Covid 19 and Black and Minority Ethnic Communities

There has been a lot in the news about people from African, Asian or Caribbean backgrounds being more likely to die from COVID-19.

There has been a lot of talk about the reasons for this .

Some people say racism is a reason. They say that people of African, Asian and Caribbean origin are not treated equally in this country.

Some people think there may be other reasons, such as having other health conditions like diabetes.

What is clear is that people of African, Asian and Caribbean origin are more likely to catch COVID-19.

One reason they are more likely to catch it is the jobs they do. Jobs like nurses, doctors or taxi drivers. These jobs mean they have to be close to other people.

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Another reason people are more likely to catch the virus is because they live in big towns and cities.
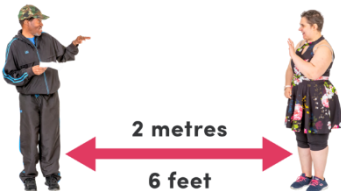
They often live in buildings like tower blocks which are crowded and make it easier to catch the virus.

There are things that you can do to protect yourself.

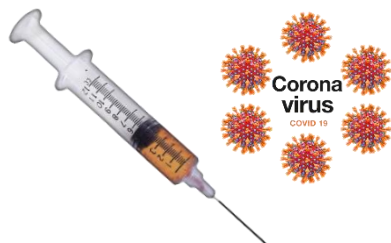Wash your hands regularly or use hand sanitiser gel if you can't wash your hands.

When you go out keep two metres distance from people who do not live with you.

Wearing a face mask when you go out can also help.
You can buy masks or just wear something like a scarf over your mouth and nose.

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A lot of scientists are working to make a vaccine that will protect us from COVID-19.

Some vaccines are being tested on volunteers.

At the moment no one has found a vaccine that works.

There is no evidence that any of the vaccines being tested are harmful to people of African or Asian or Caribbean origin.

Remember that if you feel ill you should always contact your GP or call the NHS on 111.

This leaflet was made by the Race Equality Foundation and Lewisham Speaking Up.

www.raceequalityfoundation.org.uk
www.lsup.uk