



# FROM BEYOND OUR BORDERS: RELIABLE MULTILINGUAL AND MULTICULTURAL CONSUMER HEALTH RESOURCES

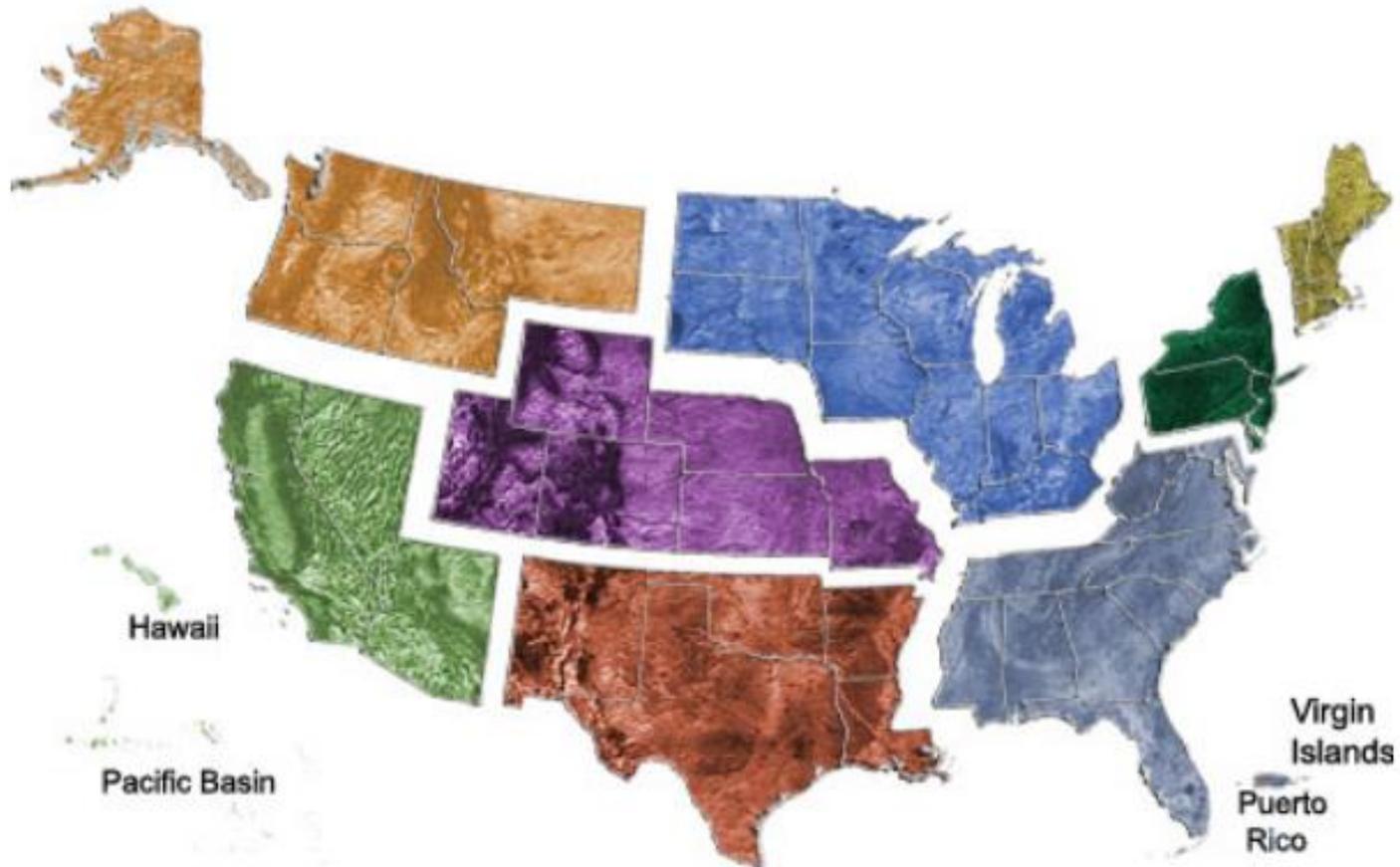
Lydia N. Collins, MLIS  
Consumer Health Coordinator

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# National Library of Medicine (NLM) and National Network of Libraries of Medicine (NN/LM)



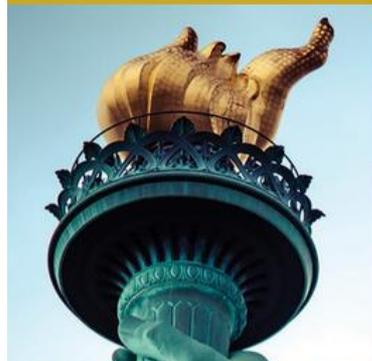
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[URL](#) to NLM and [URL](#) to locate your NN/LM office to join the free network!



# Immigrants and Refugees arrive in the United States from all over the world...



<p><b>MYTH</b></p> <p>IMMIGRANTS ARE A DRAIN ON THE ECONOMY.</p> <p><b>FACT</b></p> <p>IMMIGRANTS OR THEIR CHILDREN STARTED MORE THAN 40% OF FORTUNE 500 COMPANIES, WHICH COLLECTIVELY EMPLOY OVER 10 MILLION PEOPLE WORLDWIDE.</p>	<p><b>Google</b></p> <p>Sergey <b>USE GOOGLE?</b></p> <p>Google Search <i>thank</i> Feeling Lucky <i>Russian immigrant</i> <b>SERGEY BRIN</b></p>	
	<p><b>MYTH</b></p> <p>IMMIGRANTS ARE MORE LIKELY TO COMMIT CRIME THAN U.S. NATIVES.</p> <p><b>FACT</b></p> <p>IMMIGRATION DOES NOT CAUSE CRIME RATES TO RISE. ON THE CONTRARY, AMONG IMMIGRANTS THERE ARE LOWER INCARCERATION RATES THAN AMONG NATIVE-BORN AMERICANS.</p>	 <p><b>HAD LASIK EYE SURGERY?</b></p> <p><i>thank</i> <i>Iranian immigrant</i> <b>GHOLAM PEYMAN</b></p>
<p><b>MYTH</b></p> <p>IMMIGRANTS DON'T WANT TO LEARN ENGLISH.</p> <p><b>FACT</b></p> <p>91% OF SECOND-GENERATION IMMIGRANTS ARE FLUENT OR NEAR-FLUENT ENGLISH SPEAKERS. BY THE THIRD GENERATION, 97% SPEAK ENGLISH FLUENTLY OR NEAR FLUENTLY.</p>	 <p><b>RIDE A BIKE?</b></p> <p><i>thank</i> <i>French immigrant</i> <b>PIERRE LALLEMENT</b></p>	



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Image from U.S. Committee for Refugees and Immigrants (USCRI) website



# Immigrant (Definition)



**Immigrant:** chooses “to move in order to improve the future prospects of themselves and their families,” usually for employment or education opportunities.

–The UN Refugee Agency (UNHCR)





# Refugee (Definition)



**Refugee:** Generally, any person outside his or her country of nationality who is unable or unwilling to return to that country because of persecution or a well-founded fear of persecution. Persecution or the fear must be based on the person's race, religion, nationality, membership in a particular social group or political opinion. For a legal definition of refugee, see section 101(a)(42) of the Immigration and Nationality Act (INA).

