

# Covid-19

## Raising Awareness in the Black Community

**BLACK  
HERITAGE  
SUPPORT  
SERVICE**

Supporting the black community  
through advocacy and education.

# Who are the Black Heritage Support Service?

The Black Heritage Support Service is an advocacy support service who aims to educate the black community during the Coronavirus Pandemic.

As an organisation we feel it is our responsible to provide the right support that our community needs. To our dismay, the black community are four times as likely to die from covid-19 (public health England, 2020).

As the virus has disproportionately affected the Black community and thus we have sought solutions to improve culturally accessible services for the local Black community in partnership with local Birmingham councillors.

This presentation has been created with the intention to educate and reiterate some of the key messages from government to Black community of Birmingham.



**BLACK  
HERITAGE  
SUPPORT  
SERVICE**

# What is Coronavirus (Covid-19)?

- ▶ Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.
- ▶ People who are infected with the COVID-19 virus tend to experience mild to moderate respiratory illness and can recover without requiring special treatment.
- ▶ Older people, in the black community and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness, as a result of the coronavirus.
- ▶ The best way to prevent and slow down transmission of this infection in the black community is to be well informed about the COVID-19 virus and how it spreads.

# How does the Covid-19 virus spread?

- ▶ Evidence suggests COVID-19 virus spreads initially through droplets of saliva or discharge from the nose when an infected person who has the virus coughs or sneezes. People who are in close contact (within 1 metre) with an infected person can catch COVID-19 when those infectious droplets get into their mouth, nose or eyes.
- ▶ COVID-19 spreads between people through direct and indirect contact with contaminated objects or surfaces.
- ▶ In addition, to reduce the spread it is important that you practice respiratory manners (for example, by coughing into a flexed elbow, or sneezing into tissue instead of your hands).

# What can you do to reduce the spread of Covid-19?

- ▶ It is your individual responsibility to help reduce the spread of Coronavirus, to do this you should:
  - ✓ wash your hands with soap and water often, for at least 20 seconds
  - ✓ use hand sanitiser gel if soap and water are not available
  - ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
  - ✓ put used tissues in the bin immediately and wash your hands afterwards
  - ✓ clean objects and surfaces you touch often (such as door handles, kettles and phones) using your regular cleaning products
  - ✓ consider wearing a face covering when in shared spaces
  - ✓ keep windows open in the room you're staying in and shared spaces as much as possible

# How many black people have died from Covid-19?

**Table 2: Number and percentage of deaths involving COVID-19 by ethnic group, England and Wales, deaths occurring between 2 March and 15 May 2020**

Ethnic group	COVID-19 deaths	Percentage of COVID-19 deaths
<b>Black/African/Caribbean/Black British</b>	<b>1,513</b>	<b>4.0</b>
African	481	1.3
Caribbean	911	2.4
Other Black	121	0.3

