

COVID-19 Care Package with Health Information for Ethnic Minorities in Hong Kong

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1. Introduction:

So far COVID-19 pandemic 5th wave is one of the hardest time effecting everyone in Hong Kong. During such time, it is inevitable that the grassroots vulnerable groups are effected even more, due to various reasons such as lack of access, community and cultural difference myths, social and financial issues. All this will eventually have impact in health of a person as a whole, particularly on mental health.

2. Aims:

- To provide much needed care package during the COVID-19 pandemic.
- To disseminate Ethnic Minorities information on coping strategies for mental health care

3. Methods:

- Ethnic minority's families living in Yau Tsim Mong, Sham Shui Po, and Yuen Long were targeted.
- Volunteers were recruited to provide the service.
- A care package containing mask, RAT kits, sanitizers, milk powder and multivitamins were packed. A multilingual (English, Nepali, Hindi, Urdu, Punjabi and Bahasa) leaflet with title “Let’s fight the virus with peace of mind “containing information and coping strategies for mental health was developed.
- The leaflets also contained information on where to get the updated and accurate information on COVID-19 prevention

4. Results :

- From 21st March to 8th April 2022, a total of 693 care package with health information were distributed, reaching out to 2,725 household members.
- 14 volunteers contributed to the project.
- Collaboration was made with 5 different organization. Photo report



Photo 1- COVID-19 care package content



Photo 2- Volunteers in action



Photo 3- Multilingual leaflets mental health self care



Photo 4- Community based distribution ,family with young children and elderly



5. Conclusion:

There are many organization providing the COVID-19 care package, a care package with nutritious substance cum vitamins and multilingual health information made it a special care package in need during this pandemic. This small scale project is evident that health promotion could be done in versatile mode

For any questions related to this poster :Please contact Sharmila Gurung (Sharmila.gurung@ucn.org.hk)

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