

KNOW THE RELATIONSHIP BETWEEN RACIAL, ETHNIC, AND SOCIOECONOMIC DISPARITIES AND COVID-19

COVID-19 spreads fast. In some people it can start with mild symptoms and quickly progress to more severe disease.



What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus.¹ If you are infected with the virus, you will most likely experience mild to moderate respiratory illness.¹

Most people can expect to get better without needing special treatment, but some people can become very sick and require medical attention.¹

Are you at increased risk?


3 in 5 (60%)

adults in the United States have a chronic disease²



The older you are, the greater the chance of having at least one medical condition that can put you at high risk of getting very sick from COVID-19.³

The likelihood of **having one or more such medical conditions** increases by³:

10% for people up to and including age 25 years 

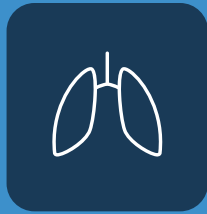
33% for people up to and including age 50 years 

66% for people up to and including age 70 years 

You are more likely to develop serious illness from COVID-19 if you have a condition or risk factor like⁴:



Heart conditions



Lung disease



Diabetes



Cancer



Racial, ethnic, and socioeconomic disparities



Overweight or obese



Immunocompromised condition



Age

This list does not include all possible conditions.

If you have diabetes, heart disease, lung disease, or cancer and you get COVID-19, **you are more likely to**⁴⁻⁸:

Get very sick

Be hospitalized

Need a machine to help you breathe

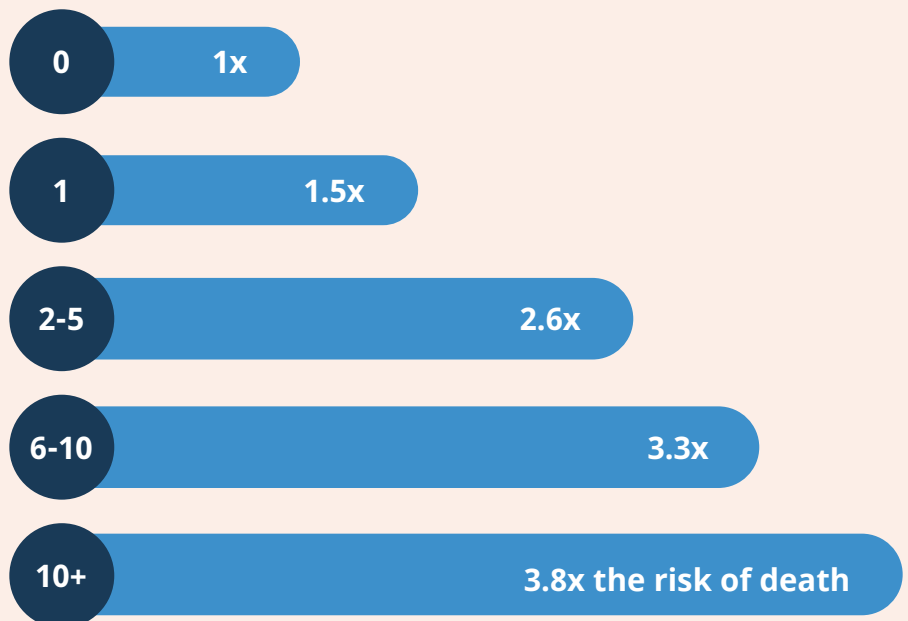
Need intensive care

Die

The number of high-risk medical conditions you have **increases your risk of death** from COVID-19^{4,7}:

● Number of high-risk medical conditions⁷

● Risk of death⁷



COVID-19 and race/ethnicity and socioeconomic disparities

Several factors can influence the impact of COVID-19, like⁷

- Health insurance coverage for vaccinations
- Access to healthcare services
- At-home COVID-19 test usage

A lack of access to these things can contribute to a **higher rate of hospitalization and ICU admissions** associated with COVID-19 infection in some racial and ethnic minority groups.⁷



The percentage of people infected with COVID-19 may also be different based on race and ethnicity.

As of September 2022, the rate of COVID-19 was approximately⁹:

13.8% in the Asian population

15.8% in the White population

18.2% in the Black/African American population

22.9% in the Hispanic/Latino population

23.8% in the American Indian/Alaska Native population

Compared with White (non-Hispanic) populations,
the number of hospitalizations of¹⁰:



American Indian/Alaska Native people is

2.5x higher



Black or African American people is

2.2x higher



Hispanic or Latino people is

1.9x higher



Asian people is

0.7x lower

The number of deaths due to COVID-19 may also be different based
on race and ethnicity. As of September 2022, the death rate was^{9,10}:

361 per 100,000

in the **American Indian/Alaska native** population, which is **2.1x higher** than in the White (non-Hispanic) population

256 per 100,000

in the **Black or African American** population, which is **1.7x higher** than in the White (non-Hispanic) population

211 per 100,000

in the **Hispanic or Latino** population, which is **1.8x higher** than in the White (non-Hispanic) population

141 per 100,000

in the **Asian** population, which is **0.8x lower** than in the White (non-Hispanic) population

If you think you have been infected with COVID-19, remember to **ACT** fast.

A

Assess for COVID-19 symptoms and your risk factors

C

Confirm through COVID-19 testing

T

Talk to your healthcare provider about treatment options

A

Assess for COVID-19 symptoms and your risk factors like racial, ethnic, and socioeconomic disparities

If you have been exposed to COVID-19, you may start having symptoms 2 to 14 days after exposure.¹¹ COVID-19 symptoms can be similar to other infections, like the flu.¹²

If you have flu-like symptoms, it may be COVID-19.¹²
Symptoms of COVID-19 can look like¹¹:



Congestion or runny nose



Headache



Cough



Muscle or body aches



Sore throat



Nausea or vomiting



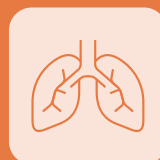
Fatigue



Diarrhea



New loss of smell and/or taste



Shortness of breath or difficulty breathing



Fever or chills

C

Confirm through COVID-19 testing

If you have any COVID-19 symptoms, **get tested as soon as possible.**¹³

If you do not have symptoms but think you've been exposed to COVID-19, wait at least 5 full days after exposure and then test for COVID-19 infection.¹³



If your test result is positive for COVID-19, **do not delay.** Let your healthcare provider know as soon as possible, even if your symptoms are mild.¹⁴



If you find it hard to breathe, get **immediate medical attention.**¹⁵

T

Talk to your healthcare provider about treatment options



Treatment options, including authorized oral treatments for COVID-19, can be discussed to see if one is right for you.¹⁴



These treatments must be taken within days if you begin having symptoms.¹⁴



This is why it is so important to contact your healthcare provider as soon as possible.¹⁴

References

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