

# LATINO COMMUNITY

## Protect Yourself and Your Loved Ones from COVID-19

**Latinos have a higher risk of getting seriously ill or dying from COVID-19.**

### Why does COVID-19 affect Latinos more than other groups?

- COVID-19 highlights a history of discrimination and unequal access to healthy environments and medical care which make it hard to prevent and control health problems like diabetes, asthma, and heart disease. This puts them at greater risk of illness and death from COVID-19.
- Many Latinos have jobs that do not allow them to stay home during this time which means more exposure to others who may be infected with COVID-19.



### Protect yourself and your community from COVID-19

- COVID-19 has not gone away. As businesses reopen, avoid the 3 C's: **C**onfined space, **C**rowds, and **C**lose 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.
- If you chose to gather with others be sure to limit the gathering to no more than 3 or fewer households and follow all the other rules in the posted guidance for [small private gatherings](#).



### Protect yourself and your family when you go to work

- At work, try to stay at least 6 feet away from others, wear a cloth face covering, and wash your hands often, including before and after work and during breaks.
- If you take the train or bus, wear a cloth face covering, stay as far away from others as you can, avoid touching your face, and wash your hands or use hand sanitizer before and after getting off the train or bus.
- Follow your employer's practices that protect your health. If your employer is not following laws to protect workers from COVID-19, call Environmental Health at 1-888-700-9995.



### Getting a COVID-19 test or other resources will not affect your immigration status

- Your medical information is private and your doctor can't share it with immigration officials.
- Testing is **FREE** regardless of immigration status. Visit [Covid19.lacounty.gov/testing](https://covid19.lacounty.gov/testing) or call **2-1-1** for more information. You may also qualify for free or low-cost treatment through MyHealthLA.
- Regardless of immigration status, call **2-1-1** if you or your family need help with resources like food or shelter.
- If you have questions or need more help, call the Office of Immigrant Affairs at 1-800-593-8222 or visit [oia.lacounty.gov](https://oia.lacounty.gov).



### What is Public Health doing to address COVID-19's impact on the Latinos?

We are working with partners to make it easier to stay healthy against COVID-19. For example:

- Having more testing sites that are closer to communities that may need it most.
- Making sure medical care and support are available to those affected by COVID-19.
- Sharing the latest information about COVID-19 from our social media pages [@lapublichealth](#)