

## HOW COVID-19 IMPACTS AFRICAN AMERICAN/BLACK STUDENTS

- African Americans represent 13.4% of the U.S. population; counties with higher black populations account for more than half of all COVID-19 cases and almost 60% of deaths. – **U.S. Census Bureau**
- Many African Americans occupy jobs in what is considered critical workforce including caregivers, cashiers, sanitation workers, farm workers and public transit employees. – **CNN**
- African Americans have a higher incidence of serious health problems including hypertension, diabetes and heart disease, which makes them more vulnerable. – **American Heart Association**
- African-Americans have less access to medical care and often distrust caregivers.

## What are the coronavirus symptoms? – [Centers for Disease Control and Prevention](#)

- Coronavirus infects the lungs, which can lead to breathing problems
- Two main symptoms are a fever or a dry cough (coughing more than normal)
- You have a fever if your temperature is above 38° C or 100.4° F. This can make you feel warm, cold or shivery.
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

## Tips to Cope with COVID-19

- **Breathe deeply & slowly:** relieve stress through slow, deep breathing. Take time to breathe and feel yourself calm down.
- **Use healthy behaviors:**
  - Wash your hands for 20 seconds
  - Cover your mouth when you sneeze or cough with your elbow or use a tissue and discard it
  - Eliminate hand-shaking and practice social distancing
- **Managing Anxiety and Stress:** Anxiety is caused by stressors.
  - Anxiety: the anticipation of a perceived future threat. Anxiety can lead to fear, worry, hypervigilance, and overthinking.
  - Stressors: Events, experiences, or environmental stimulus perceived as threats or challenges that can cause stress to a person
  - Acknowledging that a significant change has happened.
  - Controlling what you can control (i.e., your emotions, actions, who you interact with).

- Acceptance of what you are not in control of (i.e., others actions, government mandates, COVID-19 Pandemic).
- Keeping a realistic mindset about the situation being temporary but staying safe for self and others.
- Using excess energy in a positive way: exercising, meditation, mindfulness, limited outdoor activities.
- **Use cognitive-behavioral skills:**
  - Remember your thinking affects your feelings & behaviors.
  - Use positive statements during the day, “I will stay healthy by taking good self-care and practicing good infection control practices.”
- **Establish a New Normal:** Engage in Routines that reflects previous life routines.
  - Go to Bed and wake up at the times you normally would.
  - Eat at the same times you normally would.
  - Set a schedule and keep a calendar.
  - Don’t try to over work and over study, if free time is available use it to engage in self-care or an enjoyable activity.
- **Stay active:** Physical activity can help relieve stress. Even short walks can help.
  - Many Community and College gyms (including CSUN’s Student Recreation Center) are hosting Virtual Workout Classes Online for students and staff for free.
  - If going outside is not an option, many YouTube, Instagram, and Facebook workouts have been uploaded or go live daily.
- **Limit Media and News Exposure:** Constant News Exposure to News can increase stress, worry, and anxiety about present and future.
  - Check in with the news and political commentary for updates 1 to 2 times a day then limit or possibly disconnect as to not overwhelm.
  - Trust confirmed reputable sources for information. Sources that can be verified and confirmed (i.e., CDC – Centers for Disease Control and WHO – World Health Organization).
- **Stay Connected:** We are communal people, we need to interact with others from time to time.
  - Talk to friends and family members when possible.
  - Join groups, clubs, and virtual social events to stay connected and meet new people.
  - Video game chat features, connect with gaming community.
  - Virtual Book Clubs
  - Virtual Museum tours
  - Communities of worship are meeting virtually, stay connected with faith leaders and communities.
- **Talk to someone:**
  - Tell a family member or friend how you are feeling.
  - CSUN’s University Counseling Services, if fears and anxiety begin to interfere with your functioning.
- **Use coping strategies that have worked for you in the past.**

