

THE PANDEMIC STOPS WITH ME

WE CAN SHAPE WHAT HAPPENS NEXT



WHY ARE MINORITY COMMUNITIES

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
- MULTI-GENERATIONAL HOUSEHOLDS
- CROWDED HOUSEHOLDS

LESS LIKELY TO

- HAVE ACCESS TO AND UTILIZE HEALTHCARE
- WORK FROM HOME

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

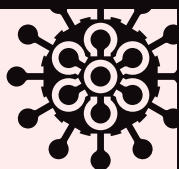


IF YOU FEEL SICK OR THINK YOU WERE EXPOSED

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



- Dance, Exercise, Yoga
- Pray or mediate
- Check in with friends and family
- Be easy on yourself
- Step away from media and news for a while

FOR MORE INFORMATION, VISIT nmhec.org/OneCommunity.

UNLV | SCHOOL OF PUBLIC HEALTH



NEVADA MINORITY HEALTH AND EQUITY COALITION

#ONECOMMUNITY | #ONERESPONSE