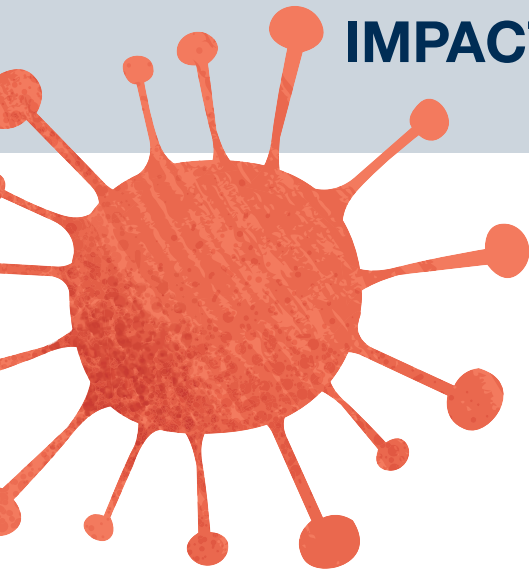




# Community *in the* Time of Corona



## IMPACTS

American Muslims, like all Americans, suffered greatly as a result of the COVID-19 pandemic. ISPU studied various types of loss, ways to cope, and examples of resilience exhibited one year into the pandemic.

■ American Muslims ■ General Population

### Financially, American Muslims faced

#### JOB LOSS



27% of American Muslims reported losing their job due to COVID-19, compared to 19% of the general public.

#### PAY CUTS



American Muslims and those in the general public experienced similar cuts to pay and hours (24% and 21%, respectively.)

### Physical health impacts included

#### COVID-19 INFECTIONS



A similar level of American Muslims reported testing positive for COVID-19 in the year prior to the survey (March 2020 - March 2021), compared with the general public (14% vs. 13%).

#### HOSPITALIZATION



American Muslims were nearly twice as likely as the general public to have been hospitalized for COVID-19 (11% vs. 6%). Nearly a third of Muslims know someone who has been hospitalized (29%), on par with the general public (27%).

#### DEATH



One out of every four Muslims knows someone who has died of COVID, which is slightly higher than the one of five in the general public (26% vs. 21%) who reported the same.

### Mental health challenges included

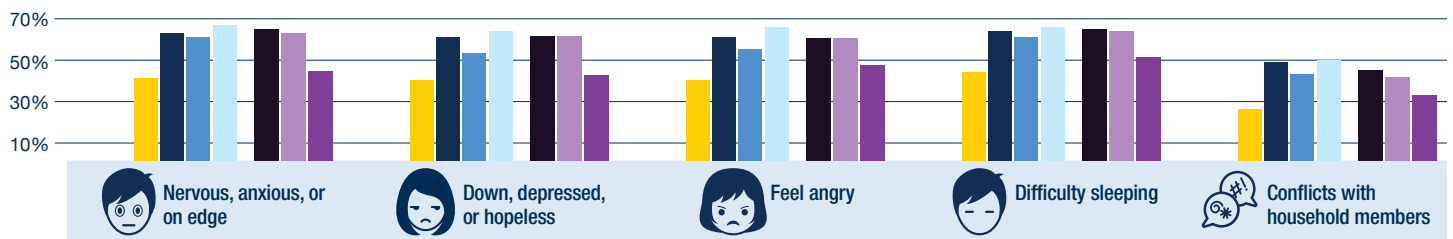
American Muslims reported slightly higher negative mental health impacts, compared with the general public:

- Feel nervous, anxious, or on edge nearly everyday (11% vs. 7%)
- Feel down, depressed, or hopeless more than half the days or more (27% vs. 20%)
- Feel angry more than half the days or more (23% vs. 15%)
- Difficulty sleeping (62% vs. 56%)

Black Muslims fared better than Arab, Asian, or white Muslims when it comes to mental health challenges.

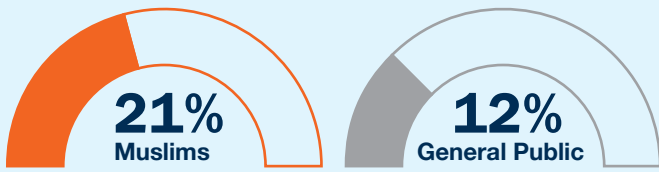
Muslim elders reported fewer mental health challenges compared with younger Muslims.

