

# PREVENTION TIPS



**ONE COMMUNITY** ONE RESPONSE  
WE CAN STOP COVID-19

#ONECOMMUNITY



**NMHEC**  
Nevada Minority Health and Equity Coalition

**UNLV** SCHOOL OF  
PUBLIC HEALTH

## CARES Funding in Action

Dr. Erika Marquez  
Assistant Professor

Department of  
Environmental and  
Occupational Health

Vice Chair Nevada Minority  
Health and Equity Coalition

Dr. Amanda Haboush-  
Deloye

Interim Executive  
Director

Nevada Institute for  
Children's Research  
and Policy

**TOGETHER**  
AGAINST COVID-19 AS  
**ONE COMMUNITY**



Unprecedented Challenges

# Our Goal

Our primary goal is to reduce the spread in Nevada, with specific emphasis on communities at greatest risk.

The One Community education and outreach campaign aims to:

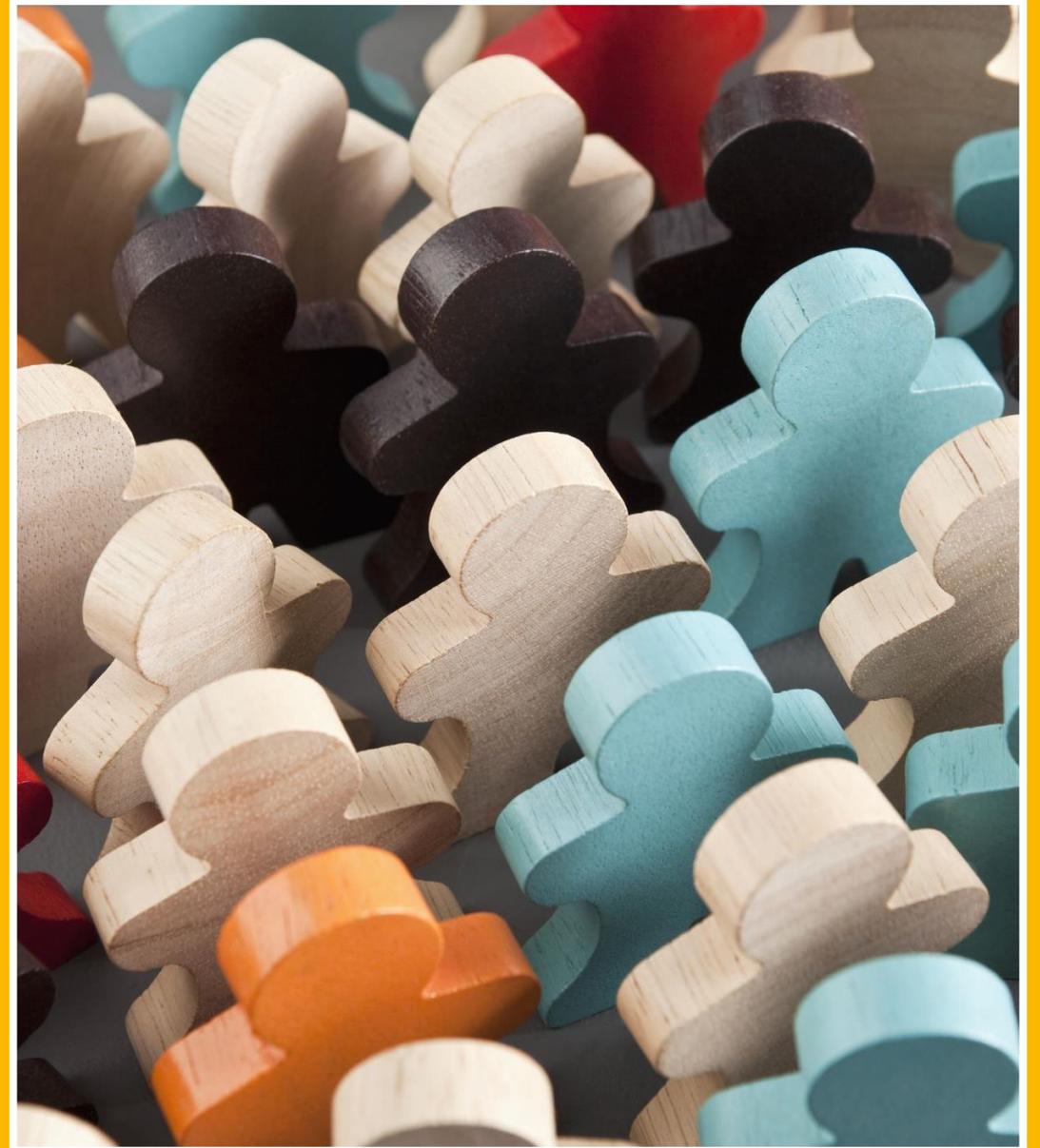
- provide a central location in which community leaders and members can obtain reliable information about COVID-19;
- engage community leaders and members as active participants in COVID-19 education and outreach;
- engage the community in a larger conversation about COVID-19 to discuss impacts, perceptions, concerns, challenges, and next steps; and
- disseminate information through various printed and digital sources that will best reach the 7 target communities.

