



# National Black Church Initiative COVID-19 Community Kit

Go To: [www.CDC.gov](http://www.CDC.gov)

## Impact on The Black and Latino Community

Did you know there has been a higher rate of COVID-19 diagnoses and deaths among African Americans?

<https://cvs.co/3eMLuHu> • #COVID19 is impacting our communities and affecting the African American community in rates at odds with that of the dominant community.

## American and Latino Population have Higher Rates

<https://cvs.co/3eMLuHu> • From California to Massachusetts, Latinos have higher rates of COVID-19 diagnoses and deaths.

## DO YOU WORK WITH THE PUBLIC? (Essential Workers) READ THIS

### [HOW TO PROTECT YOURSELF FROM COVID-19- HELPFUL TIPS](#)

Being deemed an essential worker means you are just that – essential.

<https://cvs.co/2S4J2IP>

As #COVID19 spreads, avoid touching your eyes, nose, and mouth with unwashed hands. <https://cvs.co/2S4J2IP>

Wear a cloth face covering or mask when you're working or out for essential trips – more tips here from the @CDCgov <https://cvs.co/2S4J2IP>

Make sure to cover your cough! COVID19 can spread through coughing and sneezing. <https://cvs.co/2S4J2IP>

## **Don't have a mask? No problem. Here's how to make a face covering. <https://cvs.co/354hXVt>**

Grocery shopping, banking, getting gas, and doctor visits are essential trips. If you can't do it online, do it safely. <https://cvs.co/2S4J2IP> •

## **Feeling stressed or Overwhelmed because of COVID19?**

Here's a great resource from the @CDCgov <https://cvs.co/350HM8P>

## **HERE'S HOW TO GET A FREE COVID-19 TEST**

If you need to see a doctor, call ahead. Make sure to protect yourself and others around you. <https://cvs.co/3eUyYGb>

To find a testing site near you, click this link to find your state & territorial health department website: <https://cvs.co/3bNiH3T>

Results in minutes. No doctor referral needed.

Choose a time. Drive up. Get tested. Find out where and if you qualify. <https://cvs.co/3eREIQH>

@CVSHealth testing is currently available at no charge, drive-through testing sites open seven days a week. <https://cvs.co/2Kv62WW>

# Public Get Together: How to stay safe

Take care of yourself and neighbors in need <https://cvs.co/2S4J2IP> •

Worshiping at home now will make for greater fellowship later. <https://cvs.co/2S4J2IP> •

Stay home. It's the easiest community service you will ever do. <https://cvs.co/2S4J2IP> •

It's tough to not hug and kiss family right now. But the little bit of time you spend apart now, the more you'll have together later. <https://cvs.co/3eQtBaD> •

When you have to go out, remember, **Six feet apart beats six feet underground** <https://cvs.co/2S4J2IP> •

**In order to protect our loved ones and those most vulnerable, it's important to #stayhome when you're not feeling well.** <https://cvs.co/2S4J2IP>

## Keep Every Thing—Clean/Sanitizing

Are you protecting your home? If it's been touched, it needs to be cleaned. <https://cvs.co/3cJ7jpC>

Tempted to touch your face? Don't. Avoid touching your eyes, nose, and mouth with unwashed hands. <http://cvs.co/2S4J2IP>

Handwashing is one of the best ways to protect yourself and your family from getting sick. <https://cvs.co/3bAJfoR>

Clean your hands right with soap and water for 20 seconds or use at least 60% alcohol-based hand sanitizer -- <https://cvs.co/3bAJfoR>

Feeling better? Ensure 3 days of no fever, no cough, improved shortness of breath and at least 7 days since the first symptoms before returning to your COVID-19 prevention routine <https://cvs.co/2S4J2IP> •

You don't have to feel sick to spread COVID-19 to other people. <https://cvs.co/2S4J2IP>