

A COMMUNITY HEALTH GUIDE

to understanding
COVID-19



WHAT IS COVID-19?

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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?

A close-up profile of a man coughing. The air around him is filled with numerous small, white, mist-like droplets. Several larger, semi-transparent colored circles (red, yellow, cyan) are scattered throughout the scene, representing individual respiratory droplets. The background is dark, making the white droplets and the man's face stand out.

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.



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

HOW DOES COVID-19 SPREAD?

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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.

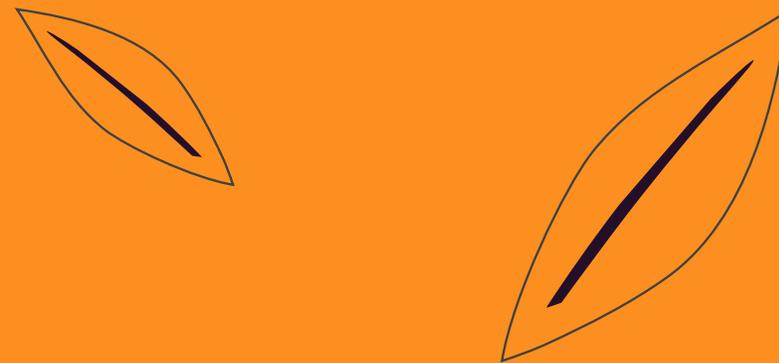
WHO IS AT HIGHER RISK?

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 or older
- * Chronic health condition: heart or lung disease, diabetes, obesity, etc
- * Weakened immune system: autoimmune disorders, cancer, dialysis patients, pregnant women, smokers, etc



WHY IS THE LATINX COMMUNITY AT HIGHER RISK?



Latinos have higher uninsured rates compared to whites. Even when tests are free, uninsured populations are less likely to get tested for diseases. Language barriers, fear of anti-immigrant policies such as public charge, deportation threats, and distance from medical facilities can affect access to care.



Essential workers are more likely to be exposed to COVID-19 and less likely to social distance. Latinx workers account for many of the service, agricultural and manufacturing industry workers.

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

HOW CAN YOU PROTECT YOURSELF?

HOW CAN YOU PROTECT YOURSELF?



Workers without paid sick leave may be more likely to continue working even while feeling sick for fear of losing income or their job. 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.

**STAY HOME &
AVOID CONTACT:**

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

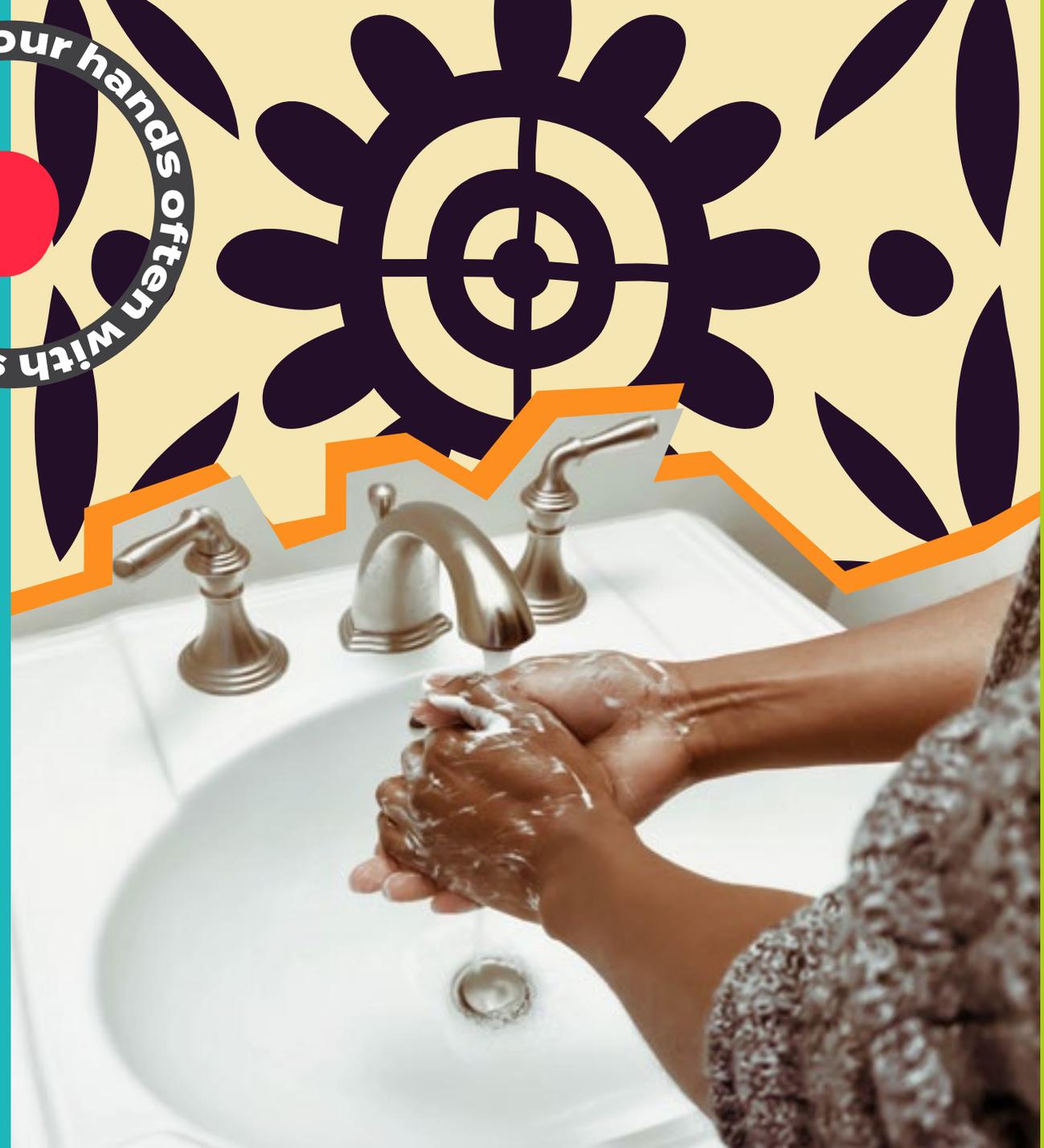
Many Latinx neighborhoods lack quality grocery stores or businesses that more closely follow COVID-19 sanitizing, social distancing, and capacity limits.