Source: Office for National Statistics

## Notes

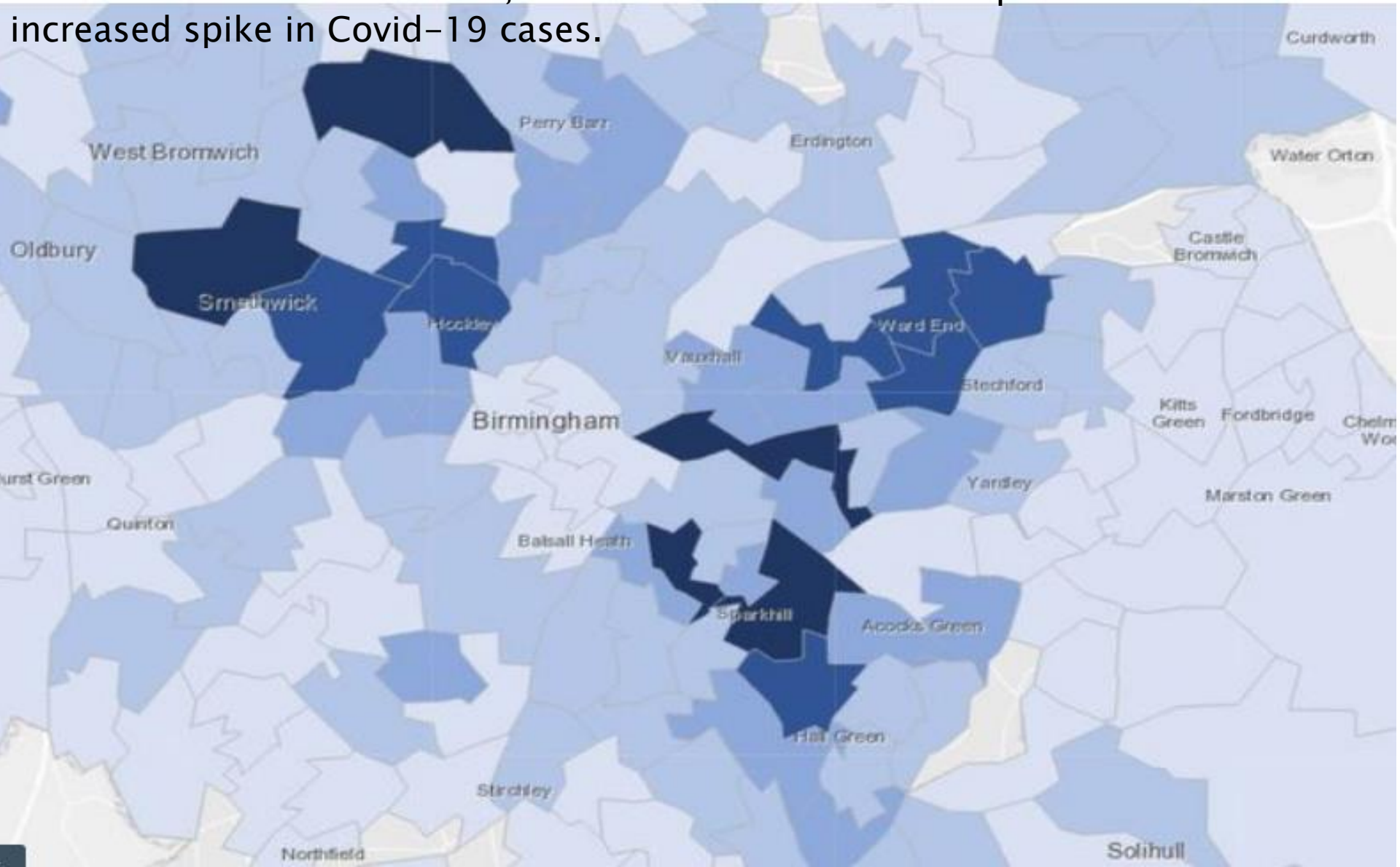
1. Office for National Statistics (ONS) figures based on death registrations up to 29 May 2020 that occurred between 2 March and 15 May 2020 that could be linked to the 2011 Census for the coronavirus (COVID-19) rate of death.
2. The total number of deaths occurring in this period will differ to other

**BLACK  
HERITAGE  
SUPPORT  
SERVICE**



# Covid-19 hot spots in Birmingham

The areas highlighted blue on the map show areas of Birmingham which have confirmed cases of Covid-19, the dark blue areas have experienced an increased spike in Covid-19 cases.



# Do you live in an overcrowded home?

If your home is overcrowded you can do the following things to protect you and your family:

- ▶ Keep your distance in the home
- ▶ Avoid sharing drinks and food off the same utensils
- ▶ Work together to keep surfaces and door handles clean
- ▶ Avoid sharing towels
- ▶ Protect older family members by wearing a mask when in their presence



# Be prepared with the essentials

Families should do their best to be prepared for government restrictions, which help to reduce the spread of the virus.

Create an essential care package for yourself and any elderly relatives or neighbours you are close too. This will help you get through any periods of quarantine and isolation when required.

Some examples can include:

- – Non perishable food items
- – Toiletries
- – Journal
- – Activity book
- – Herbal Teas
- – Vitamins
- – Craft Items



**BLACK  
HERITAGE  
SUPPORT  
SERVICE**

# Avoid listening to hear say...

- ▶ “Is the virus real?”



“I’m not wearing a mask.”

“The government are just trying to control us.”

- ▶ “There’s no virus out there.”

- ▶ “It’s all a big lie!”

**BLACK  
HERITAGE  
SUPPORT  
SERVICE**

# Personal responsibility!

- ▶ Personal responsibility is key when combating this virus. Coronavirus (Covid-19) is very much real and has become the reality of many over the past few months. Do the right thing and act in accordance to government guidelines and be the example your community needs to stamp out this dreadful virus. **Be the change we need today!**



**BLACK  
HERITAGE  
SUPPORT  
SERVICE**

# How can you get in touch with BHSS?

**BLACK  
HERITAGE  
SUPPORT  
SERVICE**

**Supporting the black community  
through advocacy and education.**

We can be contacted in the following ways: **Mobile** – 07586241595



@blackheritagesupportservice



@bhss\_org

<https://www.facebook.com/blackheritagesupportservice>



blackheritages3 [https://twitter.com/i/connect\\_people?](https://twitter.com/i/connect_people?)