



Level Up
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OHRM Office of Human Resources Management



April is National Minority Health Month

April is **National Minority Health Month (NMHM)**, a time to raise awareness about health disparities that continue to affect racial and ethnic minority populations and encourage action through health education, early detection, and control of disease complications.

This year, [The U.S. Department of Health & Human Services, Office of Minority Health](#) is bringing awareness to the disproportionate impact the COVID-19 pandemic is having on racial and ethnic minorities and American Indian and Alaska Native communities, and underscore the need for these vulnerable communities to get vaccinated as more vaccines become available. The theme for National Minority Health Month 2021 is [#VaccineReady](#).

The focus is to empower communities to:

- Get the facts about COVID-19 vaccines
- Share accurate vaccine information
- Get vaccinated when the time comes
- Practice COVID-19 safety measures

As more vaccines become available, there are steps communities can take to protect themselves until they can get vaccinated. Be sure to:

- Wear a mask to protect yourself and others and stop the spread of COVID-19
- Wash your hands often with soap and water for at least 20 seconds
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you
- Avoid crowds—the more people you are in contact with, the more likely you are to be exposed to COVID-19

Additional National Minority Health Month Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [The Centers for Disease Control and Prevention](#)
- [U.S. Food & Drug Administration](#)
- [U.S. Department of Agriculture](#)

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 245
Largo, MD 20774
LevelUp@co.pg.md.us



Angela D. Alsobrooks
County Executive