HOW CAN YOU PROTECT YOURSELF?

Wash your hands often with soap...

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.



HOW CAN YOU PROTECT YOURSELF?

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FACE COVERING:

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.





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?

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CLEAN & DISINFECT: Clean and 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

WHAT IS SOCIAL DISTANCING?



PRACTICE SOCIAL DISTANCING

Social distancing means limiting your activities in public or with others that do not live in your household. Avoid crowds, close contact, and physically distance yourself 6 ft (2 m) away from other people.

Latinxs are more likely to 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.



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!

WHY IS SOCIAL DISTANCING IMPORTANT?

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 I PROTECT OTHERS?



Stay home if you are sick.

Cover your coughs and sneezes: 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.

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



WHAT IF I FEEL SICK?



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?

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



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.

DIFFERENCE BETWEEN ISOLATION & QUARANTINE

GET TESTED

If you believe you have been exposed to COVID-19 or you develop COVID-19 symptoms. **FREE** testing is available at hcphtx.org 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 undocumented Latinxs may also avoid seeking medical treatment due to deportation fears. Receiving testing or medical care for COVID-19 will not be used to determine the approval of a green card or permanent residency.



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.

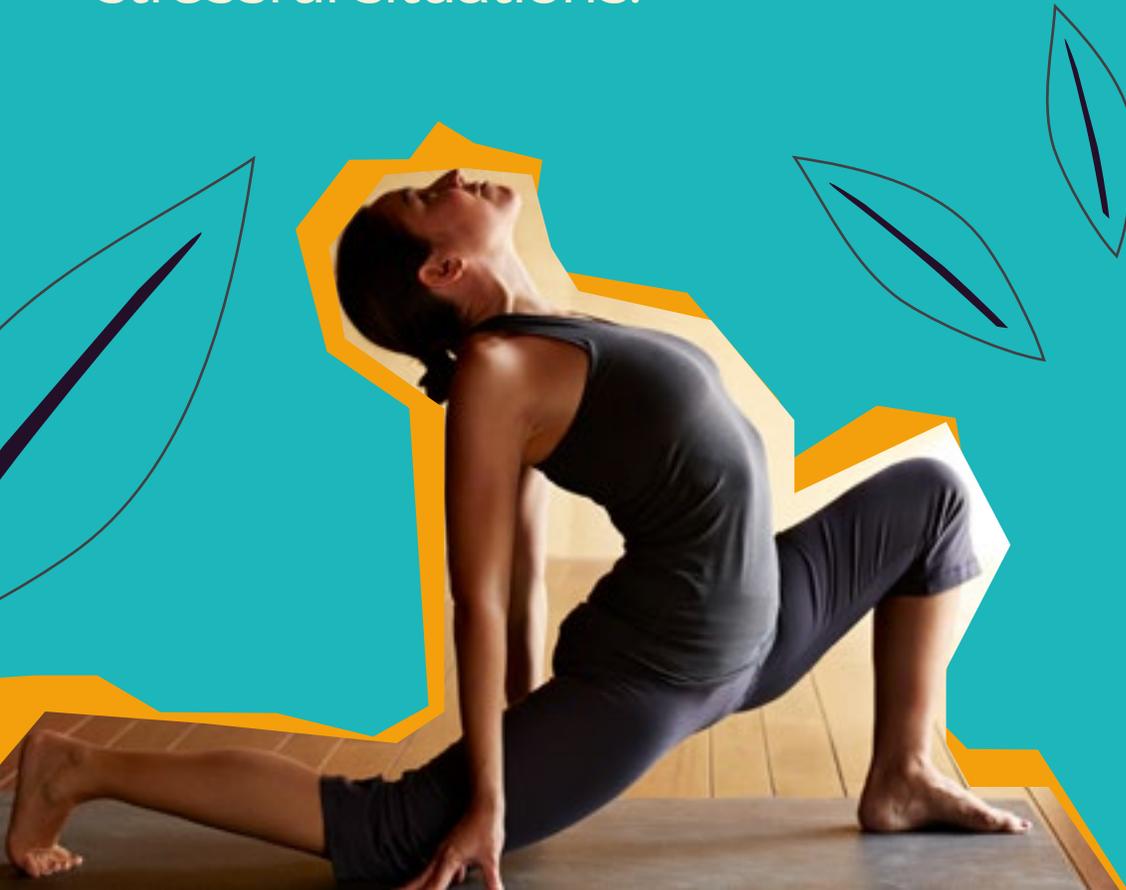
TAKE CARE OF YOUR MENTAL HEALTH

It is normal to feel anxious, confused, scared, sad, or angry during a crisis. Fear of deportation, losing custody of children can create toxic and stressful situations.



- 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 findtreatment.samhsa.gov/locator



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- **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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