# We can't do this alone



# Strategies for Inclusive Engagement

- Partner with diverse organizations and agencies
- Build personal relationships with target population
- Create a welcoming atmosphere
- Increase accessibility
- Develop alternative methods for engagement
- Maintain a presence within the community



# Our Efforts – ONE Community Campaign

<https://nmhec.org/onecommunity/>



**Focus Groups**

**Website**



**Social Media**

**Print Media**



**Outreach**



# One Community Campaign

<https://nmhec.org/onecommunity/>

- How to get involved?
- How does COVID impact my community?
- What you can do to reduce the spread?
- What you need to know about COVID?
- How to cope with COVID?
- Where can I find resources?

Nevada Minority Health and Equity Coalition

COVID-19 About Us Membership Events Projects Member Profile Contact Donate

## #ONECOMMUNITY | #ONERESPONSE

Together, we can stop COVID-19.

[» Watch COVID-19 webinars «](#) [» Go to Spanish website «](#)

Do your part to stop the spread of COVID-19:

Wash your hands »

Wear a mask »

Social distance »

Get involved and help spread the word:

Share our video »

Share on social media »

Share your story »

#OneCommunity Together Against COVID-19

#ONECOMMUNITY Watch later Share

NMHEC UNLV SCHOOL OF PUBLIC HEALTH SILVER STATE EQUALITY Guinn Promote IARRIBA! LQWC NTRCP Latino Research Center Dignity Health ACRC

# Culturally Responsive Materials

## Gathering Safely During The Holidays



### Lower Risk Activities

- Small dinner with family and friends who live in your household
- Virtual dinner with family and friends

### Moderate Risk Activities

- Small outdoor dinner with family and friends who live in your community
- Small indoor gathering with space to social distance, good air flow, and wearing masks when not eating

### Higher Risk Activities

- Going shopping in crowded stores
- Large indoor gatherings with people from outside your household

#ONECOMMUNITY | #ONERESPONSE  
For more information, visit [nmhec.org/OneCommunity](https://nmhec.org/OneCommunity)



## Reunirse De Forma Segura Durante Las Festividades



### Actividades de menor riesgo

- Pequeña cena con familiares y amigos que viven en su hogar
- Cena virtual con familiares y amigos

### Actividades de riesgo moderado

- Pequeña cena al aire libre con familiares y amigos que viven en su comunidad
- Reuniones pequeñas con espacio a distancia social, buen flujo de aire y máscaras cuando no esté comiendo

### Actividades de mayor riesgo

- Ir de compras a tiendas llenas de gente
- Reuniones grandes en su hogar con personas que no viven en su casa

#UNACOMUNIDAD | #UNARESPUESTA  
Para más información visite [nmhec.org/OneCommunity](https://nmhec.org/OneCommunity)



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# PROTECT OUR TRIBES MASK UP

#NECOMMUNITY | #ONERESPONSE



NEVADA MINORITY HEALTH  
AND EQUITY COALITION



CHURCHILL  
COMMUNITY  
COALITION

[WWW.CHURCHILLCOALITION.COM](http://WWW.CHURCHILLCOALITION.COM)

# In the US, Native American people are 4x more likely

to be hospitalized for COVID-19.