-U.S. Citizenship and Immigration Services





# Culture, Health & Health Literacy



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# Culture



## ✦ What is culture?

- ✦ One definition: Characteristic features, beliefs, social norms, and way of life shared by a racial, religious, or social group, or by people in a specific place or time

## ✦ It's not just about the words!

- ✦ Differences between Western Caucasian and East Asian facial expressions
  - ✦ 😊/☹️ – Western emoticons primarily use the mouth
  - ✦ ^.^/;\_ – Eastern emoticons primarily use the eyes





# Cultural Adjustment



- ✦ **Stage 1** – For several weeks after arriving, everything seems new and interesting. You believe most of your problems are behind you. You feel hopeful.
- ✦ **Stage 2** – After several weeks, you realize that the U.S. is not perfect. You notice Americans act differently. Their ways seem strange, even rude or silly. You miss your home country and familiar people. What you must do and learn seems difficult and hopeless. You feel sad and angry.
- ✦ **Stage 3** – Your sad and angry feelings will pass with time. It is a slow process that may take months or years. Slowly, your new home and the American culture do not seem as strange. You find new habits and friends. You do not miss your home country as much. You see the good and the bad of both countries and you try to take the best from each.



Image from USCRI





# Culture and Patient Health

- ✦ Beliefs about objects, symbols, food, the body, blood, non-traditional medicine, etc.
- ✦ Communication styles and norms
- ✦ Role of relationships
- ✦ Ways of learning new information
- ✦ Role of translators and interpreters



# Culture and Communication



“Effective communication recognizes and bridges cultural differences.”

–Centers for Disease Control (CDC)

Image from CDC

- ✦ Integrating cultural information into community interactions
- ✦ Things to watch: styles of speech, eye contact, body language





# Thoughts on Culture

- ✦ Tailor messages to intended audience
- ✦ Avoid stereotypes
- ✦ Relevant photos/artwork
- ✦ Appropriate symbols
- ✦ Realistic recommended behaviors
- ✦ Back-translate and field test translated material



# Unique Health Issues

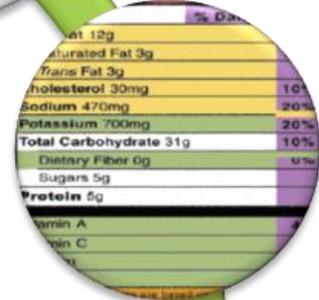




# Types of Literacy



Prose



Document



Quantitative



Health



# Health Information Resources



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# Types of Health Information Resources



Databases

Web sites

Journals

Other (Blogs, Radio etc...)





Health Topics

Drugs & Supplements

Videos & Tools

Español

 **Health Topics**  
Find information on health, wellness, disorders and conditions

 **Drugs & Supplements**  
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

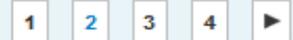
 **Videos & Tools**  
Discover tutorials, health and surgery videos, games, and quizzes

 **Medical Encyclopedia**  
Articles and images for diseases, symptoms, tests, treatments

**Medical Dictionary from Merriam-Webster**  
Look up in Dictionary  **GO**



Be aware of ticks and Lyme disease.  
Find out more on our [Lyme Disease page](#)



Today's Health News

[Diabetes Drug Victoza May Help the Heart: Study](#)

[Gun Injuries More Often Fatal Now, Study Finds](#)

[Zika Could Spread in Southern Europe This Summer](#)

[More health news](#)

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Clinical Trials

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A local health care center is providing health information workshops for local refugees. They are looking for information on carbon monoxide poisoning.

The information is needed for attendees from Cuba, Iraq and Somalia. Where can you refer them to in order to locate patient handouts or other materials in the appropriate languages?





Home → Health Topics → Carbon Monoxide Poisoning

# Carbon Monoxide Poisoning

Also called: CO poisoning



### On this page

#### Basics

- Summary
- Start Here
- Prevention and Risk Factors

#### Learn More

- Related Issues
- Specifics

#### See, Play and Learn

- Videos and Tutorials

#### Research

- Clinical Trials
- Journal Articles

#### Resources

- Find an Expert

#### For You

- Children
- Seniors
- Patient Handouts



## Summary

Carbon monoxide (CO) is a gas that has no odor or color. But it is very dangerous. It can cause sudden illness and death. CO is found in combustion fumes, such as those made by cars and trucks, lanterns, stoves, gas ranges and heating systems. CO from these fumes can build up in places that don't have a good flow of fresh air. You can be poisoned by breathing them in. The most common symptoms of CO poisoning are

- Headache
- Dizziness
- Weakness
- Nausea
- Vomiting
- Chest pain
- Confusion

It is often hard to tell if someone has CO poisoning, because the symptoms may be like those of other illnesses. People who are sleeping or intoxicated can die from CO poisoning before they have symptoms. A CO detector can warn you if you have high levels of CO in your home.

Get Carbon Monoxide Poisoning updates by email

Enter email address GO

### MEDICAL ENCYCLOPEDIA

- Carbon monoxide poisoning
- Hemoglobin derivatives
- Hyperbaric oxygen therapy

### Languages

- Amharic (amarunya)
- Arabic (العربية)
- Chinese - Traditional (繁體中文)



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Health Topics Drugs & Supplements Videos & Tools

Home — Multiple Languages — All Health Topics — Carbon Monoxide Poisoning

Other topics A-Z

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z List of All Topics

## Carbon Monoxide Poisoning - Multiple Languages



Amharic (amarunya)	Hmong (Hmoob)	Spanish (español)
Arabic (العربية)	Khmer (Khmer)	Swahili (Kiswahili)
Chinese - Traditional (繁體中文)	Kurdish (کوردی)	Tagalog (Tagalog)
French (français)	Laotian (Lao)	Tigrinya (tigrinya)
German (Deutsch)	Portuguese (português)	Vietnamese (Tiếng Việt)
Haitian Creole (Kreyol)	Somali (af Soomaali)	

### Amharic (amarunya)

- Prevention Guidelines: You Can Prevent Carbon Monoxide Exposure English amarunya (Amharic) PDF Centers for Disease Control and Prevention

### Arabic (العربية)

- Carbon Monoxide Poisoning English (Arabic) العربية PDF Centers for Disease Control and Prevention
- Prevention Guidelines: You Can Prevent Carbon Monoxide Exposure English (Arabic) العربية PDF Centers for Disease Control and Prevention

### Chinese - Traditional (繁體中文)

- Prevention Guidelines: You Can Prevent Carbon Monoxide Exposure English 預防指南: 您可以預防一氧化碳的傷害 - 繁體中文 (Chinese - Traditional) PDF Centers for Disease Control and Prevention



