

# Native Hawaiian/Pacific Islanders & COVID-19



## Native Hawaiian/Pacific Islanders have the highest positive COVID-19 case rate in LA County than any other race/ethnicity.

### Why is COVID-19 more deadly for Native Hawaiians/Pacific Islanders (NHPI's) compared to others?

According to the Center for Disease Control, the conditions and risk factors that puts groups into higher risk of severe illness include asthma, chronic kidney disease being treated by dialysis, chronic lung disease, diabetes, liver disease, serious heart conditions, and severe obesity, among other factors. NHPI communities face high rates of many of these risk factors, including the highest rates of obesity and heart disease in Los Angeles County. The risk posed is even higher for those who are 65 and older, and those who are immunocompromised.

### What other community factors can put NHPI communities at risk?

- Living in close proximity because of large families in one household
- Multi-generational households including grandparents, parents, young adults, and children
- Community structure of gathering and large celebrations.

For many NHPI communities, daily life has been built around community. We live in large households with essential workers that move in and out of the house to ensure families are supported. We live with and take care of our elders as they continue to pass on familial and cultural knowledge to hold families together. Gathering as families and community legitimizes celebrations such as birthdays, graduations, weddings, and funerals. It is how we practice and preserve our cultures and traditions. This is the surest way we foster and nurture our love for each other.

-Southern California Pacific Islander COVID-19 Response Team

### What can I do to protect myself and my community from COVID-19?

- COVID-19 is not gone. When you go out, **avoid the 3 C's**: Confined space, Crowds, and Close contact with others.
- Stay at least 6 feet away from others when you are out.
- Wear cloth face coverings around others.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Stay connected to your family by phone or social media. Visiting family members can be risky, even in small numbers, because COVID-19 can spread even if you don't have symptoms.

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## What should I do if I have symptoms of COVID-19?

- It's best to get tested through a healthcare provider. So that you can get the care you need. If you don't have a provider, call 2-1-1.
- For information about FREE testing in the County, visit <https://covid19.lacounty.gov/testing>.
- If you have difficulty breathing or keeping fluids down, go to an emergency room or call 9-1-1.
- Older adults, those with health conditions such as diabetes, high blood pressure, or heart disease should call their doctor even for mild symptoms.
- If you have symptoms, stay home away from others for 10 days from the start of your symptoms AND until you are fever-free for 24 hours and your symptoms (like coughing and shortness of breath) improve. Call your provider if symptoms get worse.



## What are some helpful resources that NHPI community members can use during this time?

**Testing:** To find test sites near you and to set an appointment, visit <https://covid19.lacounty.gov/testing/>

**Unemployment:** For help filing an unemployment claim, click <https://tinyurl.com/unemplENG> or, call Employment Development Department: 1-800-300-5616

**Food, job services, cash assistance and more:** Visit the Department of Public Social Services at <https://dpss.lacounty.gov/en.html> or call 1-866-613-3777

**Healthcare:** Visit the Medi-Cal website <https://www.dhcs.ca.gov/Pages/myMedi-Cal.aspx>, or call 1-916-552-9200. You can also visit Covered California at <https://www.coveredca.com/>.

**Housing: Visit** Los Angeles County Development Authority at <https://www.lacda.org/home>, or call 626-262-4511

For more information about COVID in the Southern California NHPI community, visit [www.PacificIslanderHealth.org](http://www.PacificIslanderHealth.org)