

WELCOME

Welcome to the Haitian Community Health Guide. This resource will give you and your community insight, information, and resources for your community to stay healthy. After the SARS-COV-2 19 pandemic, it is easy to see that the health needs of the Haitian Community are numerous but with collaboration and the proper resourcing, we as a community can all be healthy.

This booklet will serve to answer questions about COVID-19, Vaccinations and give the numbers and names of resources that all community members can use. From our elders to our children, this booklet will serve to make sure the health needs of our people are properly met.

One People | One Health

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COVID-19 & Vaccinations

The beginning of 2020 marked change in the world and healthcare. The COVID -19 virus has taken over 6 million lives over the last two years, with more people falling victim to the disease. This chapter will explain what COVID-19 is and how we can protect our communities from COVID-19.

What is COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by the *SARS-CoV-2 virus*.

Most people infected with the virus will ***experience mild to moderate respiratory illness and recover without requiring special treatment.*** However, some will become ***seriously ill and require medical attention.*** Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are *more likely to develop serious illness.* Anyone can get sick with COVID-19 and become *seriously ill or die at any age.*

How is COVID-19 Transmitted?

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing, or breathe. Another person can then contract the virus when infectious particles that pass through the air are inhaled at short range or if infectious particles come into direct contact with the eyes, nose, or mouth.

People may also become infected when touching their eyes, nose, or mouth after touching surfaces or objects that have been contaminated by the virus.

What should I do if I get COVID-19?

- I. **Get tested**
- II. Stay home except to get medical care
- III. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- IV. Separate yourself from other people
- V. Clean your hands often
- VI. Cover your coughs and sneezes

Importance of Vaccinations:

Vaccinations are effective at protecting people from getting seriously sick, being hospitalized, and potentially dying.

Vaccinations give our bodies the ability to understand how to fight potential illnesses. By getting vaccinated, you can protect your families and community members.

What vaccination should I get?

Medical Professions and the Center for Disease Control Recommend both Pfizer & Moderna as safe options for vaccinations.

Haitian Community Health

In many conversations with community members, we hope to give the Haitian Community of Philadelphia a guide to help them navigate the American Health system. This guide will have contacts, resources and the locations of healthcare institutions that can be used by your community members.

Community Health Resources:

AFAHO Wellness Clinic

2420 S.54th Street, 2nd Floor

Philadelphia, PA 19143

Main Number: (215) 546-1232

AFAHO Health Services:

Sexual & Reproductive Health Services

- Maternal Child Health
- Adolescent Sexual Health & Teen Pregnancy Prevention

- STDs, HIV, Hepatitis B
- Female Genital Cutting
- Family Planning

Chronic Disease

- Heart Disease
- Cancer (breast, cervical, liver & prostate)
- Nutritional Education

AFAHO Human Services:

Personalized Intensive Case Management

- Behavioral Health
- Domestic Violence Awareness and Support
- Emergency Food & Housing Assistance
- Elders Programming

African Family Health Organization

The African Family Health Organization (AFAHO) is an ethnic, community-based organization that provides health, human and educational services to African and Caribbean immigrants and refugees (ACIR) in the greater Philadelphia area. We work to strengthen community health culture and facilitate social integration through the utilization of a unique peer support model that uses shared language, cultural expertise, advocacy, and system navigation knowledge to help individuals and families overcome social determinants, build community connections, and gain information and resources needed to thrive, improve health and educational outcomes, promote integration and support self-sufficiency. Through numerous programs and initiatives, AFAHO seeks to serve as a cultural and linguistic bridge between our clients and the larger provider community, both assessing and addressing the needs of our clients within a societal landscape of cultural, geographic, linguistic, economic, and other barriers that make it difficult for many to flourish.