## CARBON MONOXIDE POISONING

### صحيفة وقائع التسمم بغاز أول أكسيد الكربون

ما هي المشكلة؟

غاز أول أكسيد الكربون أو CO، غاز عديم الرائحة واللون ويمكنه التسبب في الإصابة بمرض على الفور والوفاة. يوجد غاز أول أكسيد الكربون في الأذخنة الناتجة عن الاحتراق، مثل الأذخنة المتصاعدة من عوادم السيارات والشاحنات، ومحركات البنزين الصغيرة والموقد والفرنيس، والقلم الكهربائي والخشب عند حرقهما. وموقد الغاز ونظام التدفئة، ويمكن لغاز أول أكسيد الكربون المتصاعد من هذه المصادر أن يتجمع في الأماكن المغلقة أو شبه المغلقة، ويمكن للبشر أو الحيوانات التي تتواجد في هذه الأماكن أن تتعرض للتسمم من جره استنشاقه. ومن الأعراض الأكثر شيوعاً للتسمم بغاز أول أكسيد الكربون: الصداع، والدوار والضعف والغثبان، والقىء، وآلام بالصدر وعدم التركيز، ويؤدي استنشاق كمية كبيرة من غاز أول أكسيد الكربون إلى فقدان الوعي والوفاة، وما لم تثر الشكوك بشأن التسمم بغاز أول أكسيد الكربون فله يتعدى تشخيصه نظراً لتشابه أعراض الإصابة به مع أعراض الإصابة بأمراض أخرى، وقد يتعرض الأفراد اللانوم أو المصابون بالتسمم للاموت من جره التسمم بغاز أول أكسيد الكربون قبل أن يشعروا بأية أعراض.

من هم المعرضون للخطر؟

جميع البشر والحيوانات معرضون لخطر التسمم بغاز أول أكسيد الكربون، وثمة فئات معينة -- الأجنة والرضع والأشخاص المصابين بمرض مزمن بالقلب، ومرض الأنيميا (فقر الدم) أو الذين يعانون من مشكلات في التنفس -- أكثر عرضة لما يتجم عنه من تأثيرات. وفي كل عام، يلقى أكثر من 500 مواطن أمريكي مصراعهم نتيجة التسمم بغاز أول أكسيد الكربون عن غير عمد ويقدم أكثر من 2000 مواطن أمريكي على الانتعار من خلال تسميم أنفسهم عمدًا.

هل يمكن الوقاية منه؟

نعم، يمكنك الوقاية من التسمم بغاز أول أكسيد الكربون من خلال إتخاذ بعض الاحتياطات البسيطة، بالتأكد من:

- صحة تركيبه وصيانة وتشغيل كافة الأجهزة التي تعمل بحرق الوقود
- الفحص السنوي للأفران، وسخانات المياه ومخففات الغاز على يد فني صيانة مؤهل؛
- فحص مداخن المدفأة وتحتات نظريتها وتنظيفها كل عام؛
- عدم استخدام السخانات المكشوفة التي تعمل بحرق الوقود وغير الموزدة بمنفذ تهوية إلا عندما يكون الشخص مستيقظاً لمراقبتها مع فتح الأبواب أو النوافذ في الخرجة لأدخال الهواء النقي؛
- الفحص الدوري لأنظمة العادم بالسيارة للتأكد من خلواها من العيوب؛ و
- الفحص الدوري لماسورة العادم بالسيارة للتأكد من عدم إنسداده بفعل الثلج في شهور الشتاء.

تذكر:

- حذار من استخدام موقد الغاز أو فرن الغاز للتدفئة بداخل المنزل
- حذار من استخدام شواية الفحم النباتي أو شواية بيانتشبي المعجملة، أو الفانوس أو موقد التخييم المعمول داخل المنزل أو الغيمة أو المقطورة؛
- حذار من تشغيل مولد كهربائي أو غسالة الضغط، أو أي محرك يعمل بالبنزين داخل البدر، أو الجراج أو في أي مكان مغلق، حتى إذا كانت الأبواب أو النوافذ مفتوحة، إلا إذا قد تم تركيب تلك المعدات وتزويدها بمنفذ تهوية على يد متخصصين؛
- حذار من تشغيل سيارة، أو مولد كهربائي أو غسالة بالضغط، أو أي محرك يعمل بالبنزين بالخارج أمام نافذة مفتوحة أو باب مفتوح حيث يمكن للعادم المنبعث من جره تلك التسرب إلى منطقة مغلقة؛
- حذار من ترك المحرك حرقاً عند إيقاف السيارة في مكان مغلق أو شبه مغلق مثل الجراج المغلق.

المعرفة هي أساس الوقاية من التسمم بغاز أول أكسيد الكربون، وفي معظم حالات التسمم غير المتعمد لم يشعر الضحايا بوجود غاز أول أكسيد الكربون أو تجمع في الهواء الذي يستنشقه، ويمكن الكشف عن غاز أول أكسيد الكربون بطريقة غير مكلفة وبسهولة في المنزل حيث يتوفر العديد من أجهزة الإنذار ضد غاز أول أكسيد الكربون الرخيصة نسبيًا. إحرص على وضع جهاز إنذار ضد أول أكسيد الكربون في كل طابق بمنزلك وفي غرف النوم لديك.

September 2005

<http://www.cdc.gov/co>

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION  
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# MedlinePlus Sample Topics



Available topics vary by language

- ✦ After Surgery
- ✦ Asthma
- ✦ Childhood Immunization
- ✦ Coping with Disasters
- ✦ Diabetes
- ✦ Exercise and Physical Fitness
- ✦ Flu
- ✦ Germs and Hygiene
- ✦ Herbal Medicine
- ✦ Motor Vehicle Safety
- ✦ Pregnancy
- ✦ Stress
- ✦ Talking With Your Doctor
- ✦ X-Rays

and more



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Español

Home → Easy-to-Read

### Easy-to-Read



How to Write Easy-to-Read Health Materials

Go to: A B C D E F G H I J K L M N O P Q R S T U V W XYZ

#### A

##### Acne

- [What Is Acne?](#) (NIH) (National Institute of Arthritis and Musculoskeletal and Skin Diseases)  
Available in Spanish

