

# THE PANDEMIC STOPS WITH ME

WE CAN SHAPE WHAT HAPPENS NEXT



## WHY IS THE DEAF AND HARD OF HEARING COMMUNITY

**MORE AT RISK FOR COVID-19?**

### MORE LIKELY TO HAVE

PRE-EXISTING HEART CONDITIONS  
COMMUNICATION ISSUES THAT MAKE IT  
HARD TO INTERACT WITH PEOPLE  
SOCIAL ISOLATION, LONELINESS, &  
DEPRESSION  
DISCRIMINATION AND FEWER JOB OPTIONS

### LESS LIKELY TO

HAVE ACCESS TO UTILIZE HEALTHCARE

## PROTECT OUR 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

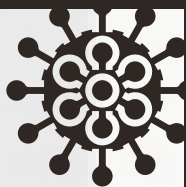


### IF YOU FEEL SICK OR THINK YOU WERE EXPOSED

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 and eat healthy
- Check in with friends and family
- Talk to someone you trust, if you feel overwhelmed
- Step away from media and news for a while
- Prepare a medical communication kit



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

UNLV | SCHOOL OF PUBLIC HEALTH

NEVADA MINORITY HEALTH AND EQUITY COALITION

#ONECOMMUNITY | #ONERESPONSE