



COVID-19 IN THE BLACK COMMUNITY

COVID-19 is an pandemic that is disproportionately impacting the Black community. This health crisis has already claimed over 30,000 Black lives and climbing, due to the legacy of discrimination and healthcare inequalities.



DID YOU KNOW?

- FALSE:** Only Black people with health conditions get it.
- TRUTH:** Healthy Black people have gotten the disease!
- FALSE:** Black children and youth cannot die from it.
- TRUTH:** Black children as young as 6-years-old have died!
- FALSE:** If you don't feel sick, you don't have the disease.
- TRUTH:** You can have it and not feel sick, and unknowingly spread it to others!

HOW IT SPREADS?

- Breathing in airborne droplets through your mucus membranes, such as nose, mouth and eyes
- Touching surfaces and then touching your face



PROTECT YOURSELF AND LOVED ONES

Help slow the spread

- Wash your hands often
- Wear a face mask in public
- Avoid in-person contact
- Maintain social distancing
- Stay active
- Boost your immune system by eating fruits and vegetables



SYMPTOMS OF INFECTIONS

- Low energy
- Body aches & pain
- Chills and feeling feverish
- A new cough
- Shortness of breath or tightness of chest
- Some individuals may be asymptomatic

IF YOU'RE SICK

- Seek medical attention
- Get tested contact your County Public Health Department for test locations - or - Contact Roots Community Health Center at www.rootsclinic.org



WWW.COVID19BLACK.ORG