

Know Your Risks

trusted
messengers

Protect your family from COVID-19

Nearly 1/2 of all COVID-19 deaths in the U.S. are among people of color

There are many factors in your daily life that impact your family's health

- where you live
- the type of work you do
- your level of education
- whether or not you have health insurance

- For people of color, systemic disparities can
- limit access to healthcare
 - facilitate delays in diagnosis and treatment
 - increase the risk of you or your child getting sick or dying from preventable and treatable diseases
 - result in worse outcomes during infectious disease outbreaks like COVID-19

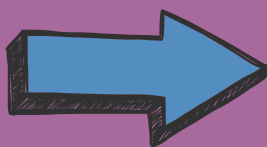
We don't believe this is right. Allergy & Asthma Network's **Not One More Life Trusted Messengers** project aims to empower you with practical information and guidance so you can take charge of your family's health.

The COVID-19 pandemic is harming young people of color more than other groups of children and teens in the U.S.

Black Americans, Hispanics & Native Americans account for nearly

78%

of COVID-19 deaths among people 21 years old or younger in the U.S.



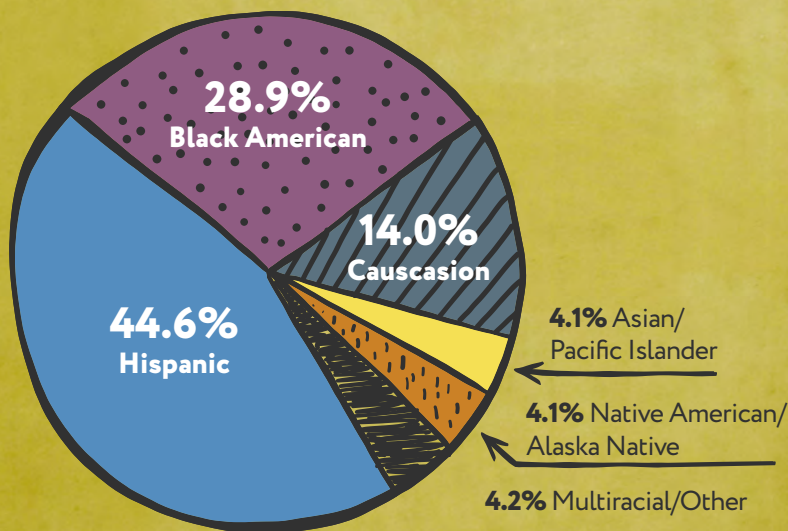
75%

had underlying medical conditions

Top 2 underlying medical conditions cited:

- Chronic lung disease (COPD & asthma) – 28%
- Obesity – 27%

Deaths among people 21 years of age or younger in the U.S. (February 12 - July 31, 2020)



Source: Centers for Disease Control (CDC)¹



How to Support Your Child



Address Fear and Stress

Talk to your child about COVID-19, answer questions and share facts in a way your child can understand. Let them know it is okay if they feel upset and share how you manage stress. Reassure your child, keep up with routines and spend time doing meaningful activities.



Prioritize Routine Health Care

Whenever possible, it is important to stay on schedule for routine healthcare (well-child visits, vaccines, mental and occupational healthcare).



Promote Healthy Habits

Model good practices to prevent getting sick and slow the spread of COVID-19 (follow the 3 Ws below). Encourage your child to eat healthy foods, drink plenty of water and be physically active each day – especially playing outdoors.



Stay Socially Connected

Talk to your child about what it feels like to have to stay physically distant from family, friends, and community members. Find ways to connect with loved ones and friends such as writing postcards or letters, scheduling a phone call or online video chat.

Reduce Your Risk: Remember the 3 Ws



Wash

your hands frequently

Use soap and warm water for 20 seconds



Watch

your distance

Keep 6 feet apart & avoid large crowds



Wear

a mask over nose & mouth

Prevent spread of COVID-19 & protect others

Allergy & Asthma Network's Not One More Life Trusted Messengers project aims to address health inequities and increase access to important health information and screenings for those who are at greater risk from COVID-19. This project is made possible through funding from the global biopharmaceutical company Sanofi.

1) <https://www.cdc.gov/mmwr/volumes/69/wr/mm6937e4.htm>

2) <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/childhood.html>