



STOP COVID-19: BLACK COMMUNITY RESOURCE TOOLKIT



Dear Black Community,

The members of the University of California, Riverside School of Medicine's STOP COVID-19: Black Community Workgroup, have compiled this resource toolkit just for you! The toolkit explores some fears with-in the Black community (one of the hardest hit by this virus); it responds to your well-founded questions in an effort to separate **fact** from **fiction**; and it provides resources as well as a mechanism for updates and feedback.

We do not have all the answers, no one does; the COVID-19 virus is an enemy no one was prepared to battle. But as renowned Bishop T.D. Jakes said, "Faith is born in uncertainty." Therefore, it is with that faith, as well as trust in science that the STOP COVID-19: Black Community Workgroup has positioned itself as your strong advocate and community voice of support.

Our mission is clear; we want to ensure that our village, the Black community, has the answers and resources needed to move towards relief and recovery.

Yours In Solidarity,

STOP COVID-19: Black Community Workgroup

COMMUNITY THOUGHTS ON COVID-19



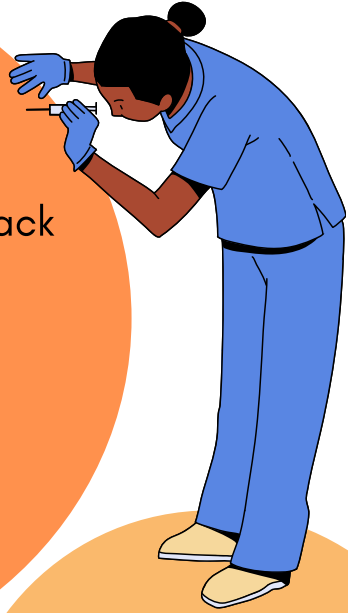
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33.4%

of **San Bernardino County** Black Residents are vaccinated.

49.5%

of **Riverside County** Black Residents are vaccinated.

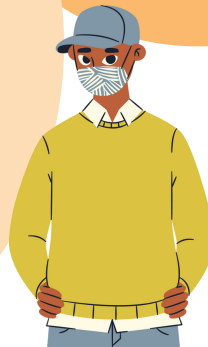


"[it's] not just us Black people. . . . but this government in its tenure has mistreated everyone: the Chinese, the Indians, the Irish. They don't particularly care what you look like. But they will mistreat you and treat you badly if it's for their benefit. When you ask us as humans, as adults, as rational, educated adults to trust YOU [the government],--that becomes a little difficult to do based on past history."

BLACK COMMUNITY MEMBER

"So much fear. Only getting information from the media but not consistent or accurate information to make an informed decision."

RIVERSIDE COUNTY
BLACK COMMUNITY MEMBER



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COMMUNITY THOUGHTS ON COVID-19

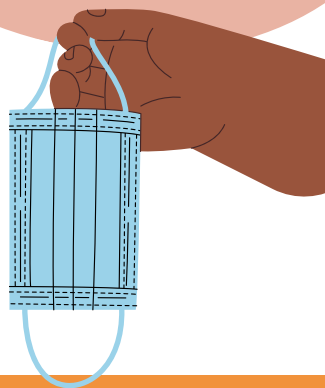
"There's a lot of misinformation out there.

From the way we were told from the beginning: that it was older people. Kids couldn't get it, the types of transmission, how you get it. When you lead with misinformation. . . As you go along that trail, it's hard to know when to believe . . . whoever it is that's putting out the information, especially when some of the information that's being shared is obvious untruths."

BLACK COMMUNITY MEMBER

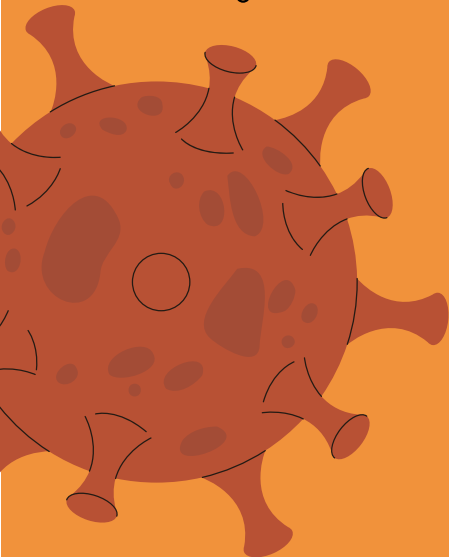
"Being able to stay home and quarantine and protect yourself 24/7 isn't an option for people of color. That's definitely one of the ways that everything has been inequitable for us."

