

COVID-19 is a pandemic that is disproportionately impacting the Black community. This health crisis has already claimed over 25,000 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



## 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



## 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

## 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](http://www.rootsclinic.org)

