

THE PANDEMIC STOPS WITH ME

WE CAN SHAPE WHAT HAPPENS NEXT



IN THE US, 17% OF LGBTQ+ ADULTS DO NOT HAVE ANY HEALTH INSURANCE COVERAGE COMPARED TO 12% OF NON-LGBTQ+ ADULTS.

WHY IS THE LGBTQ+ COMMUNITY

MORE AT RISK FOR COVID-19?



MORE LIKELY TO HAVE

- PRE-EXISTING CONDITIONS
- FEAR & DISTRUST OF THE HEALTHCARE SYSTEM
- DISCRIMINATION
- LOW PAYING JOBS AND LESS WEALTH
- SOCIAL ISOLATION

LESS LIKELY TO

- HAVE ACCESS TO PAID SICK LEAVE AND MEDICAL CARE

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

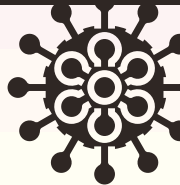
- Greeting verbally
- Gathering outside
- If inside, wear masks and stay apart



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

If infected: Isolate and Self-Quarantine.



WAYS TO COPE DURING THE PANDEMIC

- Exercise, Dance, Move
- Check in with friends and family
- Talk to someone you trust, if you feel overwhelmed
- Step away from media and news for a while

How are you today?



FOR MORE INFORMATION, VISIT nmhec.org/OneCommunity

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