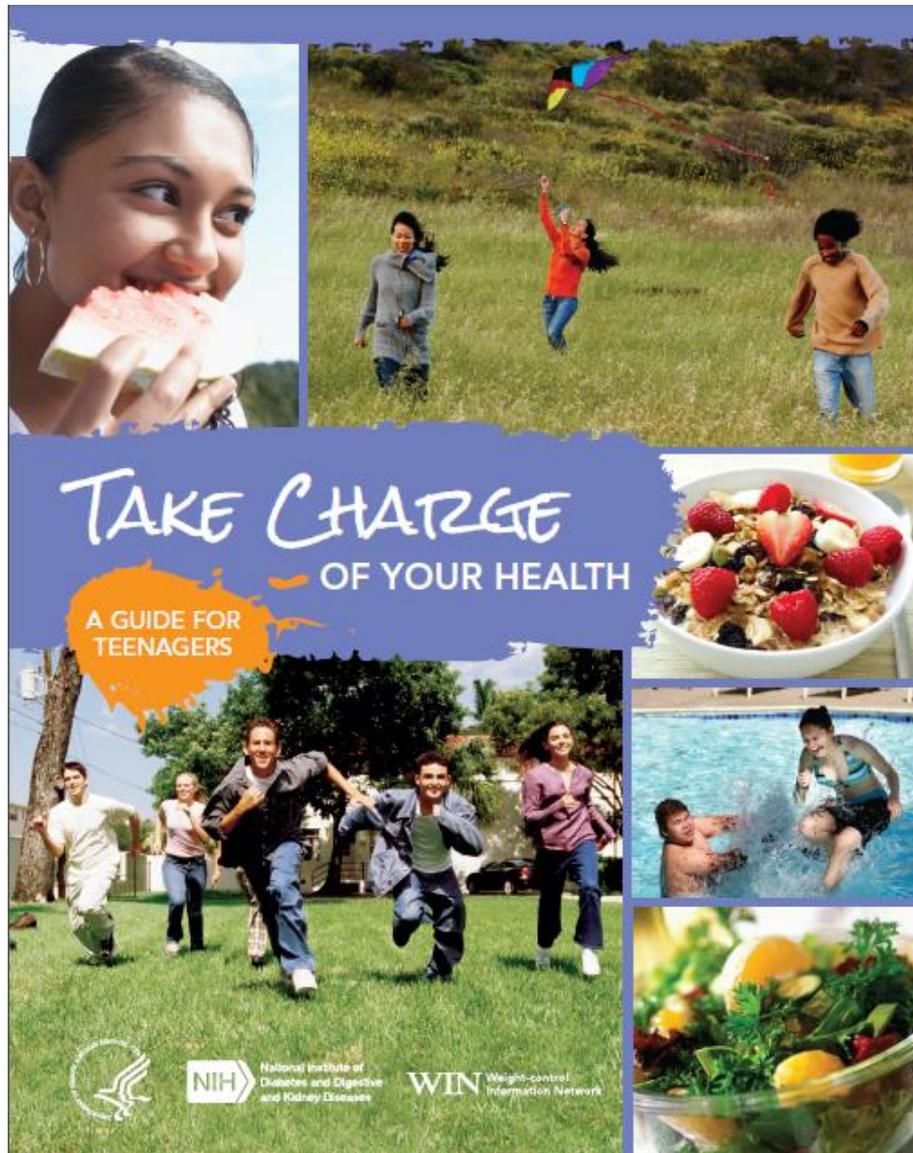
##### Acute Lymphocytic Leukemia

- [Understanding Chemotherapy](#) (NIH) (National Cancer Institute) - PDF  
Available in Spanish
- [What to Know about External Beam Radiation Therapy](#) (NIH) (National Cancer Institute) - PDF  
Available in Spanish

##### Acute Myeloid Leukemia

- [Understanding Chemotherapy](#) (NIH) (National Cancer Institute) - PDF  
Available in Spanish
- [What to Know about External Beam Radiation Therapy](#) (NIH) (National Cancer Institute) - PDF  
Available in Spanish

##### Adrenal Gland Cancer



# TAKE CHARGE OF YOUR HEALTH

A GUIDE FOR  
TEENAGERS



NIH National Institute of  
Diabetes and Digestive  
and Kidney Diseases

WIN Weight-control  
Information Network

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## Videos & Tools



Watch health videos on topics such as anatomy, body systems, and surgical procedures. Test your knowledge with interactive tutorials and games. Check your health with calculators and quizzes.



### Health Videos

View videos of anatomy and body systems and how diseases and conditions affect them.



### Surgery Videos

Find videos of operations and surgical procedures.



### Health Check Tools

Check your health with interactive calculators, quizzes and questionnaires.



### Games

Boost your health knowledge by playing interactive health games.

### Search all Videos & Tutorials

Search all Videos &amp; Tutorials

GO

[Understanding Medical Words](#)[Evaluating Health Information](#)[To Your Health: NLM update](#)[NIH Senior Health Videos](#)

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[URL](#) to Videos & Tools (MedlinePlus)



FEATURE: INFECTIOUS DISEASES

# The Zika Virus

A biting *Aedes aegypti* mosquito, which is responsible for transmitting Zika virus.

Photo: James Gathany, Centers for Disease Control and Prevention

NIH launches multiple research efforts to understand the Zika virus and find a vaccine.

Zika virus is a member of the flavivirus family. Other flaviviruses include dengue, yellow fever, and West Nile virus. Like its relatives, Zika virus is primarily transmitted to humans through the bite of infected *Aedes aegypti* mosquitoes.

It may also be transmitted from an infected pregnant woman to her baby during pregnancy or around the time of birth. Spread of the Zika virus through blood transfusion and sexual contact has been reported. Most people who become infected with Zika virus do not become sick. For the 20 percent of people who do become sick, the illness is generally mild with symptoms that include fever, rash, joint pain, or conjunctivitis (red eyes) and lasts several days to a week.

14 Spring 2016 NIH MedlinePlus

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## Health Information in Multiple Languages



Use these links to find health information in languages other than English. See our [quality guidelines](#) for how we select the links on these pages.

Browse information in multiple languages by [health topic](#).

[Amharic \(amarunya\)](#)

[Arabic \(العربية\)](#)

[Armenian \(Հայերեն\)](#)

[Bengali \(Bangla\)](#)

[Bosnian \(Bosanski\)](#)

[Burmese \(myanmasa\)](#)

[Chamorro \(chamoru\)](#)

[Chinese - Simplified \(简体中文\)](#)

[Chinese - Traditional \(繁體中文\)](#)

[Chuukese \(Trukese\)](#)

[Croatian \(Hrvatski\)](#)

[Farsi \(فارسی\)](#)

[French \(français\)](#)

[German \(Deutsch\)](#)

[Gujarathi \(ગુજરાતી\)](#)





Search

- Patient Materials
- Provider Information
- Search All



### Patient Materials

Find culturally relevant information in multiple languages and formats about health conditions and wellness topics



### Provider Information

Discover resources, cultural backgrounders, clinical tools, and guidance about specific immigrant, refugee, and asylee populations



### A-Z Index

Browse the entire collection of patient education materials and provider information tools by topic or category

## Featured Resources

### Zika Virus Resources NEW

[Zika Virus - Patient Materials](#)

Find reliable multilingual consumer health information about Zika virus transmission, symptoms, and prevention, as well as advice for travelers, pregnant women, and women trying to become pregnant. Resources include fact sheets, posters, and video from the Centers for Disease Control and Prevention (CDC), the Pan American Health Organization (PAHO), the World Health Organization (WHO), and Dallas County Health and Human Services (DCHHS).

[Zika Virus - Provider Information](#)

Healthcare professionals and consumers alike can access up-to-date information and resources about Zika virus. Find scholarly articles, scientific and

Browse the entire collection of patient education materials and provider information tools. Choose a topic from the A-Z index, or select a category to search by subject.

### Browse Topics A-Z

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

### Browse Health Collections

#### Refugee Health Information

- ▶ [About Refugees & Asylees](#)
- ▶ [Refugee Health Information for Health Professionals](#)
- ▶ [Information About Health Services for Refugees](#)
- ▶ [Refugee Populations](#)

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- ▶ [Fires](#)
- ▶ [Floods](#)
- ▶ [Heat Waves](#)
- ▶ [Winter Storms and Cold](#)

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For Microsoft Office, or other media types refer to the [Plug-in Directory](#).



