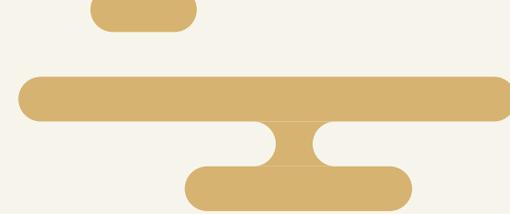
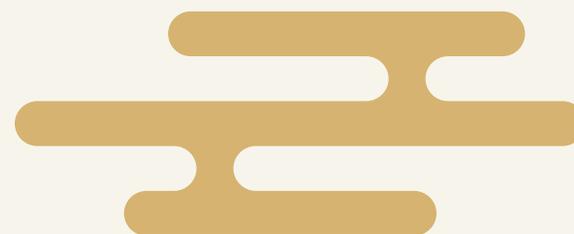




A COMMUNITY HEALTH GUIDE

to understanding
COVID-19

WHAT IS COVID-19?



WHAT IS COVID-19?



The 2019 Novel Coronavirus (COVID-19) is a new virus that causes respiratory illness. First identified in Wuhan, China, in 2019, COVID-19 belongs to a large family of viruses named coronaviruses.



HOW DOES COVID-19 SPREAD?



RESPIRATORY DROPLETS:
COVID-19 is spread mainly from person to person through respiratory droplets released in the air when an infected person coughs or sneezes.





HOW DOES COVID-19 SPREAD?

Physical or close contact (6 ft or 2 m) with someone who has the virus.

HOW DOES COVID-19 SPREAD?



OBJECTS & SURFACES:
The virus can enter your mouth, nose, and eyes if you touch the same object or surface as someone infected and then touch your face.

WHO IS AT HIGHER RISK?



Anyone can contract COVID-19. Still, the possibility of severe illness and hospitalization is higher for some members of our community. Factors that increase risk for severe illness:

- * Age: 60 years and older
- * Chronic health conditions: heart or lung disease, diabetes, obesity, etc
- * Weakened immune systems: autoimmune disorders, cancer, dialysis patients, pregnant women, smokers, etc



WHY IS THE ASIAN AMERICAN COMMUNITY AT HIGHER RISK?

Some Asian Americans may have serious underlying health conditions that increase the risk of severe illness or potential hospitalization. Cancer is the leading cause of death in Asian Americans. There is a high prevalence of heart disease in Asian Indians, Filipinos, and Japanese men, as well as high rates of diabetes in Asian Indian and Vietnamese populations.

WHO IS AT HIGHER RISK?

Essential workers are more likely to be exposed to COVID-19 and less likely to social distance. Nationally, Asian Americans make up a large part of essential workforce roles, 21% of physicians and 22% of pharmacists (datausa.io).

If you are unable to work from home, limit exposure to people and follow public health guidance on how to protect yourself in the workplace.



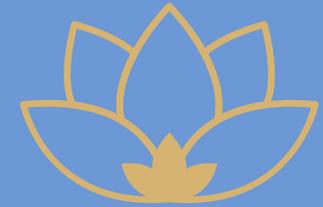


Workers without paid sick leave may be more likely to continue working even while feeling sick for fear of their jobs. If you can't work due to COVID-19 illness, help may be available through the Family First Coronavirus Response Act. Check with your manager or human resources department to determine eligibility.



HOW CAN YOU PROTECT YOURSELF?

HOW CAN YOU PROTECT YOURSELF?



STAY HOME:

Stay home as much as possible and only leave the house for essential errands like groceries, medications, medical appointments or work.

HOW CAN YOU PROTECT YOURSELF?

A close-up photograph of a person's hands being washed with white soap suds in a white sink. The person is wearing a blue and white plaid shirt. The background is a warm, light-colored wall. The image is partially obscured by text and decorative elements.