## Protect our community

Wear a mask. Stay 6 ft apart. Wash your hands.

We shape what happens next.

Visit [nmhec.org/OneCommunity](https://nmhec.org/OneCommunity)

#ONECOMMUNITY | #ONERESPONSE



CHURCHILL  
COMMUNITY  
COALITION

[WWW.CHURCHILLCOALITION.COM](http://WWW.CHURCHILLCOALITION.COM)

# THE PANDEMIC STOPS WITH ME

WE CAN SHAPE WHAT HAPPENS NEXT



IN THE US, NATIVE AMERICAN PEOPLE ARE 4 X MORE LIKELY TO BE HOSPITALIZED FOR COVID-19.

## WHY IS THE NATIVE AMERICAN COMMUNITY

MORE AT RISK FOR COVID-19?

### MORE LIKELY TO HAVE

PRE-EXISTING CONDITIONS  
FEAR & DISTRUST OF THE HEALTHCARE SYSTEM  
DISCRIMINATION  
LOW PAYING JOBS AND LESS WEALTH  
MULTI-GENERATIONAL HOUSEHOLDS  
CROWDED HOUSEHOLDS

### LESS LIKELY TO

HAVE ACCESS TO AND UTILIZE HEALTHCARE  
WORK FROM HOME

## PROTECT OUR ELDERS

### 5 WAYS TO STOP THE SPREAD



Wash or sanitize your hands often



Clean and disinfect frequently touched objects and surfaces



Stay home if you don't feel well, even if you have mild symptoms



When not with people from your household, Mask Up!



Social distance by

- Greeting verbally
- Gathering outside
- If inside, wear masks and stay apart



### IF YOU FEEL SICK OR THINK YOU WERE EXPOSED

Get tested immediately.

To learn more about free or low-cost testing call NV 2-1-1 or visit [nvhealthresponse.nv.gov](https://nvhealthresponse.nv.gov)

If infected: Isolate and Self-Quarantine.



### WAYS TO COPE DURING THE PANDEMIC

- Dance, move, have safe sweats
- Reach out to your tribe for support
- Enjoy some beadwork
- Check in with friends and family
- Step away from media and news for a while



FOR MORE INFORMATION, VISIT [nmhec.org/OneCommunity](https://nmhec.org/OneCommunity)

#ONECOMMUNITY #ONERESPONSE





**MY RACE  
IS NOT  
A VIRUS.**

**#ONECOMMUNITY | #ONERESPONSE**

# THE PANDEMIC STOPS WITH ME

## WE CAN SHAPE WHAT HAPPENS NEXT

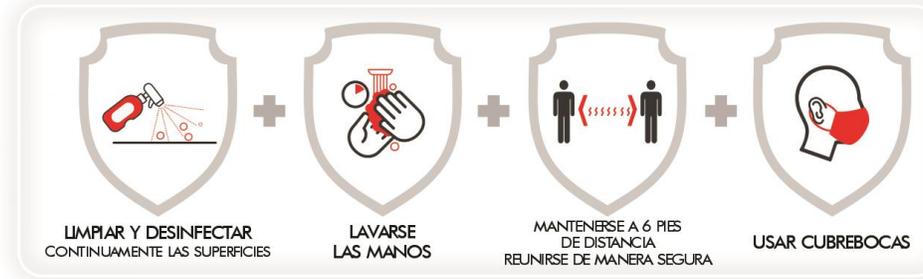
# LA PANDEMIA TERMINA CONMIGO

## NOSOTROS PODEMOS DECIDIR QUÉ SUCEDERÁ DESPUES

Use these methods together to slow the spread

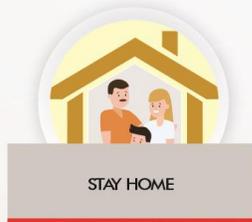


Use estos métodos para detener la propagación



If you feel sick, have been exposed, or tested positive you should

Si se siente enfermo, ha sido expuesto, o ha tenido un resultado positivo, debería de:



