



COVID-19 and the African American Community



**Know Your Risks and
How to Protect Yourself**

How to Protect Yourself



Wash your hands often



wear a mask



Practice social distancing



Don't touch your face



Cover your cough

What to Do if You Feel Sick

If you have a fever, cough and difficulty breathing, we're here to help:

- Call the 24/7 COVID-19 hotline to speak with a trained nurse: **234.867.6314**
- Reach out to your Summa Health physician through MyChart
- Take a free COVID-19 self-assessment screening and connect with a Summa Health physician via online e-visit at **summahealth.org/virtualvisit**

What is COVID-19?

Coronaviruses are a large family of viruses that cause a variety of respiratory infections. Most strains that are associated with human infections cause mild infections such as the common cold.

Symptoms Include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Summa Health has measures in place to ensure your safety. Our medical teams are prepared to treat anyone who may come in to prevent the spread of the virus.





Who Is at Risk for COVID-19?

Older adults and people of any age with serious underlying health conditions are more at risk for COVID-19. You should take extra precautions to avoid getting the virus if you have these conditions:

- Asthma (moderate-to-severe)
- Chronic kidney disease being treated with dialysis
- Chronic lung disease
- Diabetes
- Blood Disorders
- Weakened Immune System
- Liver disease
- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- Serious heart conditions
- Severely overweight

Why the African American community is More at Risk for COVID-19

Current information from the CDC shows a disproportionate burden of illness and death among racially and ethnically diverse groups caused by COVID-19.

The conditions in which people live, learn and work contribute to their health. These conditions, over time, lead to different levels of health risks, needs and outcomes among some people in certain racial and ethnic minority groups.

- Living conditions
- Work circumstances
- Underlying health conditions and less access to care

Summa Health understands racial disparities exist in healthcare. We are committed to empowering and treating the communities we serve with knowledge, quality service delivery and compassionate care.

Let us help! The Summa Health Equity Center can link you with a community health worker to address your chronic disease risk factors with lifestyle modifications and health coaching.

Call The Summa Health Equity Center at **330.865.5333** or visit **www.summahealth.org/covidresource** for more information.

Summa Health Equity Center

Working to Eliminate Health Disparities in Our Communities

Summa Health recognizes that health disparities exist in our community and we are committed to transforming the care you receive.

The Summa Health Equity Center provides access to multiple programs, designed to provide the tools you need to sustain a healthy lifestyle. This community-based care will empower you to play a proactive role in your healthcare, through chronic disease management, nutrition, exercise and healthy lifestyle education services. The Summa Health Equity Center's goal is to provide you with outstanding, quality care and identify, reduce and eventually eliminate health disparities to create health equity for all of our citizens.

All patients are welcome; we accept most forms of insurance.

Call **330.865.5333** or go to **www.summahealth.org/covidresource** for more information.



Summa Health Equity Center

1493 S. Hawkins Ave.

Akron, OH 44320

