

BLACK/AFRICAN AMERICAN COMMUNITY

Protect Yourself and Others from COVID-19

Studies show that the Black/African American community is at higher risk for serious illness and death from COVID-19.

Why is COVID-19 more deadly for Black/African Americans compared to others?



COVID-19 highlights a history of racism and unequal access to healthy environments which can make it hard to prevent and control health problems like high blood pressure, asthma, heart disease, and diabetes. People with these health problems, cancer, or HIV are at greater risk of serious illness and death from COVID-19.

What can I do to protect myself and my community from COVID-19?

- COVID-19 has not gone away. As businesses reopen, avoid the 3 C's: **C**onfined space, **C**rowds, and **C**lose contact with others.
- Stay at least 6 feet away from others when you are out.
- Wear cloth face coverings around others.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Limit gatherings to no more than 3 households, meet outdoors for 2 hours or less and follow the other rules in the guidance for [small gatherings](#)



What can I do to protect myself and my family when I'm at work?

- At work, try to stay at least 6 feet away from others, wear a cloth face covering, and wash your hands often, including before and after work and during breaks.
- If you take the train or bus, wear a cloth face covering, stay as far away from others as you can, avoid touching your face, and wash your hands or use hand sanitizer before and after getting off the train or bus.
- Follow your employer's practices that protect your health. If your employer is not following laws to protect workers from COVID-19, call Environmental Health at 1-888-700-9995.



What should I do if I have symptoms of COVID-19?

- If you have difficulty breathing or keeping fluids down, go to an emergency room or [call 9-1-1](#).
- Older adults, those with underlying health problems such as diabetes, high blood pressure, lung, kidney or heart disease, or HIV should call their health care provider even for mild symptoms.
- If you have any symptoms, stay home and talk to your healthcare provider about the need for testing. Be sure to let them know if your symptoms get worse.
- If you test positive for COVID-19 stay home and away from others for 10 days AND until you are fever-free for 24 hours with improved symptoms.
- It's best to get tested through a healthcare provider. If you don't have one, [call 2-1-1](#). For more information about FREE mobile testing sites in the County, visit <https://covid19.lacounty.gov/testing>.



What is Public Health doing to address COVID-19's impact on Black/African Americans?

We are working with partners to make it easier to stay healthy against COVID-19. For example:

- Have more testing sites that are closer to communities that may need it most.
- Make sure medical care and support are available to those affected by COVID-19.
- Share the latest information about COVID-19 from our social media pages [@lapublichealth](#).