BLACK COMMUNITY
MEMBER



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Among Black adults who are **unsure or do not plan** to get vaccinated against COVID-19, the top reasons mentioned include:



Concern about developing safe and effective vaccines in a short timeframe (66%)

Concern that the vaccine would be harmful (45%)

Concern about getting COVID-19 from the vaccines (39%)

Do not think COVID-19 vaccines work very well (23%)

Are not concerned about getting seriously ill from COVID-19 (14%)

ADDRESSING THE BARRIERS AND ISSUES OF CONCERN

According to the Center for Disease Control (CDC), there are inequities in the social determinants of healthcare that increased the risk of COVID-19 in the racial and ethnic minority groups: discrimination, lack of healthcare access and use, occupation, education, income, and wealth gaps and housing. (Health Equity Considerations & Racial & Ethnic Minority Groups, 2021)

Barriers Identified by Community Members

Discrimination: It exists in systems created to safeguard people's well-being and health. The systems that discrimination unfortunately appears in are healthcare, housing, education, criminal justice, and finance. The discrimination people face in these systems can lead to stress and shapes the social and economic factors that increase COVID risk in minority groups.

Occupation: The populations within racial and ethnic groups often work in the "essential worker" sectors. These jobs are in healthcare facilities, on farms, in factories, grocery stores, and public transportation. These jobs increase the risk of someone being exposed to COVID on a daily basis.

Housing: Crowded housing conditions where it is difficult to separate when you or someone in the home is sick increases the chances of COVID infection. Compared to non-Hispanic whites, there is a higher percentage of minority groups who live in crowded housing contacting COVID.

Healthcare access and use: Lack of insurance, transportation, childcare, and not having the ability to take time off work to visit a doctor contribute to the lack of healthcare access and use. Other factors that contribute are the cultural differences between patients and their providers, inequities in treatments and the historical events that have taken place in medical history. For example, the Tuskegee Study of untreated Syphilis in African American men and the sterilization of women without their permission.

Educational, income, and wealth gaps: Unfortunately, many people in racial and ethnic minority groups do not have access to high quality education. Due to the lack of educational opportunities, the jobs that people have are limited, most likely low paying and do not offer benefits. Often, they are not able to miss work when sick nor able to save enough money for life events that arise.

COMMUNITY

How Can You Prevent COVID-19?

- Maintain social distancing by staying six feet apart.
- Wash your hands with soap and water for at least 20 seconds.
- Use hand sanitizer containing at least 60% alcohol.
- Do not touch your face.
- Wear your mask and encourage those around you to as well.
- Avoid crowded areas.
- Avoid plane travel.
- Contact your physician if you have cold-like symptoms.



Ages 5 to 11 Years Old

Although fewer children have been infected with COVID-19 compared to adults, children can still:

- Be infected with the virus that causes COVID-19.
- Get sick from COVID-19.
- Spread COVID-19 to others.

The CDC recommends everyone **5 years and older** to get a COVID-19 vaccination to help protect against COVID-19. Widespread vaccination is a critical tool to help stop the pandemic. People who are fully vaccinated can resume activities that they did prior to the pandemic. Children **5 years** and older are **able to get the Pfizer-BioNTech** COVID-19 Vaccine, which is FDA approved and authorized.

Information about children ages 5 and below:

The CDC still recommends children in this age group continue to wear masks:

- In public.
- Around people they do not know.

Pregnant & Nursing People

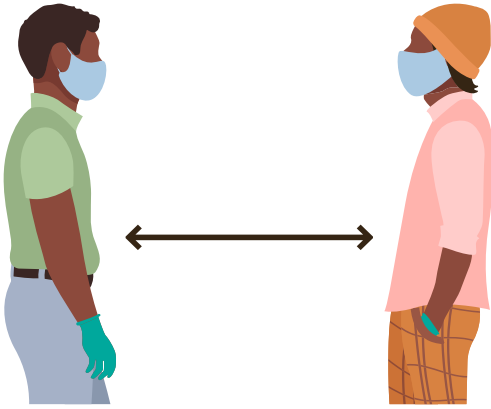
Vaccination against COVID-19 is recommended for people who are pregnant, breastfeeding, trying to conceive, or might become pregnant in the future.

