



Coronavirus safety

Five-point guidance for people from Black, Asian and minority ethnic backgrounds



Coronavirus safety

Research shows that if you are from a Black, Asian or minority ethnic background you are at a greater risk of both catching, becoming seriously ill and dying from COVID-19.

Here are some things you and others can do to protect yourself and your family from COVID-19.

1

Know the risks

- Men are much more likely to die from COVID-19 than women
- Men of African, Bangladeshi, Indian and Pakistani heritage are more likely to die from COVID-19 than white men
- Black women are more likely to die from COVID-19 than white women
- You are at higher risk if you are aged over 65, and even greater risk if you are aged over 85
- Some health conditions also make you more vulnerable to COVID-19. These include diabetes and hypertension
- Understand how these risks impact on you and your family.

Maintain good hygiene



Wash your hands frequently



If you don't have a tissue use your sleeve



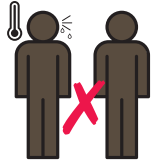
Catch coughs and sneezes with disposable tissues



Avoid touching your eyes, nose and mouth



Throw away used tissues



Avoid contact with people who are unwell.

Protect yourself and others

- Keep the recommended social distance of two metres where possible, one metre as a minimum
- Wear a face covering; you must do so on public transport and in shops. Try to do so if you're likely to be in contact with others
- Be careful at family or social events
- Think about others in the group who may be more vulnerable than you
- If you think you have COVID-19 stay home and get tested.

4

Talk about your concerns

- Talk to your GP or call 111 if you think you have symptoms
- If you're worried about returning to work, talk to your employer
- If you're worried about talking to your employer, talk to your union or the [Health and Safety Executive](#)
- If you need emotional support see [NHS Every Mind Matters](#).

5

Stay healthy

- Your health matters
- Staying healthy reduces your risk of getting ill
- Follow the five steps to wellbeing: www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing

Research sources:

[ONS Coronavirus \(COVID-19\) related deaths by ethnic group, England and Wales: 2 March 2020 to 15 May 2020](#)

[Public Health England: COVID-19: Review of disparities in risks and outcomes](#)

[Public Health England: Beyond the data: Understanding the impact of COVID-19 on BAME groups](#)

More information: gov.uk/coronavirus

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