



DECEMBER

Minority Health Newsletter



Happy Holidays!



Happy Holidays Summit County! During this holiday season, take some time to enjoy family and friends. This year held many challenges as we are still fighting the COVID-19 pandemic. Take this time to rejoice with loved ones and enjoy the holiday season.

COVID-19

SLOW THE SPREAD OF COVID-19

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



Wear a cloth face covering
in public spaces



Stay at least 6 feet
from other people



Frequently wash
your hands

With the Omicron Variant being detected in the United States, the COVID-19 pandemic is still underway. Follow the CDC guidelines on how to protect yourself and others below during the holiday season and new year.

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

COVID-19 Vaccination Appointments

Coronavirus Disease 2019



COVID-19 Checklist for When You Are Sick Responding to COVID-19

If you develop the below symptoms consistent with COVID-19, or other symptoms that are severe or concerning, call your healthcare provider for medical advice.

Always call 911 if you have a medical emergency. Notify the operator if you have, or think you might have, COVID-19.

You may have COVID-19 if you have:

- Fever or chills.
- A cough.
- Shortness of breath or difficulty breathing.
- Fatigue.
- Muscle or body aches.
- Headache.
- Sore throat.
- Loss of taste or smell.
- Congestion or runny nose.
- Nausea or vomiting.
- Diarrhea.

Symptoms may be mild to severe and may appear two to 14 days after exposure to the virus.

The Centers for Disease Control and Prevention has a "self-checker" tool to help you make decisions about seeking appropriate medical care. You can find it here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>.

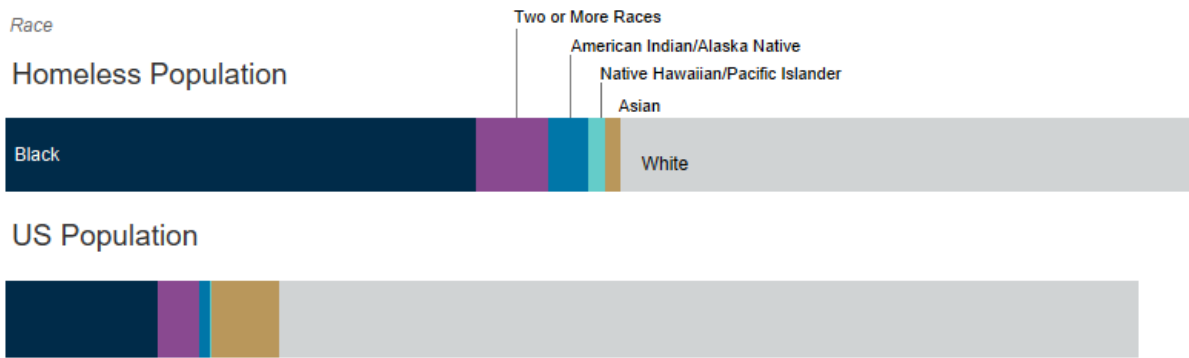
If you are sick with COVID-19 or suspect you have COVID-19, you should:

- Stay home except to get medical care.** People who are mildly ill with COVID-19 are able to recover at home but should not leave or visit public areas. Ask a family member, friend, or neighbor to get your groceries, mail, and other essential needs and leave them outside your door.
- Keep in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel

For more information, visit: coronavirus.ohio.gov

Most Minority Groups Make up a Larger Share of the Homeless Population than They Do of the General Population

Race and ethnicity of those experiencing homelessness compared with the general population



Homeless population data are for a given night in 2020.
Source: Annual Homeless Assessment Report to Congress, Part 1, 2021.



Covid-19 pandemic has produced a unique set of public health challenges. Covid-19 has posed and continues to pose, unique risks for people experiencing homelessness. Social services have become more limited throughout 2020. The large volume of evictions left many people experiencing homelessness unhoused as shelters were forced to reduce capacity.

According to the National Alliance to End Homelessness, African Americans and Indigenous people experience homelessness at higher rates than Whites, largely due to long-standing historical and structural racism. African Americans represent 13 percent of the general population but account for 39 percent of people experiencing homelessness and more than 50 percent of homeless families with children. Poverty is a strong predictor of homelessness. African American and Latinx groups are overrepresented in poverty relative to their representation in the overall population.

The Center for Disease Control and Prevention reported that homeless people with serious medical conditions may be uniquely at-risk of becoming seriously ill due to COVID-19. Being homeless, outdoors and in crowded settings can compromise one's health. Existing physical health conditions may make it harder for the body to defend against new invaders. Mental health, substance abuse, and comorbidity challenges (combined with unstable housing) may hinder self-care and the receipt of health care services.

World AIDS Day



ENDING THE HIV EPIDEMIC Equitable Access, Everyone's Voice

December 1st is World AIDS Day. **World AIDS Day was first observed in 1988.** Each year, organizations and individuals across the world bring attention to the HIV epidemic, endeavor to increase HIV awareness and knowledge, speak out against HIV stigma, and call for an increased response to move toward **Ending the HIV Epidemic in the U.S.**

Follow HIV.gov and the hashtag #WorldAIDSDay to stay updated with the latest information.

Happy New Year!



As the new year is approaching, it is time to start setting goals and resolutions. Here are five easy ways to get a jump start on a positive new year:

1. Start each day positively
2. Get positive habits
3. Stick with people who bring you up and not down
4. Celebrate the good things in your life
5. Stick with it

Follow the link below to start 2022 with a positive mindset!

[How to Start the New Year on a Good Note](#)

CONNECT WITH SUMMIT COUNTY PUBLIC HEALTH

