

# Give Your Community A Boost

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# National Minority Health Month

The National Office of Minority Health created the theme “Give Your Community a Boost” for National Minority Health Month in April 2022. The theme focused on the continued importance of COVID-19 vaccination, including boosters, as one of the strongest tools we have, to end the COVID-19 pandemic. We connected the “boosting” theme to general improvements to minority health, regular immunizations and caring for co-morbidities.

# Collaborators

- Office of Equity and Minority Health
- Immunizations
- Chronic Disease
- COVID Testing and Collection Coordination

# **Boost Your Community Graphics**

# General Information & Mental Health

**How To Boost Your Community For Your Mental Health**

Michigan Department of Health & Human Services  
Office of Equity and Minority Health

- Get plenty of sleep
- Drink water to stay hydrated
- Move your body with exercise
- Check-In with your family
- Have some fun to reduce stress

Michigan.gov/Coronavirus

Michigan.gov/Coronavirus

Michigan Department of Health & Human Services  
Office of Equity and Minority Health

## 4 TOOLS TO GIVE YOUR COMMUNITY A BOOST

Together, we can encourage communities to stay up to date on the COVID-19 vaccines, and share tools and resources to boost the health of your community.

- COVID-19 Vaccine
- COVID-19 Booster Dose
- Exercise
- Nutrition

All Images Videos

# Search.

HOW TO BOOST YOUR COMMUNITY

- Stay up-to-date on your immunizations.
- Get your COVID-19 vaccination.
- Get your COVID-19 booster dose.
- See your Primary Care Doctor regularly.
- Take your medications as prescribed.

Michigan.gov/Coronavirus

Michigan Department of Health & Human Services  
Office of Equity and Minority Health



## HOW TO

# Boost Your Community

## THE TRUTH ABOUT THE COVID-19 VACCINES

### FICTION

### FACT

The COVID-19 virus has mutated, so the current vaccines do not work.

Even with new strains, the vaccines are effective in reducing the risk of infection. If someone who is fully vaccinated does get infected, they are much less likely to be hospitalized or die.

The COVID-19 vaccines can alter my DNA.

The COVID-19 vaccines do not alter your DNA.

I've had COVID-19 in the past, so I do not need the vaccine due to natural immunity.

Due to waning immunity and other factors, re-infection is possible. Vaccination improves immune response, reducing the risk of re-infection.

The COVID-19 vaccines were rushed, so it cannot be safe.

The COVID-19 vaccines were developed using the same process as other vaccines, and are safe and effective.

# Boost your community by Taking Care of Your Heart



Here are some ways that you can boost your heart and lower your chances of getting very sick from COVID-19.

## Boost Your Diet:

Eating a healthy diet can lower your chances of having heart disease, high blood pressure, stroke, and other health problems. Eat plenty of fruits, vegetables, whole grains, poultry, fish and nuts, and choose low-fat dairy products. Cut back on red meat, fried foods, sugary foods and drinks, and foods with a lot of salt.

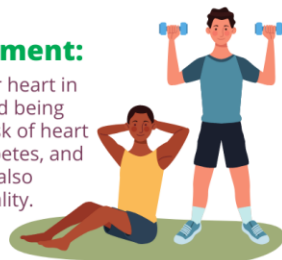


## Boost Your Sleep:

Getting less than 7 hours of sleep each night has been linked to increased stress levels, which increases your risk of high blood pressure, as well as other problems like obesity or diabetes.

## Boost Your Movement:

Physical activity keeps your heart in good shape. Sitting less and being more active lowers your risk of heart disease, stroke, type 2 diabetes, and high blood pressure while also increasing better sleep quality.



Find more information at American Heart Association Heart.org

# Boost your community by Taking Care of Your Diabetes



Did you know that having Diabetes makes you more likely to get very sick if you get infected with COVID-19?

Here are some ways that you can boost your body and take care of your diabetes.

## Boost Your Control:

Manage your blood sugar by taking your medicine as prescribed. Do not change your medicine without visiting your doctor first.



## Boost Your Support:

If you need help paying for your medications, visit Findhelp.org or Michigan.gov/Diabetes.

## Boost Your Hydration:

Aim to drink more water everyday.



## Boost Your Energy:

Add more movement to your weekly routine. Any physical activity counts!



