versions

- [Welcome Booklet for Refugees](#)
- [Symptoms of Coronavirus \(COVID-19\)](#)
- [What you can do if you are at increased risk for COVID-19](#)
- [Prevent the spread of COVID-19 if you are sick](#)
- [What you should know about COVID-19 to protect yourself and others](#)
- [10 things you can do to manage your COVID-19 symptoms at home](#)

English versions

- [Welcome Booklet for Refugees](#)
- [Symptoms of Coronavirus \(COVID-19\)](#)
- [What you can do if you are at increased risk for COVID-19](#)
- [Prevent the spread of COVID-19 if you are sick](#)
- [What you should know about COVID-19 to protect yourself and others](#)
- [10 things you can do to manage your COVID-19 symptoms at home](#)

COVID-19

- Is it COVID-19 or the Flu? [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- Snapshot of Vaccines [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- COVID-19 Vaccine Safety [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- COVID-19 Vaccines: What to Know [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- Common Worries and Facts [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- Getting Vaccinated [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- Is it COVID-19 or a Vaccine Reaction? [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- COVID-19 Vaccines: What Parents of Minors Should Know [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- You've Got Your Vax Card: Now What? [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- Getting Tested for COVID-19 [English \(PDF\)](#); [Dari \(PDF\)](#); [Farsi \(PDF\)](#); [Pashto \(PDF\)](#)

- I tested positive - What will they ask me? [English \(PDF\)](#); [Dari \(PDF\)](#) ; [Farsi \(PDF\)](#) ;[Pashto \(PDF\)](#)
- I was in contact with someone who tested positive - What will they ask me? [English \(PDF\)](#); [Dari \(PDF\)](#); [Farsi \(PDF\)](#); [Pashto \(PDF\)](#)
- What to do if you have confirmed or suspected COVID-19 [English \(PDF\)](#); [Farsi \(PDF\)](#)
- What to do if you were potentially exposed to someone with COVID-19 [English \(PDF\)](#); [Farsi \(PDF\)](#)
- NRC-RIM [Welcome Video Describing Current COVID-19 Situation in US](#) [Dari](#); [Pashto](#)
- NRC-RIM [COVID-19 Communication Resources for Afghan New Arrivals](#)
- Multilingual Task Force YouTube Channel <https://www.youtube.com/channel/UC3zjPpeFnXqvESr1y3d4DvQ/featured>
- New American Resources Website www.NewAmericansInVermont.com
- Vermont Department of Health Resources <https://www.healthvermont.gov/response/coronavirus-covid-19/resources>
- What to do if you test positive for COVID:
 - PASHTO. <https://youtu.be/OH-AKxL4I5A>
 - DARI. <https://youtu.be/0BkfI7-NWpk>

Greetings. Scientists studying COVID-19 and Omicron in particular have recently learned that infection happens mostly in the 1-2 days before you get symptoms of covid and 2-3 days after getting symptoms. Because of this the rules for isolating yourself have now been changed if you test positive for covid.

This is what you need to do if you test positive. The day you get your positive test result is Day 1. You need to stay home and isolate yourself for 5 days. You can leave your home after Day 5 if You have two negative tests taken 24 hours apart, The first test can be on Day four. AND you never had symptoms, or your symptoms have improved and you feel better. AND you have had no fever for at least 24 hours without the use of medicine that reduces fevers. AND you wear a mask around others through day 10. The Health Department recommends a high quality mask, or a surgical mask with a cloth mask on top if possible. It is important that a mask fits well with at least two layers of fabric. As soon as you know you have covid let all the people you were in close contact with know, so they can take care of themselves and their family

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Handwashing

- CDC Wash Your Hands [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#); [Urdu \(PDF\)](#)

Lead

- Does Your Child Need a Lead Test? [English \(PDF\)](#); [Dari \(PDF\)](#)
- My Child's Lead Test Result [English \(PDF\)](#); [Farsi \(PDF\)](#)
- Prevent Lead Poisoning [English \(PDF\)](#); [Pashto \(PDF\)](#),
- Pregnancy and Lead [English \(PDF\)](#); [Dari \(PDF\)](#)
- Child Lead Poisoning Prevention (Videos) [Dari](#); [Farsi](#);
- [Afghan Health Initiative – Lead Prevention Program and videos](#)
- Additional resources: [Lead Publications: Washington State Department of Health](#)

Masking

- CDC Please Wear a Mask [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#); [Urdu \(PDF\)](#)
- CDC How to Wear a Mask PSA [English \(Video\)](#); [Dari \(Video\)](#); [Pashto \(Video\)](#)

Measles

- Measles Information [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- CDC: Report Your Symptoms of Measles [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- Additional Resources: [Measles: Washington State Department of Health](#)

Polio

- CDC: Report your polio symptoms [English, Dari and Pashto \(PDF\)](#)

Tuberculosis

- CDC: Tuberculosis: General Information [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- CDC: Questions & Answers About Tuberculosis Booklet [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)

Vaccine Information Statements (VIS)

- MMR vaccine [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- Polio vaccine [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)
- Varicella (Chickenpox) vaccine [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)

Varicella (Chickenpox)

- CDC: Report your chickenpox symptoms [English \(PDF\)](#); [Dari \(PDF\)](#); [Pashto \(PDF\)](#)

Nutrition

- [MyPlate Graphic - English](#) HTML
[MyPlate Graphic - Paḡtō](#) / [بینډو / Pashto](#) HTML

Medline Plus Resources General Health – nothing yet different than above but worth checking for resources uploaded from other states/sources

<https://medlineplus.gov/languages/languages.html>