HAND HYGIENE Wash your hands often with soap and water for at least 20 seconds. When soap and water are not available, use a hand sanitizer with at least 60% alcohol listed on the label.



FACE COVERINGS:

Wear a face covering in public.
You should wash cloth face coverings after each use.
To properly clean, wash with warm water in the washing machine.

Do **NOT** place face coverings on children under the age of two, anyone who has trouble breathing or who can't remove the covering on their own.



HOW CAN YOU PROTECT YOURSELF?



HOW CAN YOU PROTECT YOURSELF?



DON'T TOUCH YOUR FACE

Avoid touching your eyes, nose, and mouth with unwashed hands. When removing your mask or cloth covering, be careful not to touch your eyes, nose, and mouth. Make sure to wash your hands immediately after removing the mask or covering.



HOW CAN YOU PROTECT YOURSELF?

CLEAN & DISINFECT frequently touched objects and surfaces such as counters, tables, doorknobs, cell phones, bathroom fixtures, using EPA-approved cleaners. On the product, label look for:

- * “Human coronavirus” in the list of bacteria and viruses
- * “EPA Reg. No.” followed by a series of numbers





HOW CAN YOU PROTECT YOURSELF?

PRACTICE SOCIAL DISTANCING

Social distancing means limiting your activities in public or with others that you do not live in your home. Avoid crowds and close contact – try to stay at least 6 ft (2m) from other people.

Some Asian Americans may live in densely populated areas making it more challenging to practice social distancing. There is a higher risk of the virus spreading quickly among people in close living quarters, even while following public health guidance.

WHY IS SOCIAL DISTANCING IMPORTANT?



Social distancing is the best way to slow the spread of the virus. It helps protect the people we love and care about. You may have less risk personally, but taking such steps will benefit the whole community.

You can infect your parents or grandparents, children, neighbors, coworkers, and even people traveling on the bus!





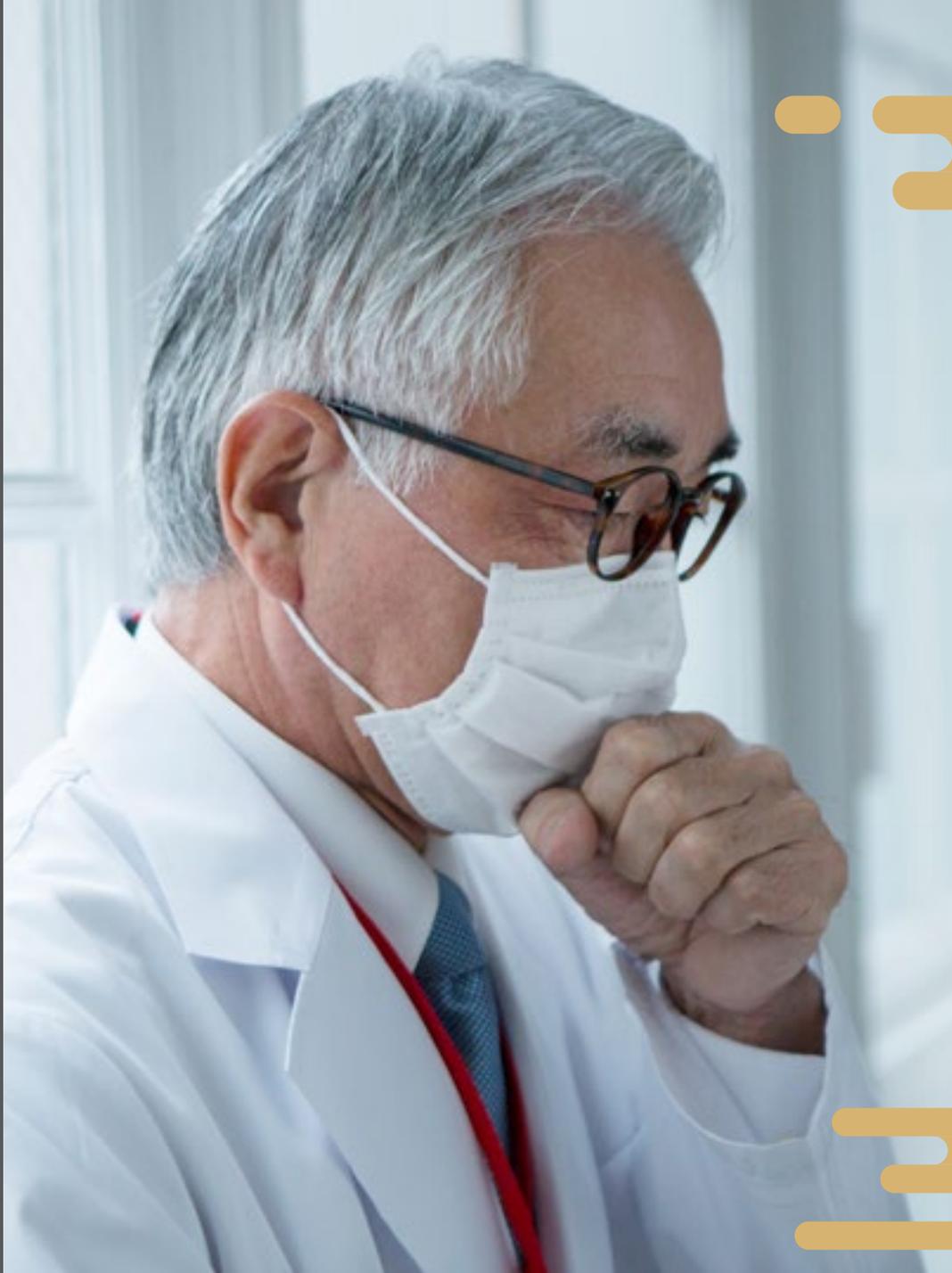
I'M HEALTHY, DO I STILL NEED TO SOCIAL DISTANCE?