### TESTING

To learn more about free or low-cost testing call NV 2-1-1 or visit [nvhealthresponse.nv.gov](http://nvhealthresponse.nv.gov)

#### What you need to know about Contact Tracing:

- If you recently tested positive or were in contact with someone who has, you may be contacted by a contact tracer.
- Contact tracers let you know if you have been exposed and help monitor your symptoms.
- Your name will not be disclosed and you will not be asked any other personal information including citizenship.

### PRUEBAS

Para más información acerca de las pruebas gratuitas o a bajo costo, llame al NV 2-1-1 o visite [nvhealthresponse.gov](http://nvhealthresponse.gov)

#### Lo que necesita saber acerca del rastreo de contactos:

- Si usted recientemente tuvo un resultado positivo en su prueba o estuvo en contacto con alguien que dio positivo, podría ser contactado por un rastreador de contactos.
- Los rastreadores de contactos le informan si usted ha estado expuesto y le ayudan a monitorear sus síntomas.
- Su nombre no será divulgado y no se le preguntará ninguna otra información personal incluyendo la ciudadanía



## ONE COMMUNITY ONE RESPONSE WE CAN STOP COVID-19



The COVID-19 crisis has resulted in physical, mental, and economic impacts across the state. However, some communities have been disproportionately impacted such as African American/Black, Hispanic, Native American, Asian, Pacific Islander, LGBTQ+, and those who are deaf or hard of hearing. We are committed to addressing health inequities and disparities.



-The Nevada Minority Health and Equity Coalition



## UNA COMUNIDAD UNA RESPUESTA PODEMOS PONERLE UN ALTO AL COVID-19



La crisis de COVID-19 ha resultado en impactos físicos, mentales y económicos para todo el estado. Sin embargo, algunas comunidades han sido afectadas de manera desproporcionada, tales como los afroamericanos, hispanos, nativos americanos, asiáticos, isleños del pacífico, LGBTQ+ y aquellos que son sordos o tienen dificultades de audición. Nosotros estamos comprometidos a abordar las desigualdades y disparidades en la salud.



-La Coalición de Equidad y Salud de las Minorías de Nevada



For more information on COVID-19 contact your local health district or visit [www.nmhec.org/onecommunity](http://www.nmhec.org/onecommunity)

Para más información sobre COVID-19, contacte a su Distrito de Salud local o visite: [www.nmhec.org/unacomunidad](http://www.nmhec.org/unacomunidad)



# How to get involved?

## HELP FIGHT COVID FATIGUE



## BY SHARING YOUR STORY

**#ONECOMMUNITY**  
**#ONERESPONSE**

### TELL US

How have you been impacted?  
How are you staying strong?  
How are you keeping safe?

**SHARE YOUR STORY**

**NMHEC.ORG /**  
**ONECOMMUNITY**



## Share the campaign on social media:

Visit the NMHEC Facebook page and help share the #OneCommunity campaign and COVID-19 information with your friends, family members, and colleagues.

[VIEW OUR MEDIA TOOLKIT](#)

# Thank You!

- Community Partners
- Nevada Minority Health and Equity Coalition Board
- UNLV Team
  - Dr. Amanda Haboush-Deloye
  - Dr. Shawn Gerstenberger
  - Jose Melendrez
  - Myranda Moreno
  - Natascha Kotte
  - Dr. Erick Lopez
  - Belen Campos-Garcia
  - Aaron Luna Barajas
  - Nicole Santero
  - Donna Feliz-Barrows



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