

**The Coronavirus  
(COVID-19) pandemic  
and people from Black,  
Asian and Minority  
Ethnic Communities  
Living at home**

**April 2021**





# **The Coronavirus (COVID-19) pandemic and people from Black, Asian and Minority Ethnic Communities Living at home**

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This book is part of the UK Dementia Care Book Club series. The style, content and layout of this book has been inspired by the books written in the series 'Carry on Reading in Dementia' by Gail Elliot, Gerontologist and Dementia Specialist, DementiAbility, Canada.

Writing books that enable people living with dementia to continue to enjoy reading and sharing a book is based on the research of Dr Alan B. Stevens and Dr Cameron Camp.

An important feature of the book is the size, type of font and layout of the material, which has been tested in individual and group settings by people living with dementia. Another key feature is the Montessori approach of how a person is invited to join the book club, the beauty of the book and ensuring the environment is carefully prepared.

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**Factual accuracy:** Every effort has been made to ensure the accuracy of this book is correct and in line with Public Health England guidance available at the time of publication. No responsibility can be taken if this book is used for anything other than reading for enjoyment or if the book is used after Public Health guidance has altered.

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This book must not be altered, but can be photocopied to be used in care homes in England.  
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There is a serious virus spreading in our community and around the world. It is called Coronavirus (COVID-19).

The virus has spread to many people, in all parts of the world, and is therefore referred to as a pandemic.



There are many symptoms including, but not limited to, a cough, fever, difficulty breathing or loss of taste and smell.

Some older people have other symptoms such as feeling generally unwell, stomach problems or becoming more confused.

Some people do not have any symptoms or just feel a little 'under the weather'.





The World Health Organisation says that Coronavirus (COVID-19):

“Can spread from person to person through small droplets from the nose or mouth which are spread when a person with Coronavirus (COVID-19) coughs or exhales.”



There is evidence that people from Black, Asian and Minority Ethnic communities are at a higher risk from Coronavirus (COVID -19) and are also, at higher risk of becoming seriously ill. Sadly, more people from these communities are dying. This includes many health and care workers who work in hospitals and care homes.



The exact reason for the increased risk of Coronavirus (COVID-19) in the Black, Asian and Minority Ethnic communities is not known. The Scientists believe there are several reasons that might contribute to this.



There are more people from the Black, Asian and Minority Ethnic community who have lower incomes and live in poorer areas of the country.

Also, many generations from the same family may live in the same household.

This increases the risk of passing the virus on, as children often do not show any symptoms and can pass the virus to other people in the house.





Certain jobs are more likely to expose people from Black, Asian and Minority Ethnic community to the virus.

For example, many people employed in health and social care settings are from the Black, Asian and Minority Ethnic community. Their job might require them to be in close contact with others, and this increases their exposure to the virus.



Medical conditions such as diabetes, kidney problems and heart disease are more common in people from the Black, Asian and Minority Ethnic community. These medical conditions place them at higher risk of becoming seriously ill or dying if they catch Coronavirus (COVID-19) .

There might be some fear or shame when a person catches the virus, especially in some Black, Asian and Minority Ethnic communities. There is nothing to be ashamed about, as this virus has no boundaries and has harmed people from around the globe.



The most important message from our Government is that everyone must stay alert and follow government guidelines.

This means that some things are not happening at the moment or happening differently. For example, rules and regulations related to visiting loved ones in care homes have changed and faith gatherings and worship services are not the same as they were.



The Scientists cannot give any clear guidance about how people from the Black, Asian and Minority Ethnic communities can be kept safer than they already are. However, together, we are doing all we can to prevent the spread of this virus. We can all do this by following the government rules.





The good news is that Scientists have developed several vaccinations that will help reduce the effects of the coronavirus.

The NHS is providing the coronavirus vaccination for everyone in the whole of the UK. Most of the vaccines require two jabs, about 12 weeks apart, to give the best protection to ourselves and others.

People who live and work in care homes were among the first to have the vaccination.



Many famous people of colour are very worried that people from black and ethnic minority communities are not having the Vaccination. Actors and singers including Sir Lenny Henry, Malorie Blackman and David Olusoga have written a letter and say:

“We’re asking you to trust the facts about the vaccine from our own professors, doctors, scientists involved in the vaccine’s development, GPs, not just in the UK but across the world, including the Caribbean and Africa.”



The vaccinations have been tested on thousands of people around the world. The World Health Organisation and the UK Medication Regulation Authority state that the vaccinations are safe.

There are no religious or cultural reasons that stops a person from having the vaccination. It does not contain any of the virus and it does not change anything in your body. The vaccination simply teaches the body's immune system how to react and fight the coronavirus if it enters the body.



All adults are being invited to have the vaccination, but no one is being forced to have it. Most people have been very happy and excited to have the vaccination. It brings protection and hope to everyone. Hopefully, we will soon get back to our normal daily lives.

A few people have been worried about getting the coronavirus vaccine.





When people have the jab, they are not only protecting themselves, but they are also protecting family and friends too.

Having the jab is a very important way to show others how much we care.

Sir Lenny Henry and his colleagues are saying

When your turn comes...

Take the Jab.



## **What can you do to protect yourself?**

It is important to follow the guidance to protect yourself and the people you live with.

- Wash your hands thoroughly and regularly for 20 seconds and / or use hand sanitiser.
- Follow the government guidelines and rules where you live.
- Look after any other medical conditions you have.



- Have your COVID Vaccination.
- Eat healthy foods and drink plenty of fluids.
- Go outside into the fresh air every day.
- Keep as physically active as you can.
- Join in activities and keep busy.
- Stay at home if you are feeling unwell.
- Do not hug or kiss anyone, who does not live in your household!



There are many new rules in place across the whole of the UK. Some of the rules are different in England, Scotland, Wales and Northern Ireland. It is important to listen to the news to find out what the rules are in your area.

These rules will continue to be in place until the government tell us it is safe to go back to normal.





No one knows how long these new rules will be in place. Let us all work together to keep our distance, wash our hands regularly and do our part to stop the virus from spreading.

When your turn comes  
Take the Jab.

The motto the government want  
us to remember is:

**Hands**  
**Space**  
**Face**  
**Fresh air!**



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