



Protect Yourself
and Your
Community

Slow the
Spread of
COVID-19



**MLK Community
Healthcare**




**Charles R. Drew University
of Medicine and Science**

TABLE OF CONTENTS

Introduction	1
What is COVID-19?	2
Communities of Color and COVID-19....	3
Hygiene Tips	4
Social Distancing	5
When You're Outside Your Home	6
Quarantine and Isolation	7
COVID-19 Testing	8
Severity of COVID-19	9
COVID-19 Treatment.....	10
COVID-19 Vaccine	11
Resources	12
Researchers and Staff.....	14





PREVENT THE SPREAD OF COVID-19 TOGETHER

INTRODUCTION

MLK Community Healthcare and Charles R. Drew University of Medicine and Science are committed to your health and wellness. Your health is our priority and it is important to understand precautions during the COVID-19 pandemic.

This booklet will give you information on COVID-19 (the new 2019 Coronavirus) and provide you with tips to help prevent the spread of the virus. Together, we can do our part to reduce the risk and move towards living a healthy lifestyle.

WHAT IS COVID-19?

COVID-19 (or Coronavirus Disease 2019) is a disease caused by a virus that can spread from person to person. Coronavirus causes COVID-19 pneumonia, blood clots, stroke, kidney damage, heart damage, brain or nerve problems, and other illnesses.

Symptoms of COVID-19

- Fever or chills
- Tiredness
- Headache
- Runny Nose
- Diarrhea
- Loss of taste or smell
- Nausea or vomiting
- Cough or sore throat
- Muscle or body aches
- Shortness of breath or difficulty breathing

Symptoms may appear **2-14 days after exposure** to the virus.

Call 911 if you experience:



- Trouble breathing



- Persistent pain or pressure in the chest



- Confusion



- Inability to wake or stay awake

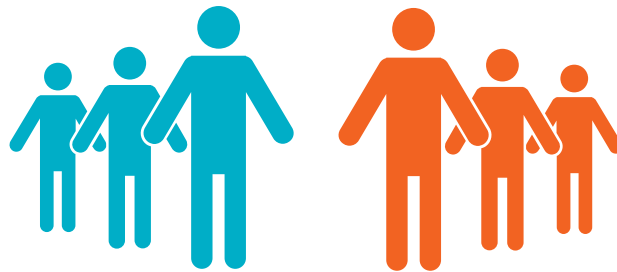


- Blue lips or face

COMMUNITIES OF COLOR AND COVID-19

Who is most impacted by COVID-19?

- Black and Latino persons, mainly in underserved communities, are 5 times more likely to be hospitalized for COVID-19 and 2 times more likely to die.
- Some Asian communities and Native Americans are also experiencing higher rates of COVID.



Reasons Communities of Color are at Higher Risk for COVID-19

- Difficulty getting timely, quality health care
- Difficulty affording safe housing
- Exposure at work
- Unfair treatment based on race and ethnicity

What Can We Do

- Find ways to connect with each other, even when physically apart, to maintain support.
- Encourage individuals to protect themselves and others who are sick by practicing ways to stay healthy and manage your stress.

Centers for Disease Control and Prevention. (2020, July 24). Health Equity Considerations and Racial and Ethnic Minority Groups.

HYGIENE TIPS

Clean Hands
and Surfaces

Wash your hands for 20 seconds

Get tips here: mlkch.org/coronavirus-response

Wash your hands BEFORE...

- you touch your eyes, nose, or mouth
- making food
- eating food
- putting on your mask



Wash your hands AFTER...

- taking off your mask
- blowing your nose, coughing, or sneezing
- touching things in public spaces like door handles, tables, gas pumps, or shopping carts



Regularly clean high touch surfaces like doorknobs, light switches, and phones with disinfectant.

