



Office of Minority Health

September 2021 Newsletter

September is Suicide Awareness Month

NATIONAL

SUICIDE

PREVENTION

LIFELINE

TM

1-800-273-TALK (8255)

suicidepreventionlifeline.org

September is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide.

Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

National Hispanic Heritage Month



We celebrate Hispanic Heritage Month to recognize the achievements and contributions of Hispanic American champions who have inspired others to achieve success. Discover documents, exhibits, films, blog posts and more from the National Archives and Presidential Libraries that highlight Hispanic culture at <https://www.hispanicheritagemonth.gov/>

COVID-19

[COVID-19 Vaccination Appointments](#)

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

9/11- 20 Years Remembrance



Twenty years to the day after a pair of hijacked airliners destroyed the World Trade Center towers and another plane punched a gaping hole in the Pentagon and a fourth passenger jet crashed in a Pennsylvania field after passengers sought to regain control from hijackers, Americans nationwide reflected on the events that forever changed their country. Nearly 3,000 people were killed on Sept. 11, 2001.

Bi Visibility Day

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day**

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