A leader from the local Ethiopian community comes to the library and wants to locate information on Zika Virus to distribute information to members of the local church. They also happen to be a local health care provider.

Where can you find information about Zika Virus for both patients and providers in Amharic?





NIH U.S. National Library of Medicine

Home Patient Materials Provider Information A-Z Index

Back to Search Results

## Zika Virus Fact Sheet

### Resource Properties

#### Abstract:

This web page educates people about the Zika virus. It explains that the virus is transmitted primarily through the bite of an infected Aedes species mosquito, and discusses reports of other possible ways it may be spread. The document describes Zika virus symptoms, and clarifies that though symptoms can be treated there is no vaccine or treatment for Zika infections. It provides guidance for prevention, including advice for travelers, pregnant women, and women trying to become pregnant. Links for more information are also provided.

**Author(s):** Dallas County Health and Human Services (DCHHS)

#### Medical Review:

Yes  
*The English language resource was created or reviewed by a medical professional for quality and accuracy.*

#### Development Method:

Translation from English text

#### Translation Review:

Community review  
*This translation was evaluated by a representative or group from the community for accuracy and cultural relevance.*

**Country:** N/A

**Population:** N/A

**Keywords:** Infant, Microcephaly, Mosquitoes, Pregnancy, Zika virus

**Copyright:** In the Public Domain

**Date Last Reviewed:** 2/1/2016

**Reviewed By:** Author/Agency

### Access Resource

Language	Document	Video	Audio
English	Open (473 KB)		
Amharic	Open (252 KB)		
Arabic	Open (230 KB)		
Farsi (Persian)	Open (217 KB)		
Hindi	Open (249 KB)		
Nepali	Open (245 KB)		
Russian	Open (215 KB)		
Spanish	Open (291 KB)		
Swahili	Open (182 KB)		
Urdu	Open (165 KB)		

# ዘካ ቫይረስ



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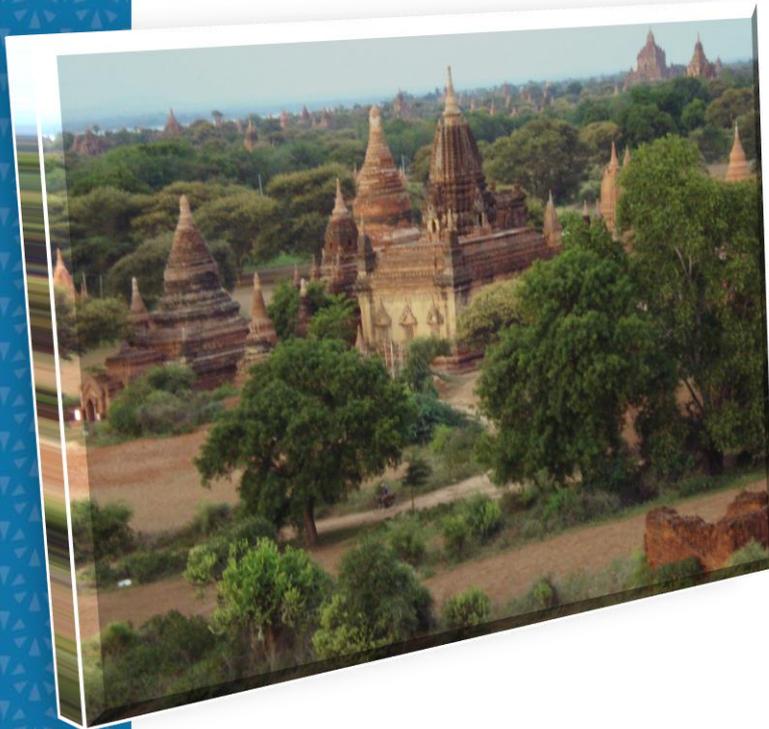
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# HealthReach Sample Topics

- ✦ Banking
- ✦ Cover Your Cough
- ✦ Domestic Violence
- ✦ Healthy Teeth
- ✦ Hygiene
- ✦ Flu Prevention
- ✦ Job Application
- ✦ Medicine  
(Prescription/Home Remedies)
- ✦ Nutrition (Diabetes/Obesity)
- ✦ Vaccinations
- ✦ Women's Health  
(Mammogram/Pap-test)



Burma Image from CIA The World Factbook



# Outreach & Resources

SPECIALIZED INFORMATION SERVICES



Text size: [S](#) [M](#) [L](#) [XL](#)

Expand/Collapse

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New lesson plans added to the K-12 Science and Education page



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# Bringing Health Information to the Community (BHIC)

This blog focuses on health information issues related to the community, especially underserved communities.

## Search BHIC

GO

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To request subscription to a daily digest, email [Annette Parde-Maass](mailto:Annette.Parde-Maass).

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## Healthy Tomorrows Partnership for Children Program Grant

Posted on June 15th, 2016 by Annette Parde-Maass | Filed under [Children and Teens](#), [Low Income](#), [Scholarships and Grants](#) | [No Comments »](#)

Healthy Tomorrows projects must represent a new initiative within the community or an innovative component that builds on existing community resources. Projects usually target low-income populations and address four key areas:

1. Access to health care services,
2. Community-based health care,
3. Preventive health care, and
4. Service coordination

The program requires direct clinical or public health services, pediatrician/pediatric primary care provider involvement, 2 to 1 non-federal matching funds in years 2 – 5, a realistic evaluation component, and an advisory board.

For more information, visit <http://bit.ly/1OpbBoO>. Deadline is August 2, 2016.



## Grant Writing Workshops

Posted on June 15th, 2016 by Annette Parde-Maass | Filed under [Conferences](#), [Minority Health Concerns](#), [Scholarships and Grants](#) | [No Comments »](#)

University Vision, Design and Capacity (U-VDC) Technical Grant Writing Workshops from the Higher Education – Technical Assistance Project (HETAP)

- June 28-29: Alabama State University, Montgomery AL (full)
- July 13-14: University of the Incarnate Word, San Antonio, TX

For more information, visit <http://1.usa.gov/1Yrqtz>

This hands-on, two-day workshop is for junior faculty, staff and college/university health professionals who are interested in community-based participatory research; who are committed to working with underserved populations; and who want to build their institution's capacity to compete and receive competitive grant awards.



Tags: [HETAP](#), [higher education](#)



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### FEATURES: MAY-JUNE 2016

**EthnoMed Survey:** we invite your feedback about which of our resources are most useful to you and what types of content to develop in the future. Thank you for taking the time to complete this brief survey!

### UPCOMING FASTING HOLIDAY: RAMADAN

It is anticipated that Ramadan will start in North America on Monday, June 6th and last for 30 days until Tuesday July 5th. Note that in the Muslim calendar, a holiday begins on the sunset of the previous day, so observing Muslims will celebrate Ramadan beginning on the sunset of Sunday, June 5th. Many Muslims, including many in the local community, will follow dates established by the sighting of the moon in Muslim countries such as Saudi Arabia. Beginning and ending dates may therefore vary. Ramadan is the ninth month of the year in the Islamic calendar.



#### Clinical Considerations:

During Ramadan, Muslims will abstain from food and drink from dawn to sunset. In northern locations like Seattle, the days this year will be long, around 16 hours.

