



# British International Doctors' Association



**Coronavirus spread is decreasing in the UK, but the overall numbers are still high.**

**BAME communities have the worst outcomes from COVID-19 infection<sup>1</sup>.**

## Avoid Infection

- ★ Use masks/face coverings
- ★ Maintain social distancing
- ★ Avoid crowds
- ★ Hand hygiene/Alcohol gel
- ★ Social bubbles: mix with people you know

## Curb Infection

- ★ \*Isolate if you have symptoms (cough, fever, loss of taste or smell)
- ★ Test (Dial 119 or book online at [nhs.uk/ask-for-a-coronavirus-test](https://nhs.uk/ask-for-a-coronavirus-test))
- ★ If positive share contacts

## Back to work

- ★ Work from home if possible
- ★ Ensure workplace is 'Covid secure'
- ★ Avoid crowds
- ★ Avoid public transport

**BAME individuals have higher rates of underlying health conditions like heart disease, high blood pressure and most notably diabetes.**

Pregnant women from BAME groups are more likely to need hospitalisation if they develop COVID-19.

## Time to look after your health. Speak to your GP.

- ★ *Eat well*
- ★ *Undertake physical activities*
- ★ *Look after your mental health*

### LIFTING LOCKDOWN<sup>1</sup>

**Tips from a GP -  
THE IMPACT OF COVID-19  
ON BAME COMMUNITIES**

**DR FARHANA RAHMAN**

Please refer for full details and references; available to download:

<https://bit.ly/LiftingLockdownGPGuide>