- Black
- Arab
- Asian
- White
- Age 18-29
- Age 30-49
- Age 50+



# COPING

With all the negative financial, physical and mental health impacts of COVID-19, American Muslims relied on various coping mechanisms.

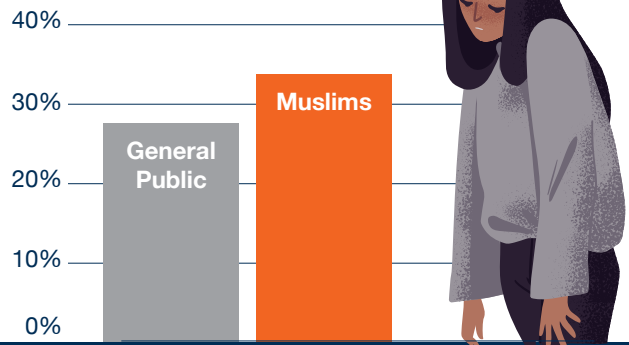


## sought out the support of a mental health professional

Because a higher portion of American Muslims experienced distress due to COVID-19, American Muslims were more likely than the general public to seek mental health support.

21% of American Muslims sought out the support of a mental health professional specifically to seek help with the impact of COVID-19, compared with 12% of the general public.

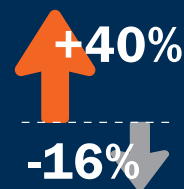
However, among Muslims who reported regular distress that interferes with their daily functioning (half the days or more), **only a third saw a mental health professional**, on par with the general public.



## American Muslims were more likely than the general public to rely on their faith and family to cope.



American Muslims are nearly twice as likely as the general public to say religion is an important part of their daily life (67% vs. 35%).



Muslims are more likely to say their religious practice has increased rather than decreased as a result of the pandemic (40% vs. decreased 16%) and are twice as likely as the general public to say so (40% vs 20%).

Muslims were more likely than the general public to report doing extra prayers (31% vs. 19%), and were twice as likely as the general public to read or listen to their holy book (30% vs. 14%).

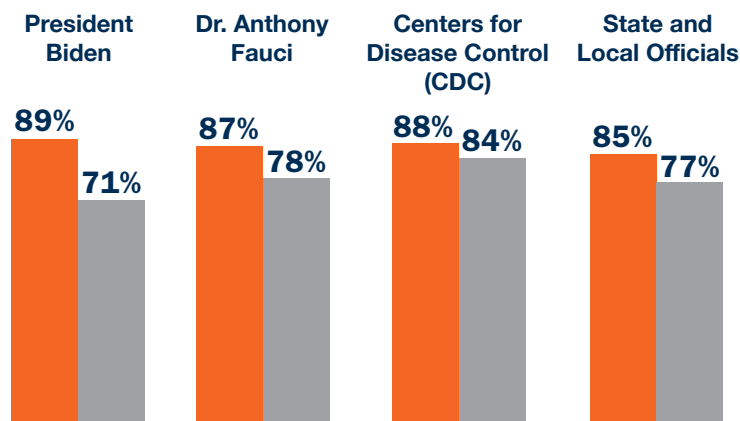


Muslims were also more likely than the general public to reach out to their friends and family for comfort (45% vs. 38%).

## Many Muslims looked to public officials and governmental entities as trusted sources of information and advice regarding COVID-19:

**Q** How much trust do you have in each of the following to provide accurate information regarding COVID-19?

■ American Muslims  
■ General Public



# RESILIENCE & SERVICE

American Muslims demonstrated resilience through service to others in year one of the pandemic.

In 2020, ISPU collected and documented American Muslim stories of service across nine sectors:



**Medical support** includes healthcare workers and public health officials continuing to serve in their existing positions.



**Food security and basic needs support** includes donations of food and household supplies.



**Education** includes teachers and administrators providing remote education and organization, from K-12 through university, as well as public educators providing translation services, community education, and more.



**Spiritual support** includes faith leaders, counselors, chaplains, and others involved in decision-making at houses of worship, hospitals, and universities providing both community leadership and individual support.