## Demonstrations to Help Cope with COVID-19

### Video:

**How to properly Wash Hands** – *University of Westminster, Great Britain*

<https://www.bbc.com/news/av/health-51637561/coronavirus-watch-how-germs-spread>

### Audio:

**Mindfulness Exercises** – *Dartmouth College*

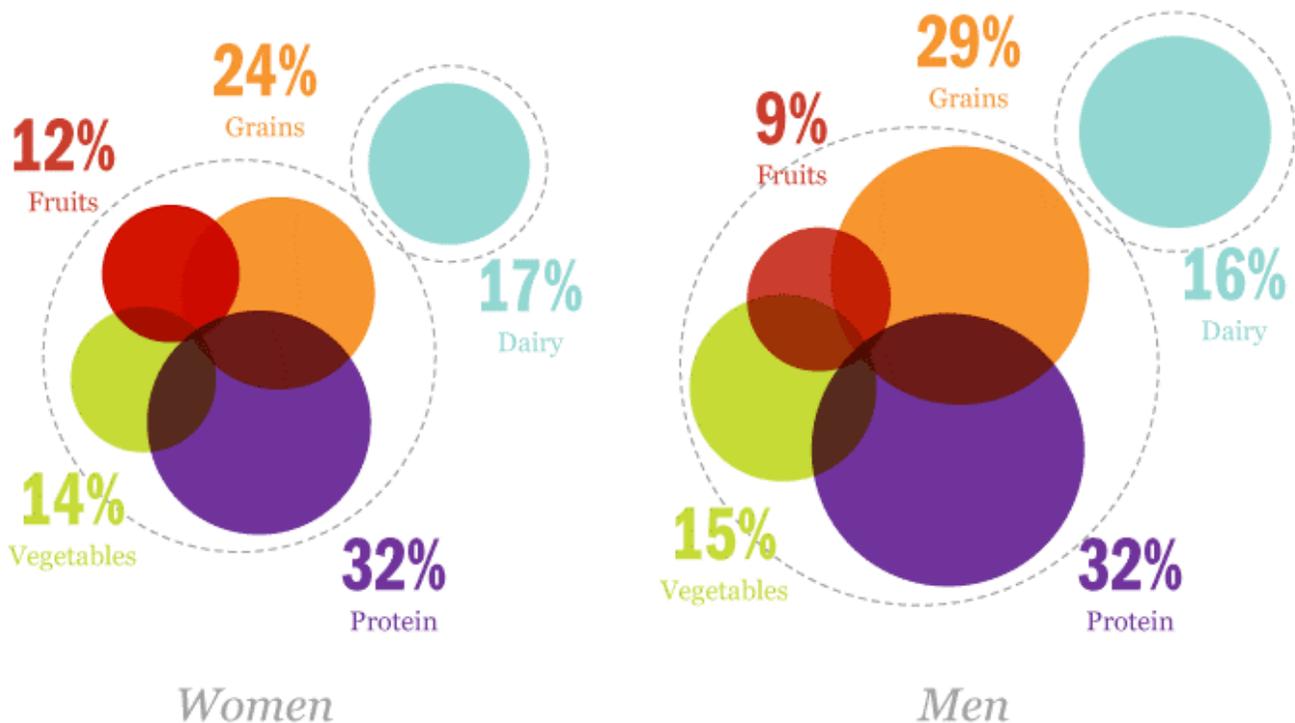
<https://soundcloud.com/user-332456490-255760449>

### Article:

**Students Guide to Nutrition** – *Best Colleges*

<https://www.bestcolleges.com/resources/student-nutrition/>

Since 2014, the U.S. Department of Health has suggested not only proportions for the five basic food groups, but include the number of servings recommended. Calorie and portion size requirements actually vary widely between people of different genders, ages, and activity levels. For example, an NFL linebacker should eat 3,500 calories on game day, but a college sophomore slumped over a term paper might only need half of that. The difference in how much people should eat daily among 19-30-year-olds differs between men and women.



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