A person can spread COVID-19 to other people before having symptoms. This type of spread is called pre-symptomatic; it can take 2 – 14 days before a person has symptoms.

A person who isn't showing any COVID-19 symptoms (asymptomatic) can also spread the virus to other people.



HOW CAN YOU PROTECT YOURSELF?



Stay home if you are sick.

Cover your cough or sneezes with your elbow or a tissue. Throw away the tissue in a lined trashcan and immediately clean your hands.

Wear a face covering, to help protect people who are unable to wear face coverings.

WHAT IF I FEEL SICK?

Stay home: People with mild symptoms can usually get better at home without medical care. Do not leave your home, except to get medical care or visits public places. Do not use public transportation, ridesharing or taxis.

Stay in touch with your doctor: Call your doctor before going to their office. If you don't have a healthcare provider, call the **Ask-My- Nurse line 713.634.1110**. Find a health center near you using the Health Resources & Service Administration (HRSA) website www.findahealthcenter.hrsa.gov

Monitor your symptoms:

People with COVID-19 may experience mild to severe respiratory illness, and any of the following symptoms:

- Fever (100.4°F or 38°C)
- Cough
- Chills or body aches
- Shortness of breath
- Headache
- New loss of taste or smell
- Sore throat
- Nausea, vomiting or diarrhea



WHAT IF I FEEL SICK?



HOW CAN YOU PROTECT YOURSELF?



GET MEDICAL ATTENTION IMMEDIATELY IF YOU HAVE ONE OR MORE OF THE FOLLOWING SYMPTOMS:

- TROUBLE BREATHING
- PERSISTENT PAIN OR PRESSURE IN THE CHEST,
- CONFUSION OR INABILITY TO WAKE UP,
- BLUISH LIPS OR FACE
- HIGH FEVER (ABOVE 104°F OR 42°C)

WHAT IF I FEEL SICK?