SOCIAL DISTANCING

Stay at least 6-feet
away from others



What to Avoid

- Avoid face-to-face contact with others.
- Avoid unnecessary trips outside your home.
- Avoid enclosed and crowded places.
- Avoid socializing with friends and family outside of your household.

What to Always Remember

- Always bring a mask when you leave home.
- Put on your mask before entering public spaces.
- Make sure your mask covers your nose and mouth.
- Wear a clean or new mask every day.
- Carry hand sanitizer with you.

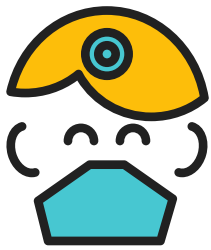


WHEN YOU'RE OUTSIDE YOUR HOME

Wear your mask

- Throw your mask in a trash can when it is no longer useful.
- Wash reusable masks regularly.

Be Aware of Your Surroundings



- Avoid people without masks.
- Cough and sneeze into your elbow if you do not have a tissue.

Keep Your Distance

- Keep your distance from children and the elderly.
- Leave room for people to pass you without coming within 6 feet.



QUARANTINE AND ISOLATION

What does it mean?

Stay home and avoid contact with others.



Prevent the spread of COVID-19 to others

14
DAYS

If you have been exposed to someone with COVID-19, quarantine for 14 days.

AT LEAST
10
DAYS

If you have COVID-19, isolate yourself for at least 10 days.



Watch for symptoms.



Call your doctor if you get sick.

COVID-19 TESTING

Viral Tests

Check for a **current** COVID-19 infection

Nasal or oral swab testing available

Antibody Tests

Check for a **past** COVID-19 infection

Taken by blood sampling

Get a viral test if you have symptoms or were in close contact with someone with COVID-19:

- Call your doctor or clinic.
- You can get tested for free.

Things to Note

- If you test positive, isolate yourself.
- If you test negative, you may still get or have COVID-19.
- If you test positive on an antibody test, you can still get and spread COVID-19.

For testing sites visit: covid19.lacounty.gov/testing

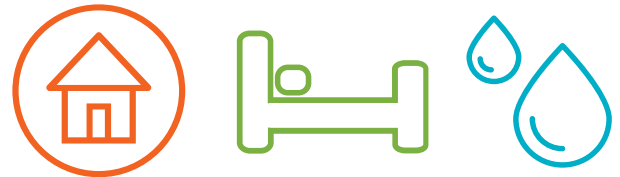
SEVERITY OF COVID-19

Mild COVID-19

- Isolate yourself from others.
- You may not have visible symptoms.

Follow your doctor's advice:

- Rest and drink lots of liquids
- Over-the-counter medicines



Recovery is in 1-2 weeks

Getting better from mild COVID-19 may take weeks and may leave damage.

Severe COVID-19

The following conditions have higher risk factors for severe COVID-19:

- Heart disease
- Diabetes
- Obesity
- Kidney disease
- Others



Severe COVID-19:

- Likely to be hospitalized
- May cause heart, liver, and kidney damage; dangerous blood clots; strokes; death
- Recovery may take 6 weeks or longer
- May need to be in an intensive care unit and on a breathing machine
- May leave permanent damage to heart, kidneys, lungs, and brain

COVID-19 TREATMENT

Is there treatment for COVID-19?

There are two medicines that appear to help some patients:

- Remdesivir may help patients recover faster.
- Dexamethsone may lead to better health outcomes.

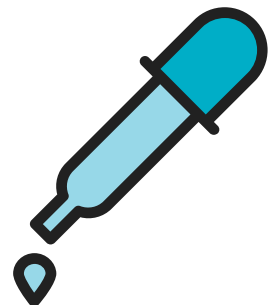
Treatment Helps with Symptoms

COVID-19 treatment reduces the impact of the symptoms.



More Research is Being Done

Scientists are working to develop more treatment.



COVID-19 VACCINE

Getting vaccinated protects the whole community

Protect yourself and others

Vaccines reduce your chances of getting sick and make your illness less severe if you do get sick.