Find more information at American Diabetes Association Diabetes.org

# How to Give Your Community a Boost: A Roadmap to Immunity

The CDC recommends that everyone eligible should receive COVID-19 vaccination (and a booster dose) to help protect against COVID-19. In addition to the COVID-19 vaccine, there are other immunizations that can help boost your health.

## Birth through 6 years

- Hepatitis A
- DTaP: diphtheria, tetanus, pertussis (Whooping Cough)
- *Haemophilus influenzae* type b (Hib)
- Polio (IPV)
- Pneumococcal (PCV)
- Rotavirus (RV)
- Varicella (Chickenpox)
- Influenza (Flu)
- MMR: Mumps, Measles and Rubella
- Hepatitis B

## Ages 7 through 26 years

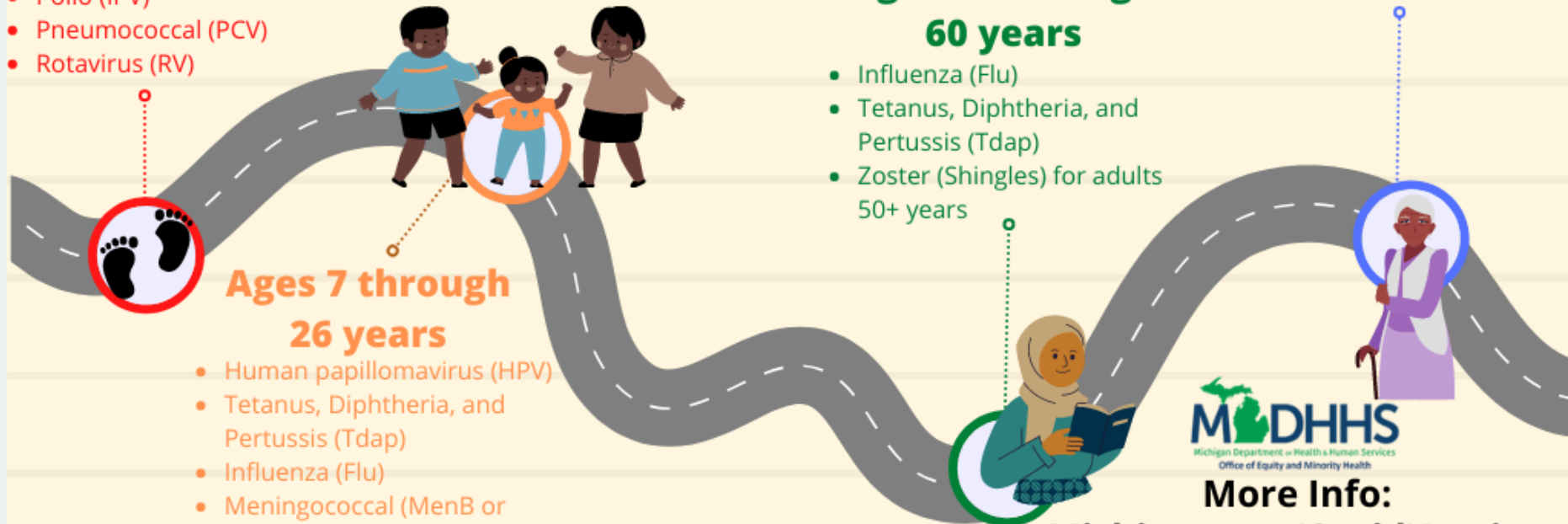
- Human papillomavirus (HPV)
- Tetanus, Diphtheria, and Pertussis (Tdap)
- Influenza (Flu)
- Meningococcal (MenB or MenACWY)

## Ages 26 through 60 years

- Influenza (Flu)
- Tetanus, Diphtheria, and Pertussis (Tdap)
- Zoster (Shingles) for adults 50+ years

## Ages 60 years and older

- Influenza (Flu)
- Tetanus, Diphtheria, and Pertussis (Tdap)
- Pneumococcal



More Info:  
[Michigan.gov/CovidVaccine](https://Michigan.gov/CovidVaccine)



# Where to Find These Resources

Office of Equity and Minority Health  
Website

[Michigan.gov/minorityhealth](https://michigan.gov/minorityhealth)

Additional Resources → COVID-19

# Thank you