**Safety/PPE/supplies support** includes individuals and groups who provided, created, and financed the supply of Personal Protective Equipment (PPE) and medical supplies, including sewing masks, donating blood, and fundraising for equipment.



**Technology/innovation** includes the creation of new products, like testing kits, ventilators, and PPE, as well as new sterilization and sanitization processes.



**Civic engagement/policy/community leadership** includes those who work within their communities to influence decisions impacting public safety, from the closing of worship spaces, to facilitating voting by mail and census completion, to increasing understanding of new federal and state laws.



**Mental health** includes providing counseling and resources, as well as creating new avenues for community support during this time of crisis.



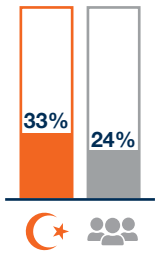
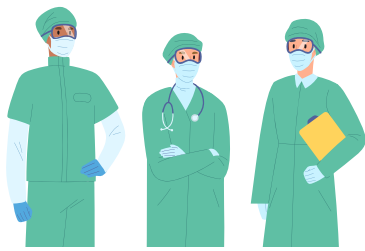
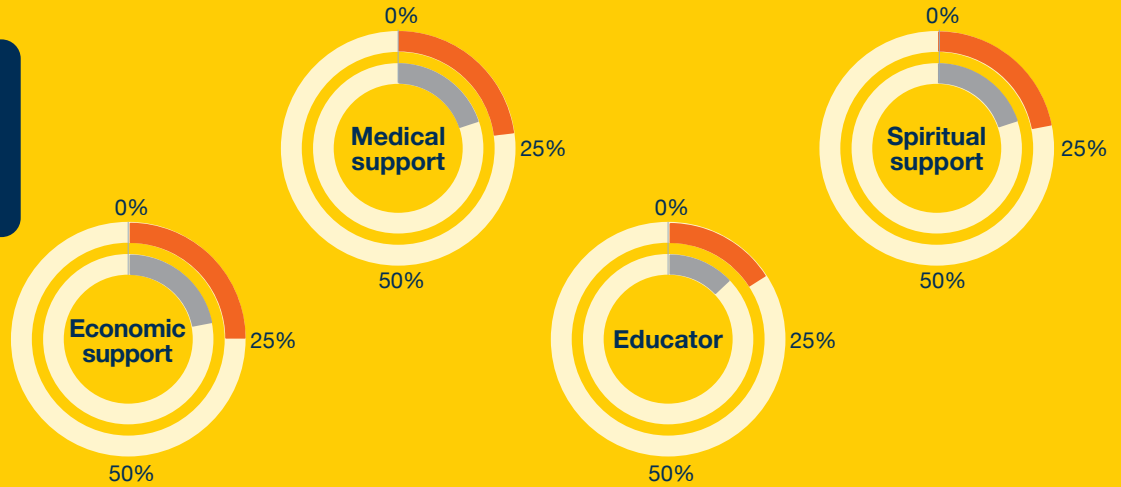
**Economic security support** includes financial contributions that do not fall into any other category.

# More than half of American Muslims helped other people in their community in response to COVID-19 (52% vs 39% of the general public).

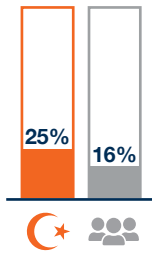
Among those who did provide help to others, American Muslims were more likely than the general public to donate PPE and provide mental health support

**Q** What type of contribution to other people have you provided in response to the COVID-19 crisis?

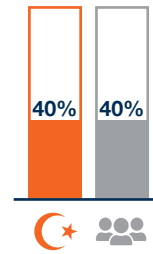
**American Muslims**  
**General Public**



One in three American Muslims (33%) who reported providing help during the pandemic provided PPE, compared with about one in four (24%) of the general public who did the same.



One quarter of American Muslims (25%) provided mental health support, compared with 16% of the general public.



The type of support provided most often, for both American Muslims and the general public, was help with food and basic needs at 40%.



## Despite facing significant economic hardship from COVID-19, American Muslims maintained a positive outlook regarding their finances.

Despite experiencing great financial losses and a higher rate of household poverty, American Muslims were as likely as the general public to say they are in good (44% of Muslims vs. 46% of the general public) or excellent (22% vs. 25%) financial standing.