There can be medical and scheduling implications of fasting for some patients. Health care providers should be vigilant and ask their patients whether they intend to observe regular or modified fasting. Engage in a full discussion of the degree of the individual's risk from fasting with the patient who intends to fast. For patients who prefer to fast, individualization of care and frequent monitoring is highly recommended. Patients often have experimented and developed their own regimen. Exploring this with the patient helps build a partnership between patient and

#### Welcome To EthnoMed

EthnoMed contains information about cultural beliefs, medical issues and related topics pertinent to the health care of immigrants to Seattle or the US, many of whom are refugees fleeing war-torn parts of the world.

#### EthnoMed Newsletter & Twitter

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#### Featured Resource June 2016

The **Refugee Health Program, WA State** gathers resources of upcoming refugee health conferences, news items and other pertinent issues/topics. Some things local to WA state, but also what's on the national agenda. Read **June 3, 2016 Refugee Health Roundup**

#### Featured Resource April 2016



A physician has been seeing a diabetic patient and believes that he may be non-compliant with his medication regiment. The physician just realized that Ramadan has just begun, and wonders if the patient may be Muslim. Where can you find information to assist the physician to give to the patient about healthy nutrition during Ramadan?



## Diabetes during Ramadan



Healthy living is an important part of Islam and is just as important during the Ramadan month of fasting. Some people think of Ramadan as a time when they can “re-set” their stomach and give their bodies a time to rest. After fasting from food and water for an entire day, you may think you need to eat a lot of food to make up for what you missed. This can be an unhealthy habit.

**It is important to be careful and not over-eat unhealthy foods when you break your fast at iftar.**

Some people feel like they deserve to indulge every evening because it was a long day with no food. Every evening meal is a celebration, so it is important not to eat too much food or too many unhealthy foods.

**Eat and drink, but avoid excess. (Qur'an 20:81)** Wasting food is not just throwing food out. Wasting food is anyone eating more than needed. Especially during the holy month of Ramadan, at the iftar meal one third of your stomach is for food, one third is for water, one third is for air.

If you over-eat at each iftar meal during Ramadan, it is likely that you will gain weight during Ramadan and you will be less healthy. Islam is the middle way and encourages us to stay clean and stay healthy as our body is a trust from Allah. People must respect their own physical body as a sign of devotion to Allah. To take good care of your body and respect the gift that Allah has given you, you should:



Search Site  Search

Cultures Clinical Topics Patient Education Cross-Cultural Health Calendar

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## CULTURES

Specific community cultural profiles and subjects related to ethnic groups.



- |                                                                                                                                                  |                                 |                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|-------------------------------------------|
| <a href="#">Cambodian</a>                                                                                                                        | <a href="#">Hispanic/Latino</a> | <a href="#">Nepali-speaking Bhutanese</a> |
| <a href="#">Chin</a>                                                                                                                             | <a href="#">Hmong</a>           | <a href="#">Oromo</a>                     |
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| <a href="#">Eritrean</a>                                                                                                                         | <a href="#">Karen</a>           | <a href="#">Somali Bantu</a>              |
| <a href="#">Ethiopian</a> (The Ethiopian population includes many ethnic and linguistic groups. See also on EthnoMed: <a href="#">Tigrean</a> .) |                                 | <a href="#">Vietnamese</a>                |

## OTHER CULTURES

Collections of resources and information, mainly external to Ethnomed, on specific groups of refugee and immigrants.

- [Burmese](#)
- [Congolese](#)
- [South Asian](#)



Search Site  Search

Cultures Clinical Topics Patient Education Cross-Cultural Health Calendar

You Are Here: Home → Cultures → Nepali-speaking Bhutanese (Lhotsampa)

## NEPALI-SPEAKING BHUTANESE (LHOTSAMPA) CULTURAL PROFILE

Author(s): Maya Maxym, MD, PhD  
 Reviewer(s): Pradeepta Upadhyay; Mitra Dhital  
 Date Authored: March 01, 2010

[View Documentation](#)

### METHODS

The author interviewed approximately 12 recently arrived Nepali-speaking Bhutanese refugees in the Seattle area. Topics discussed included experience with traditional and Western medicine in Bhutan, in the refugee camps in Nepal, and in the USA, as well as common cultural beliefs and practices, particularly as they affect attitudes toward health, health care, and medical providers. Additional and background information was obtained from the websites of Human Rights Watch, Amnesty International, and the Center for Applied Linguistics, as well as the official government website of the Kingdom of Bhutan.

### COUNTRY OF ORIGIN, HISTORY, & POLITICS

The Nepali-speaking Bhutanese, also called *Lhotsampas* ("People of the south"), are Bhutanese citizens of Nepali origin, a large number of whom are refugees from Bhutan. The first report of Nepalese origin in Bhutan was around 1620 when Shamdrung Ngawang Namgyal (a Tibetan lama who unified Bhutan) commissioned a few Newar craftsmen from the Kathmandu Valley in Nepal to make a silver *stupa* (monument) for his father, Tempa Nima. There are no references to any further movement of people from Nepal to Bhutan until the beginning of the 19<sup>th</sup> Century. People from Nepal were invited to populate the lowlands of southern Bhutan in the mid- to late- nineteenth and early twentieth centuries. Contact between the Druks (Bhutanese) in the north and the Nepali-speaking Bhutanese (Lhotsampas) in the south was limited. Despite living in Bhutan for up to five generations, the Lhotsampas retained their highly distinctive Nepali language, culture, and religion. However, they did participate in public life and politics, even attaining positions of significant leadership. The Lhotsampas coexisted peacefully with other ethnic groups in Bhutan until the mid 1980s, when Bhutan's king and the ruling Druk majority became worried that the growing Lhotsampa population could threaten the majority position and the traditional Buddhist culture of the Druk Bhutanese. The government therefore initiated a campaign, known as "One country, one people," or "Bhutanization" to cement Bhutanese national identity. The policies imposed the Druk dress code, religious practices, and language use on all Bhutanese regardless of prior practices. These changes negatively impacted the Lhotsampa people, because they did not wear the same traditional dress, practice the same religion, or speak

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- find professional development opportunities in the Learning Portal

What's New

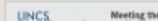
Announcements



Preparing English Learners for Work and Career Pathways: Companion Learning Resource

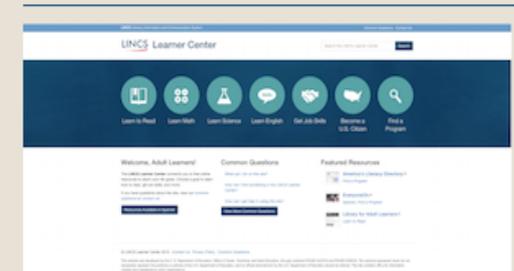
Adult English Language Learners, Career Pathways,

Evidence-based Professional Development



Meeting the Language

## Learner Center



The [LINCS Learner Center](#) connects adult learners to free online resources to reach life goals

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[URL](#) for LINCS



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**NEW RELEASE!**

# STAYING HEALTHY FOR BEGINNERS

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- Grants Program
- Resources
- Summit
- Get Involved

