

Good Hygiene Practices

- Wash your hands with water and soap for at least 20 seconds.
- Practice social distancing – about 6 feet apart from each other.
- Avoid touching your face, especially your eyes, nose, and mouth.
- Cough and sneeze into a bent elbow or tissue.
- Seek medical care immediately if you have a fever, cough, or trouble breathing.

Clinics are postponed until the COVID-19 pandemic is over.

Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

***Offered only during normal operating times.**

Last Revised: 4/25/2020

Who We Are

About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

Contact Us

(415) 633-6421

info@mabuhayhealthcenter.org

www.mabuhayhealthcenter.org



Mabuhay Health Center

1010 Mission Street

San Francisco, CA 94103



**Respect
and Racism
with
COVID-19**

MHC Behavioral Health



Current Context

Racism against Asians and Asian Americans has existed for a long time but has become more visible in response to COVID-19. There are associations being drawn between certain ethnicities and the disease, and because of this discrimination, it may leave some members of our community feeling physically, mentally, or emotionally vulnerable. It's important to note that disease does not discriminate, and to help practice safety, responsibility, understanding, and resilience, here are some resources to help you out.

The Trauma of Racism

Below are some of the ways in which people may respond to experiencing or witnessing racism.

Physically

- Trouble sleeping
- Increased muscle tension
- Body pain with unknown origin
- Higher risk of substance abuse

Mentally

- Development of PTSD
- Feeling numb or detached
- Hallucinations or delusions

Emotionally

- Increased anger, fear, sadness, shame, or guilt
- Sense of losing control
- Having little to no emotions

Responding to Racism

If you are the victim

- Ignore the perpetrator and remove yourself from the situation
- Ask for help from bystanders
- Be the first to call the police

If you are a bystander

- Talk to/comfort the victim
- Document as much detail about the incident to give a profile
- Tell someone with the right authority like police or attendants

Respect Your Health

Right now it might seem easier to bear with any illness you may have to avoid discrimination. But at this time it's even more important to look after yourself for your health and the health of others.

- If you're sick, don't try to hide it
- Seek medical care before it gets worse
- Avoid thinking with a "bahala na" / "whatever happens, happens" attitude

REMEMBER: disease does not discriminate

The Friendship Line

If it's not possible to call any friends, family, or loved ones, you can call The Friendship Line and have a conversation with someone. Even if it's just to talk about your day, someone will always be ready to listen.

The Friendship Line
1-800-971-0016

If you are currently facing a life-threatening, physical, or mental health emergency, please call 911 immediately. The secondary support service above **is not** intended to replace emergency services (*adapted from the My Grief Angels' Grief Support Directory*).