There is no vaccine for COVID-19 yet

A vaccine will be approved by the Food and Drug Administration (FDA) before it is used to make sure it is safe and effective.



Social distancing should continue until everyone is vaccinated.



Get a flu vaccine to protect yourself during the flu season.

RESOURCES

Community Resources

HEALTH CLINICS

MLK Community Medical Group

Our doctors specialize in primary and specialty care, disease management, and preventive services.

Rosecrans Clinic

2251 West Rosecrans Ave., Suite 18-21,
Compton, CA 90222

East Compton Clinic

135 East Compton Boulevard, Compton, CA
90220

Wilmington Clinic

12021 Wilmington Ave., Building 11, Suite
1000, Los Angeles, CA 90059

Phone: 424-529-6755

MLKCMG.org

Martin Luther King, Jr. Outpatient Center

The Martin Luther King, Jr. Outpatient Center operates more than 70 primary care and specialty care clinics to serve the health care needs of surrounding communities.

Location

1670 E. 120th St.
Los Angeles, CA 90059

Phone: 310-668-5011

dhs.lacounty.gov/wps/portal/dhs/mlk

MENTAL HEALTH

Martin Luther King, Jr. Mental Health Urgent Care Center

Run by Exodus Recovery, the center provides behavioral health services to individuals with mental illness, substance use disorders, and chronic physical health issues 24 hours a day, 7 days a week.

Location

12021 S. Wilmington Ave.
Los Angeles, CA 90059

Phone: 562-295-4617

1-800-829-3923 - Intake
exodusrecovery.com



**Los Angeles County Department of
Mental Health Access Line:**
1.800.854.7771

**Los Angeles County Community
Resources Information Line:** Call
2-1-1 or visit www.211la.org

RESOURCES

Online Resources

TELEMEDICINE

The Doctor Will See You – Online

Online visits help keep you and others safe.

Several health plans offer online visits for Medi-Cal members at low or no extra cost.

MLK Community Medical Group now offers telephone and virtual visits with a doctor. You can use your phone, smartphone app, or computer for the visits. To see or talk to a doctor today, call: **424-529-5755**

Visit: mlkch.org/telehealth-services to find the contact info for your health plan's telehealth services.



FIND TESTING SITES ONLINE

To look for free testing sites, visit:
covid19.lacounty.gov/testing

QUESTIONS ABOUT COVID-19

Ask Mia!

Martin Luther King, Jr. Community Hospital introduces Mia, your friendly COVID-19 assistant.

Our free screening tool, Mia, can help you find out your risk level and get care advice.

Visit mlkch.org to chat with Mia today. Look for Mia at the bottom right hand corner.

Mia is not a substitute for:

- Professional medical advice
- Diagnosis
- Treatment



Charles R. Drew University of Medicine and Science testing site



THE TEAM

Researchers and Staff

Principal Investigator, Faculty Scientific and Research Advisor: Eva McGhee, Ph.D., MS, FCOD, Charles R. Drew University of Medicine and Science

Physician Advisor: Maita Kuvhenguhwa, MD, Martin Luther King, Jr. Community Healthcare

Harvard SPARK Scholars-Researchers: Adin Handler and Julian Handler, Harvard College, Class of 2024

Graduate Student in Biomedical Sciences, and E-Scholar: Rohun Sadeghi, Charles R. Drew University of Medicine and Science, Class of 2021

Community Programs: Lauren Espy, MPH, MLK Community Healthcare

Marketing and Communications: Eileen Kwan, MCM, MLK Community Healthcare



BROUGHT TO YOU BY:



MLK Community Healthcare

MISSION: To provide compassionate, collaborative, quality care, and improve the health of our community.

Learn more at: mlkch.org



Charles R. Drew University of Medicine and Science

VISION: Excellent health and wellness for all in a world without health disparities.

Learn more at: cdrewu.edu