



You have to get the facts from the CDC guidelines and your doctor. You have every right to make your own decision. The vaccine is safe.

*Dia Xiong*

*NorthPoint  
Registered Nurse*



*Four generations of Dia Xiong's family.*

## NorthPoint Nurse Bridges Her Hmong Roots and Culture with the Vaccine

***Four-generation family vaccinate to help ensure future generations.***

**Dia Xiong is a registered nurse specializing in obstetrics care at NorthPoint. You might say she is a human bridge in being able to connect her Hmong family and community, especially the older generations, to healthcare.**

### Dia Xiong's Family's Story

Dia's family story in America is one that spans four generations. Her parents were born and raised in Laos, in a very small village up in the mountains. They were a young couple when they fled Laos and crossed over to Thailand in the 1980s. Once they reached the US, the family made their way to Minnesota to stay with relatives. Dia and her nine siblings represent the first-born generation in the US.



**Dia Xiong ... Bridging Cultures**

Dia says her parents always had high hopes for their children. “When I graduated from nursing school my mom was really proud,” she says. “She knew I could help the community and bridge that gap between the cultures. She was my motivator.” Dia also has a deep love and respect for her grandmother, Mai, who is 101 years old. “She’s never been sick, never been to the doctor,” Dia says. “She doesn’t eat meat, only vegetables and rice, which she attributes to living long,” she says with a smile in her voice.

## Overcoming Fears

Many of Dia’s family members were hesitant about the vaccine when it first became available. However, she explained that the coronavirus had actually been studied for years and that the COVID-19 vaccine underwent extensive trials in labs around the world. “My Grandma had friends getting sick from it and she got scared,” Dia says.

Then her aunt was hospitalized with COVID-19. “I told my grandmother the vaccine would protect her and that she was a good candidate. She said, ‘I’ll do it.’ The whole family has been vaccinated. We’re excited and grateful that we can see each other and we can protect ourselves.”

As a nurse, Dia is in a unique and important position to serve her community: As a healthcare professional, she understands the medical side of things and also has a deep knowledge and understanding of her Hmong culture, its traditions, and even the caution with which they view medical care. As a registered nurse specializing in obstetrics care at NorthPoint, Dia is happy to be in a position to help connect her family and community to healthcare.

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## Helping Her Community

NorthPoint asked Dia if she would like to do a video on COVID-19 in Hmong to share with her community. She agreed and talked about the importance of wearing a mask and how it helps us as well as others. “We also had materials translated into Hmong so people can know how to protect their family,” she says.

“As a nurse, mom, sister, and aunt, I feel the vaccine is very important. You have to get the facts from the CDC guidelines and your doctor. You have every right to make your own decision. The vaccine is safe. Do your research from an accredited site and from your doctors so you can make a good, sound decision.”



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