

CARING FOR ELDERS

## OLDER. WISER. SAFER.

If you're 50 and older, you are more likely to develop severe COVID-19 symptoms.<sup>6</sup> If you care for someone 50 and older, be sure to take care of yourself so you can take care of them. If they have COVID-19 symptoms encourage them speak to a doctor or healthcare professional about treatment options. Take extra precautions, like getting tested or regular handwashing, before family visits and opt for video calls when people are feeling ill.<sup>7</sup>

COVID-19 AND THE BLACK COMMUNITY

## IT TAKES A VILLAGE

One person's attitude toward COVID-19 can inspire another. We're smarter when we verify the information we get. We're quicker when we know what makes us at-risk. And we're stronger when we take care of our health.

**WHEN OUR PEOPLE UNITE,  
NOTHING CAN STOP US.**

**LET'S TAKE ACTION  
AGAINST COVID 19 FOR  
A HEALTHIER TOMORROW.**

WHAT ARE COVID-19 ORAL TREATMENT OPTIONS?

## TREATMENT OPTIONS

Oral treatment options are not a replacement for the COVID-19 vaccine.<sup>8</sup> Ask your doctor if you are eligible to use oral treatment options as soon as possible after your first COVID-19 symptoms start.<sup>9</sup>

Scan the QR code to visit  
[www.wetalkwerise.com](http://www.wetalkwerise.com)  
and learn more



**References:**

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# WE TALK, WE RISE

**Learn about COVID-19 to  
help protect yourself and  
your loved ones.**



# COVID-19 KNOWLEDGE IS POWER – PERIOD.

COVID-19 presents unique challenges for the collective health of Black Americans. But we know a thing or two about community wisdom. So let's learn about COVID-19 to help protect ourselves and our loved ones.

## ABOUT COVID-19

# LET'S START WITH THE BASICS

As new variants of COVID-19 continue to emerge and threaten our health, it's important that we as a community stay informed. Let's start with the basics.

COVID-19 is a disease caused by the SARS-CoV-2 virus, which most often causes respiratory symptoms-that can feel like a cold, flu, or pneumonia-but it may affect other parts of the body, too. While most people with COVID-19 have mild symptoms, **Black Americans are 4 times more likely to be hospitalized from COVID-19** compared to White Americans due to disparities that include health conditions and access to adequate healthcare.<sup>1</sup>

## HEALTH RISKS

# ARE YOU AT RISK?

Pre-existing health and living conditions may increase the risk of progression to severe COVID-19. It's crucial for Black Americans to understand these risk factors.

## Pre-existing Health Conditions

If you, a loved one, or a neighbor are living with any of these, know that you are at increased risk for severe COVID-19.

- Heart disease<sup>2,3</sup>
- Diabetes<sup>3</sup>
- Overweight and obesity<sup>3</sup>
- Chronic kidney disease<sup>3</sup>
- Asthma<sup>3</sup>
- Mental health conditions<sup>3</sup>

## External Conditions

Our lifestyle and community play a crucial role in managing the impact of COVID-19. Keep the following in mind:

- Use protective measures on public transportation and at work
- Tap into local health resources



## UNDERSTANDING SYMPTOMS

# WE STAY READY

COVID-19 can spread even if you have no symptoms.<sup>4</sup> The list below shows some of the most common COVID-19 symptoms.\*



Shortness of breath or difficulty breathing



Fatigue



Congestion or runny nose



Fever or chills

\*List does not include all symptoms.<sup>5</sup>

## RESOURCES

# WHEN WE GATHER, WE LISTEN.

Talking about our collective health as Black Americans can be empowering. Conversations and empathy can feel more authentic because our feelings and struggles are understood without explanation. One way to make informed decisions about our health is by identifying trusted voices such as:

- Community-Serving Organizations
- Local Clinics
- Local Health Fairs
- Faith-Based Organizations