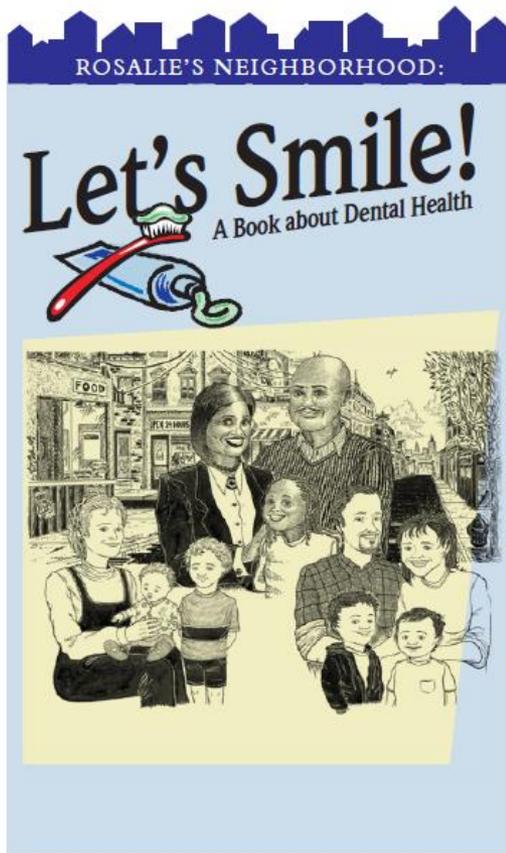
### CURRICULUM & RESOURCES

*Staying Healthy* is an award-winning curriculum that is used throughout the United States. It is written at a 4th-5th grade reading level and is suitable for low intermediate level ESOL learners and above. The newly-released *Staying Healthy for Beginners* is written at a lower reading level, making it more accessible to learners at the high beginning level.

The publications below are available for download as free PDF documents. To request physical copies, please see the [book order page](#).

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[URL](#) to Health Literacy Curriculum (Florida Literacy Coalition)



## WORD WALL

- clinic—a place where people can be seen and treated by health care workers, such as a doctor or nurse
- dental—having to do with the teeth
- oral health—health of the teeth, gums, and mouth

### Chapter 1

## Maggie's New Tooth

Rosalie Stevens smiled at the photograph on her desk as she left her job at the health clinic. Her husband, Robert, and their granddaughter, Alisha, smiled back from the picture. Alisha would start kindergarten in a few months. "Children grow as fast as weeds!" she thought.

Rosalie got off the bus and thought about what she would make for dinner. First, she had to pick up Alisha at her friend Ginny McMillan's apartment. It was a great arrangement. Alisha stayed with Ginny while Rosalie

was at work. Alisha loved to play with Ginny's two children, Donny and Maggie.

Rosalie heard shouts as she got closer to Ginny's door and wondered what was happening. Ginny came to the door carrying Maggie. "A tooth! She finally has a tooth!" Rosalie laughed and could see the relief on Ginny's face.

Rosalie said, "Moms always are excited about things that happen to their kids for the first time. Let's see this brand new beautiful tooth!"



# DIVERSITY PREPAREDNESS

BROWSE RESOURCES

HOW TO USE

ABOUT US

## BROWSE RESOURCES BY:

- > COMMUNITY
- > TYPE OF EMERGENCY
- > RESOURCE TYPE
- > LANGUAGE
- > U.S. REGION
- > BROWSE MULTIPLE CATEGORIES



DIVERSITYPREPAREDNESS.ORG IS  
MANAGED BY THE CENTER FOR  
PUBLIC HEALTH READINESS AND  
COMMUNICATION

> [CHECK OUT OUR WEBSITE HERE](#)



**THE NATIONAL RESOURCE CENTER ON ADVANCING EMERGENCY PREPAREDNESS FOR CULTURALLY DIVERSE COMMUNITIES**

National Resource Center on Advancing Emergency Preparedness  
for Culturally Diverse Communities

[URL](#) for Diversity Preparedness

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# Refugee and Immigrant Serving Agencies & Resources for Cultural Competency



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## Everyone. Everywhere. Equal Value.

Worldwide, millions are denied basic human rights and respect. We believe every person has equal value and that the global family is strengthened when all of humanity is recognized. Join us as we pave the way for equal opportunity to full and independent lives for all.



UNITING FAMILIES &  
PROTECTING  
CHILDREN



REBUILDING  
LIVELIHOODS



EMPOWERING  
SURVIVORS



RESTORING  
FREEDOM, DIGNITY &  
INDEPENDENCE



read story

## Time running out to resolve refugee emergency in Europe



## REFUGEE CRISIS IN EUROPE

FAMILIES FORCED TO FLEE THEIR HOMES

DONATE NOW

### SPOTLIGHT



**News Story:** More than one month after Cyclone Komen, some impacted people remain homeless

read more



**Nansen Refugee Award:** Education and the Future for Afghan Refugees.

read more



**News Story:** One war forced a family to flee Somalia, and now another has forced them to return.

read more

### Latest News

- More than one month after Cyclone Komen, some impacted people remain homeless
- Another weekend of tragedy marks the Mediterranean, with up to 40 refugees dead
- Time running out to resolve refugee emergency in Europe
- UNHCR and CHEP to improve delivery of life-saving refugee aid with supply chain study
- UNHCR urges Europe to change course on refugee crisis



Bridging Refugee Youth & Children's Services

Select Language ▼

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Child Welfare

Family Strengthening

Schools

Youth Development

Youth Arts Page

Anti-Trafficking

Head Start Collaboration

Maya Health Toolkit for  
Medical Providers

**ANTI-TRAFFICKING**

**NEW** Visit our new section  
on anti-trafficking.

**CHILD  
MALTREATMENT  
PREVENTION  
CURRICULUM**

To ensure a safe and caring  
environment for children and  
youth

**WEBINARS & ONLINE**

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## Welcome

Your information hub for empowering immigrant children and their families.

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Announcements

Events

Funding

Resources

BRYCS Brief

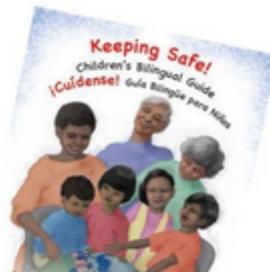
Awards

### Talk, Read, Sing Together Every Day!

These ACF tip sheets can help enrich children's early language experiences beginning from birth and highlight the evidence behind the benefits of being bilingual and embracing children's home languages.

[Learn about more resources](#)

BRYCS Photo/Courtesy of Catholic Charities of Atlanta



### NEW! Bilingual safety guides for children and teens

Every day, **children** and **teenagers** enter the United States without their parents or legal documentation. These unaccompanied children often come to reunite with family, to work, or to pursue an education. Some may be fleeing violence and abuse, avoiding gang persecution and recruitment, or escaping political and religious persecution.