Pregnant and recently pregnant people are more likely to get severely ill with COVID-19 compared with non-pregnant people. Getting a COVID-19 vaccine can protect you from severe illness from COVID-19.



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Religious

Faith-based approach have an important role in increasing community vaccination rates.

Among those who are vaccinated, many parishioners of color reported that faith-based approaches did matter in their decisions to get vaccinated.

Vaccine hesitancy is down, and acceptance is up.

Refusals have held steady across most demographic groups. Although some subgroups have become less likely to get vaccinated.

LGBTQ+

The perspectives and needs of LGBTQ+ people should be routinely considered in public health efforts to improve the overall health of every person and eliminate health disparities.

Many in this community continue to be turned away by doctors for emergency, pediatric and other forms of medical care. Experts fear this historical and continued mistreatment could deter those willing to receive a vaccine from seeking one.

It is important to include sexual orientation and gender identity to providers' vaccine registration forms. Advocates say it signals an affirming, safe space for this community of people, which could help address vaccine hesitancy.



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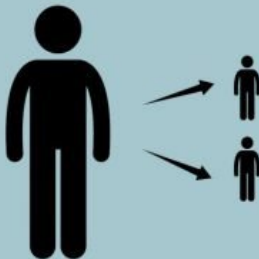
VARIANTS

Data suggest the Delta and Omicron variants potentially causes more severe illness than previous variants in unvaccinated people.

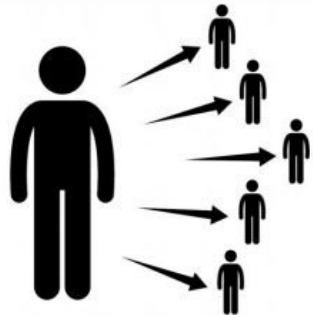
With the continued spread of the transmissible Delta and Omicron variants, unvaccinated people remain at an increased risk for infection, illness, and death. Over the course of the vaccination rollout, Black and Hispanic people have been less likely than their White counterparts to have received a vaccine.

The Delta variant spreads more easily than previous variants—it may cause more than 2x as many infections

ORIGINAL COVID-19 STRAIN



DELTA VARIANT



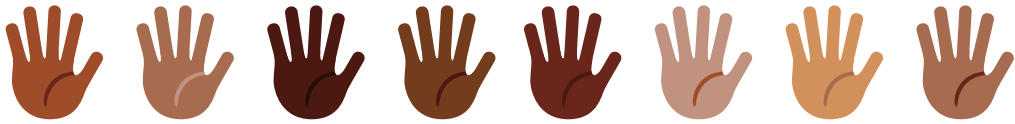
Vaccines protect you from hospitalization, severe infections, and death



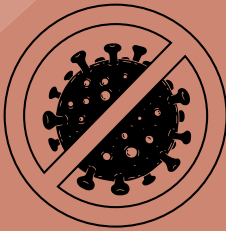
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CS 322041-AA 08/25/2021

STOP COVID-19



ACTION



RECOMMENDATIONS

Please Get Vaccinated

Getting vaccinated against COVID-19 will protect you from getting the COVID-19 virus and it will protect your families and others.



Effectiveness of the Vaccine

Effectiveness means the percentage you are less likely to get COVID-19 compared to someone who is unvaccinated. For example, if you get one of the vaccines below you are less likely to experience severe COVID-19 symptoms compared to an unvaccinated person.

- Pfizer: 95% efficacy
- Moderna: 94.1% efficacy
- Johnson&Johnson: 72% efficacy

Booster Shots for the COVID-19 Vaccine

Booster shots are recommended for individuals age 65+ and for ages 18+ that have underlying health conditions or work in high risk settings.

- Pfizer & Moderna: 6 months after 2nd dose
- Johnson&Johnson: 2 months after for ALL individuals 18+

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Wear a Mask

Even if you are vaccinated, wearing a mask can further protect you from contracting COVID-19.