Stay away from others:

Separate yourself from other people or pets in your home. Stay in a specific “sick room” and use a separate bathroom, if possible—clean high-touch areas in your “sick room” and bathroom. If your home only has one bathroom or bedroom, clean and disinfect the areas after each use by the person sick with COVID-19.

Wear a mask or face covering over your mouth and nose, anytime you leave the “sick room.” Anytime someone enters the “sick room,” both persons should wear a mask.

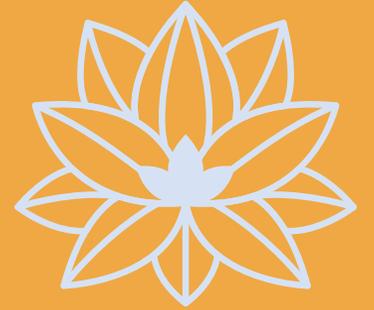
Avoid sharing personal items:

Do not share dishes, utensils, glasses, cups, towels or bedding when you are sick. Always make sure to wash your household items with soap and water.





WHAT IF I FEEL SICK?



Have a plan for how your household will care for a sick family member.

- Identify a person who can care for small children or older household members if the primary caretaker gets sick.
- Create an emergency kit with at least two weeks' worth of food, medicine, and other home care supplies.

Some Asian Americans may not live close to quality grocery stores, pharmacies or medical facilities, making it a challenge to receive immediate medical care or stock up on needed supplies.

WHAT IF I FEEL SICK?

Isolation: Separates sick people with an infectious disease from people who are not sick.

Quarantine: Separates and restricts the movement of people who were exposed to an infectious disease to see if they become sick
Multigenerational households are common, making it challenging to protect older family members or isolate those who are sick.





If you believe you have been exposed to COVID-19 or you develop COVID-19 symptoms.

FREE testing is available at hcph.tx.gov or by calling **832.927.7575.**

Get tested about 5 days after attending events with a higher chance of spreading COVID-19. Testing too early can result in a false-negative result.

Some Asian Americans may avoid testing or care for COVID-19 due to fears of discrimination or difficulty navigating the healthcare system.



GET TESTED

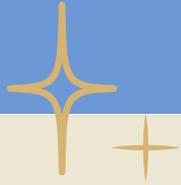
CAN PETS BECOME INFECTED OR
SPREAD COVID-19?



There is a small number of animals, including cats and dogs, with confirmed cases of COVID-19. The risk of animals spreading COVID-19 to people is low. CDC recommends keeping pets isolated from people that have a confirmed case of COVID-19.

Identify someone who can take care of your pet. Have an emergency kit for your pet ready-to-go, with at least two weeks' worth of food, medication and preventatives.

TAKE CARE OF YOUR MENTAL HEALTH



Unfounded racist attitudes about people of Asian descent and COVID-19 are increasing discrimination and racism against Asian Americans. Asian American businesses are also experiencing significant declines in customer support. Fear of harassment, stress or isolation coupled with feelings of anxiety, confusion, sadness or anger during a crisis can lead to serious mental health issues. Some view mental health conditions as a sign of personal weakness and may be afraid to seek help.

- Stay connected with family and friends. Check on older adults or those living alone
- Maintain a healthy diet, sleep, and exercise schedule
- Limit time watching/listening to the news or social media
- Draw on sources of support religious, spiritual, or cultural sources of support

If any of these feelings interfere with your daily life, contact a mental health provider or call the **Texas COVID Support Line at 833-986-1919 for free**. Find other mental health resources at **www.findtreatment.samhsa.gov/locator**





- COVID-19 doesn't recognize race, nationality, or ethnicity
- Wearing a mask does not mean that a person is ill
- You can stop the stigma. Only share accurate information
- Correct your social circle if you hear, see, or read misinformation or harassment
- Show compassion and support for those more closely impacted



VIRUSES DON'T DISCRIMINATE AND NEITHER SHOULD WE



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