COVID-19 is an pandemic that is disproportionately impacting the Black community. This health crisis has already claimed over 40,000 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

**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

**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

**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