Reduce Contact

Reduce the number of people you come in contact with to limit potential exposure. Follow CDC guidelines for gatherings to ensure you are being COVID conscious.



CALL TO ACTION

For community to engage in conversations with employers, healthcare centers, and local governments.

Every community member has a role in promoting fair access to healthcare. Community and faith-based organizations, employers, healthcare systems, public health agencies, and policy makers should help promote such activities (What We can do to promote health equity, 2021).

Community and Faith-based Organizations Should

- Share clear, accurate information to educate community members about the COVID-19 vaccine.
- Promote prevention measures.
- Help those who need assistance connecting with healthcare providers.
- Work with others to connect people with healthy foods, temporary housing, and services to meet physical, spiritual, and mental needs.
- Address misinformation.
- Reach out to local public health departments to offer community testing.



Employers Should

- Incorporate CDC guidelines into your best practices.
- Maintain flexible leave policies.
- Provide employees with COVID-19 prevention messages and trainings.
- Provide proper Personal Protective Equipment (PPE).
- Train employees to identify and stop all forms of discrimination.

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CALL TO ACTION

Healthcare Delivery Systems Should

- Provide patient support.
- Collect and report race and ethnicity data and educate staff and patients on why this information is important in making sure populations that are disproportionately affected are receiving equitable access to healthcare.
- Work with community health workers, providers, and patient navigators to provide health resources.
- Ensure providers show awareness of and respect different cultures.
- Provide telehealth options.

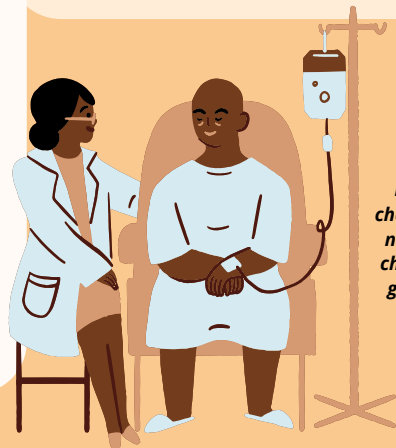


Public Health Agencies Should

- Build partnerships within the community.
- Provide culturally and linguistically appropriate resources.
- Address misunderstandings of the need to ask for patient personal information.
- Promote fair access to health.
- Learn about what other communities are doing.

Local Governments Should

- Increase public transportation services.
- Work to expand childcare options.
- Explore options to protect renters.
- Reassess policies on race and ethnicity data collection.
- Explore options to provide free or low-cost internet access.



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LOCAL RESOURCES

Local Food Banks

chairs.org/wp-content/uploads/2020/03/Inland-Empire-Food-Resource-List.pdf



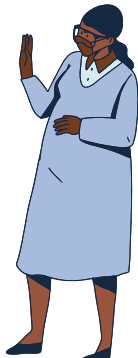
Rental Assistance

unitedlift.org/

Senior Centers

riversideca.gov/park_rec/facilities-parks/indoor-facilities/senior-centers

sbcity.org/cityhall/parks/centers/fifth-street_senior_center.asp



RESOURCES



- California [Department of Public Health](#)
- STOP COVID-19 in Black Community Townhall - [Live on FB](#)
- California [COVID-19](#)
- NAACP COVID-19 [Information](#)
- [Vaccine Testing Sites](#) - Southern California
Inland Empire
- [COVID-19 Resource](#) - Uninsured & Undocumented Californians
- San Bernardino County [COVID-19 Resources](#)
- Riverside Community Connect ([211 Riverside](#))
- Access to free [Lyft](#) for Vaccination
- Information on [COVID-19](#) while pregnant or breastfeeding
- Inland Empire Community Clinics - [Community Health Association](#)
- California [COVID-19 Announcements](#)
- Mental Health [Services](#)
- COVID-19 [Blog](#)

To access
resource
links,

Scan Here!



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CENTER FOR HEALTHY COMMUNITIES

Meet Our Team

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- **Will Pines**, Accessible Technology Specialist
- **Rev. Barry Settle**, D.Min., Pastor – Allen Chapel AME Riverside
- **Shaleta Smith**, Executive Administrative Specialist
- **Regina Patton Stell**, President of the NAACP Riverside

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