COVID-19 လေစ်စောင်ရင်းသားကြီးများ၏ အကြောင်းအရာများ

ပေါ်ပြီးဖျင်တွေမှာ COVID-19 လေစ်စောင်ရင်းသားကြီးများ၏ အကြောင်းအရာများတွေကိုလည်း ပြသပေးထားရှိသည်။

1. COVID-19 လေစ်စောင်ရင်းသားကြီးများ၏ အကြောင်းအရာများတွေကိုလည်း ပြသပေးထားရှိသည်။

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Utah’s Public Health
Brought to You by Departments

COVID-19

- Utah hotline: 1-800-456-7707
- Utah COVID-19 FAQs: https://coronavirus.utah.gov/faq
- Utah COVID-19 multilingual resources: https://coronavirus.utah.gov/multilingual-resources/
- United Way 2-1-1: https://211utah.org/
- University of Utah: 844-745-9325
- Intermountain Healthcare: 844-442-5224
- MotherToBaby Line: 1-800-822-2229
- Utah Aging and Adult Services: 1-800-456-7707
- Area Agencies on Aging: 1-800-662-6273
- Neighbors Helping Neighbors Utah: 801-641-4441
- United Way 2-1-1: https://211utah.org/index.php/specific-populations

Utah’s recommendation for COVID-19 prevention and treatment:

- Wear a mask in public places.
- Keep a safe distance from others.
- Wash your hands frequently.
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Get vaccinated.
- Use hand sanitizer.

COVID-19 symptoms:

- Fever
- Cough
- Shortness of breath
- Changes in smell or taste

COVID-19 complications:

- Pneumonia
- Heart failure
- Kidney failure
- Blood clots

COVID-19 precautions:

- Avoid contact with people who are sick.
- Stay home if you are sick.
- Wear a mask in public places.
- Practice social distancing.
- Wash your hands frequently.

COVID-19 vaccines:

- There are currently three vaccines available in Utah: Pfizer, Moderna, and Johnson & Johnson.
- The vaccines are free and available to everyone.

COVID-19 testing:

- Testing is available at multiple locations in Utah.
- Testing is free and does not require a prescription.

COVID-19 contact tracing:

- Utah’s contact tracing team works to identify and notify close contacts of people who have tested positive for COVID-19.
- Individuals who are contacted by the contact tracing team are advised to self-quarantine for 14 days.

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- Wash your hands frequently.
COVID-19 resources and information

- Department of Workforce Services https://jobs.utah.gov/covid19/covid-19-resources.html
- One Utah Child Care https://coronavirus.utah.gov/child-care/

COVID-19 labor and employment

- Department of Workforce Services https://jobs.utah.gov/covid19/covid-19-resources.html
- One Utah Child Care https://coronavirus.utah.gov/child-care/

COVID-19 testing locations

- TestUtah.com https://www.testutah.com/
- University of Utah 844-745-9325 https://healthcare.utah.edu/coronavirus/
- University of Utah Wellness Bus: Maria (562) 448-5389, Carmen (801) 441-0917, Bella (801) 648-9841
- Utah Domestic Violence LinkLine (24 hours) 1-800-897-5465
- Sexual Violence Crisis Line (24 hours) 1-888-421-1100
- Utah Domestic Violence Coalition https://www.udvc.org/
- Holy Cross Ministries https://hcmutah.org/
- United Way 2-1-1 https://211utah.org/index.php/family-support
COVID-19 BROUGHT TO YOU BY
DEPARTMENTS

COVID-19
United Way 2-1-1
https://211utah.org/index.php/education

Utah Home Energy Assistance Target (HEAT) Program 1-866-205-4357
https://jobs.utah.gov/housing/scso/seal/heat.html
- Ecolibrium3
  http://scalapp.utah.gov/index.do
- Utah One Stop Workforce Centers
  https://jobs.utah.gov/housing/scso/seal/offices.html

Rocky Mountain Power
https://www.dominionenergy.com/company/coronavirus

REACH Utah Utility Assistance 800-328-9272

Utahns Against Hunger food resources
https://uah.org/covid19

Salt Lake County
801-526-0950
1-866-435-7414
https://www.slc.gov/sustainability/food-covid/

