

Helping Ethnic Communities During Covid-19

There is no easy way to tackle the task of eliminating the Covid-19 virus, not until there is an approved vaccine by the FDA at least. However, we can implement a plan to help stop the spread and mitigate the effects the virus has on the ethnic community. Studies by the CDC have determined that racial and ethnic communities have been the most affected by the pandemic not just in hospitalizations but economically as well.

Proposition 1. Testing is crucial to help ethnic communities of low income. In order to stop the disproportionate affect of the virus we must first see why this virus is affecting minorities. According to U.S. Bureau of Labor Statistics, as cited in “figure A” by Gould, E., & Shierholz, H (2020), minorities are make up a large part of workers who are not able to work from home. We are talking about minorities working especially in food industry and low income jobs. We need to invest in testing for all the workers at least once a week on the job site and the results should be reported to both the employer and employee, that way there is no risk of disparities in reporting and no risk of co-workers getting sick. Masks and protective gear should be available for minorities when they are in the workforce, the community should stockpile supplies in case of another surge, so vulnerable communities have protection.

Proposition 2. Provide options of picking up nutritious meals to areas of low income which are also the most affected by the virus. Studies suggests that low income populations have also the highest obesity. According to the CDC (2020) found that “Non-Hispanic blacks (49.6%) had the highest age-adjusted prevalence of obesity, followed by Hispanics (44.8%), non-Hispanic whites (42.2%) and non-Hispanic Asians (17.4%).” This plays a major contribution to not only Covid-19 but also many other health complications. According to Pierce (2020), “Obesity is a risk factor for Covid-19 hospitalizations”. The government should promote programs to help reduce obesity in minorities starting with the availability to more affordable healthier food.

Proposition 3. The government should promote and incentivize the use online shopping platforms for groceries, household items, and medicine delivery right to the door. This will reduce the need for people to go out to public, thus it will drastically reduce the spread of the virus across all communities. Thus reducing the infection rate for essential workers.

Proposition 4. Make sure ethnic communities have high quality medical supplies in their hospitals, and clinics. The government can have policies that ensure the doctors and nurses are treating their patients without discrimination or disparity. Low-income minorities have a hard time finding quality medical treatment because often they can't afford it. The government or employer should ensure that person is covered with health insurance that guarantees quality treatment.

Implementing the suggested propositions will more than likely improve existing disparities in ethnic communities.

References (APA)

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