

# THE PANDEMIC STOPS WITH ME

WE CAN SHAPE WHAT HAPPENS NEXT



IN NV, ASIAN PEOPLE MAKE UP 12% OF DEATHS BUT THEY ONLY MAKE UP 8% OF THE POPULATION

## WHY IS THE ASIAN COMMUNITY

MORE AT RISK FOR COVID-19?

### MORE LIKELY TO HAVE

- FEAR & DISTRUST OF THE HEALTHCARE SYSTEM
- DISCRIMINATION
- LOW PAYING JOBS AND LESS WEALTH
- MULTI-GENERATIONAL HOUSEHOLDS

### LESS LIKELY TO

WORK FROM HOME

## PROTECT YOUR COMMUNITY

### 5 WAYS TO STOP THE SPREAD



Wash or sanitize your hands often



Clean and disinfect frequently touched objects and surfaces



Stay home if you don't feel well, even if you have mild symptoms

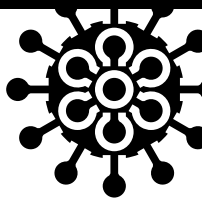


When not with people from your household, **Mask Up!**

Social distance by

- Greeting verbally
- Gathering outside
- If inside, wear masks and stay apart

### IF YOU FEEL SICK OR THINK YOU WERE EXPOSED



Get tested immediately.

To learn more about free or low-cost testing call NV 2-1-1 or visit [nvhealthresponse.nv.gov](http://nvhealthresponse.nv.gov)

If infected: Isolate and Self-Quarantine.

### WAYS TO COPE DURING THE PANDEMIC

- Exercise
- Yoga and Meditation
- Check in with friends and family
- Be informed about COVID-19 from trusted sources



FOR MORE INFORMATION, VISIT [nmhec.org/OneCommunity](http://nmhec.org/OneCommunity)

UNLV SCHOOL OF PUBLIC HEALTH



NEVADA MINORITY HEALTH AND EQUITY COALITION

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