United Way 2-1-1
https://211utah.org/index.php/food

Utahns Against Hunger food resources
https://uah.org/covid19

Food pantry
https://www.utahfoodbank.org/find-a-pantry/

Temporary Assistance for Needy Families
https://jobs.utah.gov/services/tevs/tanfcontract.html

Seed Library
https://services.slcpl.org/theplot#SeedLibrary

Salt Lake County
801-526-0950
1-866-435-7414
https://www.slc.gov/sustainability/food-covid/

United Way 2-1-1
https://211utah.org/index.php/housing-and-utilities

Utah Community Action
https://www.utahca.org/

Homeless Prevention
https://jobs.utah.gov/housing/scso/hprrh/

COVID-19

Utah Community Action
801-359-2444
COVID-19 ဤရေးစာပိုဒ်ကို သုံးစွဲ

United Way 2-1-1 https://211utah.org/index.php/legal
Free online legal services with volunteer attorneys https://www.utahlegalhelp.org/vlc

Utah Crisis Line 1-800-985-5990
Emotional Health Relief Hotline 1-833-442-2211
SAMHSADisaster Distress Helpline 1-800-985-5990

Utah Division of Substance Abuse Mental Health https://dsamh.utah.gov/
SafeUT app https://healthcare.utah.edu/uni/safe-ut/
MyStrength self-care app https://healthcare.utah.edu/uni/safe-ut/

COVID-19 လိုဏ်ရာကို သုံးစွဲ
Utah Suicide Prevention Coalition https://utahsuicideprevention.org/
American Foundation for Suicide Prevention Utah https://afsp.org/chapter/utah
National Alliance on Mental Illness Utah https://namiut.org/
COVID-19 ပုံစံစားခြင်းနည်းလမ်းများ

• Utah Department of Workforce Services Refugee Services  https://jobs.utah.gov/refugee/
• Utah Refugee Connection  https://serverefugees.org/
• Refugee Council USA  https://rcusa.org/covid-19/

ဤစာမျက်နှာမှ ပြည်ထောင်စုဆောင်ရွက်ရေးနှင့် ပြည်ထောင်စုပြည်သူ၏ လေးမျိုးစုံကြားရေး အဖွဲ့အစည်းများကို လေ့လာနိုင်သည်။

• Utah Division of Substance Abuse and Mental Health  https://dsamh.utah.gov/
• Utah Division of Substance Abuse and Mental Health  https://dsamh.utah.gov/contact/location-map
• Utah Division of Substance Abuse and Mental Health  https://dsamh.utah.gov/contact/about/Utah_Division_of_Subs
• Utah Division of Substance Abuse and Mental Health  https://dsamh.utah.gov/contact/about/Utah_Division_of_Subs
• Utah Division of Substance Abuse and Mental Health  https://dsamh.utah.gov/contact/about/Utah_Division_of_Subs
• Utah Division of Substance Abuse and Mental Health  https://dsamh.utah.gov/contact/about/Utah_Division_of_Subs
• Utah Division of Substance Abuse and Mental Health  https://dsamh.utah.gov/contact/about/Utah_Division_of_Subs

• United Way 2-1-1  https://211utah.org/index.php/mental-health
• United Way 2-1-1  https://211utah.org/index.php/transportation
• United Way 2-1-1  https://211utah.org/index.php/transportation

• Utah Support Advocates for Recovery Awareness (USARA) 385-210-0320  https://www.myusara.com/

• United Way 2-1-1  https://211utah.org/index.php/transportation
COVID-19

• United Way 2-1-1 https://211utah.org/index.php/employment
• COVID-19 ဗိုလ်ချုပ်စားသောကြီးစာရင်းများ https://jobs.utah.gov/covid19/uifaqemployees.pdf
• Rapid Response Services ဗိုလ်ချုပ်စားသောကြီးစာရင်းများ https://jobs.utah.gov/employer/business/prelayoff.html
• Salt Lake ဒီးိး South Davis ဒီးိး (801) 526-4400
• Weber ဒီးိး North ဒီးိး (801) 612-0877
• Utah ဒီးိး (801) 375-4067
• ပြည်နယ်အားလုံး ဒီးိး Remainder of State ဒီး Out of State: 1-888-848-0688