[URL](#) for BRYCS



# U.S. Department of Justice (DOJ)

# Information



THE COMMON LAW IS THE WILL OF *Mankind* ISSUING FROM THE *Life* OF THE *People*

Home > Agencies > Civil Rights Division > About > OSC

- Civil Rights Division Home
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- Appellate
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- Types of Discrimination
- Filing a Charge
- Worker Information
- Employer Information
- Form I-9, E-Verify and SSN Resources
- OSC Webinars
- Cases

## EMPLOYER INFORMATION

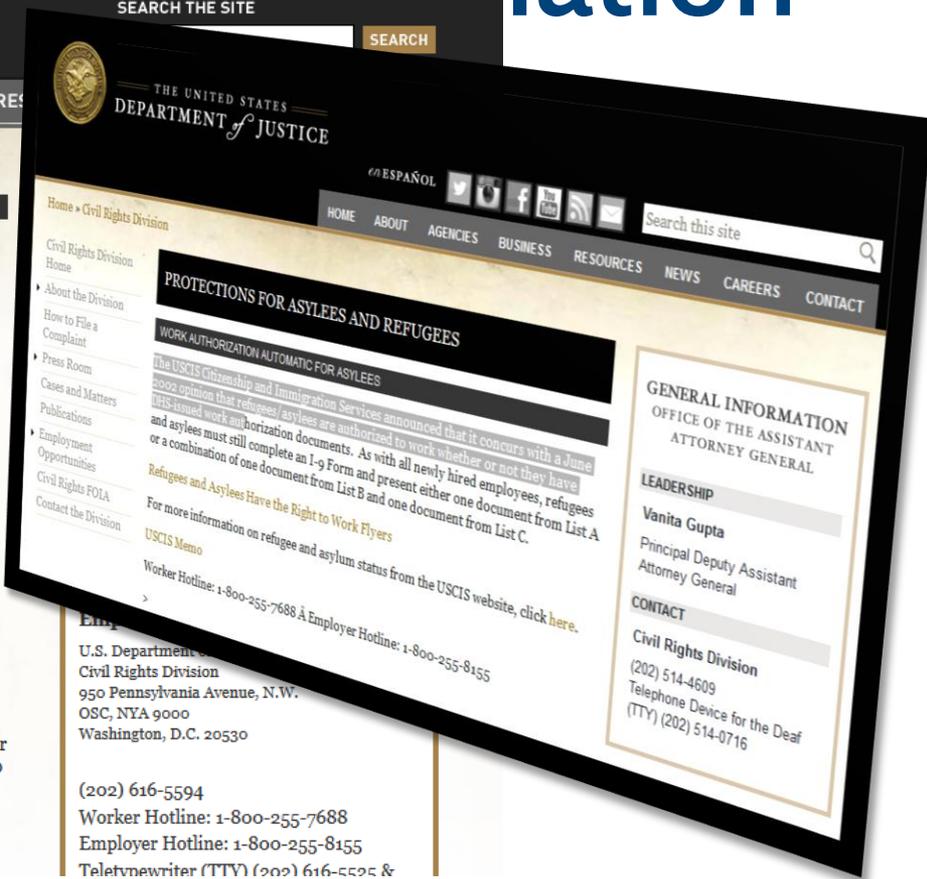
- OSC Outreach
- OSC Refugees/Asylees Guidance
- OSC Social Security Number No-Match Guidance
- Temporary Protected Status
- OSC Publications
- OSC Posters
- OSC Video
- OSC PowerPoint
- National Origin Working Group

## Outreach

OSC's outreach and education program is aimed at helping employers and workers understand the anti-discrimination provision of the INA. OSC's staff is available to participate in seminars and conferences. To find out if there will be any seminars or conferences in your area, or if you would like to organize your own event featuring an OSC speaker, please contact OSC's Public Affairs staff at [OSCCRT@usdoj.gov](mailto:OSCCRT@usdoj.gov) or (202) 616-5594. OSC will consider requests to send a staff member from its Washington office to events nationwide for groups of 50 or more attendees.

## OSC Guidance with Respect to Asylees and Refugees

Refugee and asylum status may be granted to people who have been persecuted or fear they may be persecuted on account of race, religion, nationality, membership in a particular social group, or political opinion. See Section 101(A)(42) of the Immigration and Nationality Act (INA). Refugees and asylees are authorized to work indefinitely but may receive temporary employment authorization documents (EADs) from the Department of Homeland Security (DHS).



## PROTECTIONS FOR ASYLEES AND REFUGEES

**WORK AUTHORIZATION AUTOMATIC FOR ASYLEES**  
 The USCIS Citizenship and Immigration Services announced that it concurs with a June 2002 opinion that refugees/asylees are authorized to work whether or not they have DHS-issued work authorization documents. As with all newly hired employees, refugees and asylees must still complete an I-9 Form and present either one document from List A or a combination of one document from List B and one document from List C.

**Refugees and Asylees Have the Right to Work Flyers**  
 For more information on refugee and asylum status from the USCIS website, click [here](#).  
 USCIS Memo  
 Worker Hotline: 1-800-255-7688 | Employer Hotline: 1-800-255-8155

## GENERAL INFORMATION

OFFICE OF THE ASSISTANT ATTORNEY GENERAL

**LEADERSHIP**  
 Vanita Gupta  
 Principal Deputy Assistant Attorney General

**CONTACT**  
 Civil Rights Division  
 (202) 514-4609  
 Telephone Device for the Deaf (TTY) (202) 514-0716

U.S. Department of Justice  
 Civil Rights Division  
 950 Pennsylvania Avenue, N.W.  
 OSC, NYA 9000  
 Washington, D.C. 20530

(202) 616-5594  
 Worker Hotline: 1-800-255-7688  
 Employer Hotline: 1-800-255-8155  
 Telewriter (TTY) (202) 616-5525 &

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[URL](#) Employer Information (DOJ) & [URL](#) Right to Work Information (DOJ)



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## How to Use this site

A quick overview of all the information on our site and how to use its interactive features. [More...](#)

Get Started

2013 Conference

Tell Your Story

Cultural Competence 101



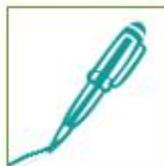
## Latest Resources

### [Rise of Asian Americans: In-depth Info](#)

This Pew Research site, which contains a report, graphics, video, and interactive materials, was updated April 2013. It invites you to: [more >>](#)



## DiversityRx Blog



[Nominate an immigrant innovator as a Champion of Change](#) |  
May 10, 2013

In just a few weeks, the White House



## Our Mission

The purpose of DiversityRx is to improve the accessibility and quality of health care for minority, immigrant, and indigenous communities. We support those who develop and provide health services that are responsive to the cultural and linguistic differences presented by diverse populations. [Read more...](#)

## Get Involved

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LISTSERV



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SUBMIT WEBSITE CONTENT



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[URL](#) for DiversityRx



# Health Outreach Ideas for Refugee and Immigrant Populations



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# What type of outreach do you currently provide for refugee and immigrant populations?



Why not add health?





# Consumer Health Information Librarians Interest Group (ASCLA)



# ASCLA

The Association of Specialized and Cooperative Library Agencies

A DIVISION OF THE AMERICAN LIBRARY ASSOCIATION



[URL](#) for ALA ASCLA CHIL web site

[URL](#) to subscribe to ALA ASCLA CHIL listserv

Co-Leaders: Lydia Collins (lydia@pitt.edu) and Carrie Banks (cbanks@bklynlibrary.org )

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# Questions and Thank You



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