

COVID-19

THE NEW NORMAL

Stay Safe and Healthy

- **Safer at Home.** As more businesses reopen with strict rules in place and people go out in greater numbers, there's still risk involved. Continue to stay at home as much as possible to avoid unnecessary exposure to COVID-19.
- **Maintain at Least 6 Feet of Social Distance.** Keeping at least 6 feet of physical distance between yourself and others helps prevent the spread of illness.
- **Clean Hands.** Wash your hands regularly and thoroughly with soap and water for at least 20 seconds, or use hand sanitizer with at least 60% alcohol if soap and water aren't available.
- **Mask Up.** Wear a mask or face covering in indoor public spaces and anytime in public when you are near others who are not in your immediate household. When you wear a mask you protect others, and when others wear a mask they protect you.

Be Familiar with the Symptoms

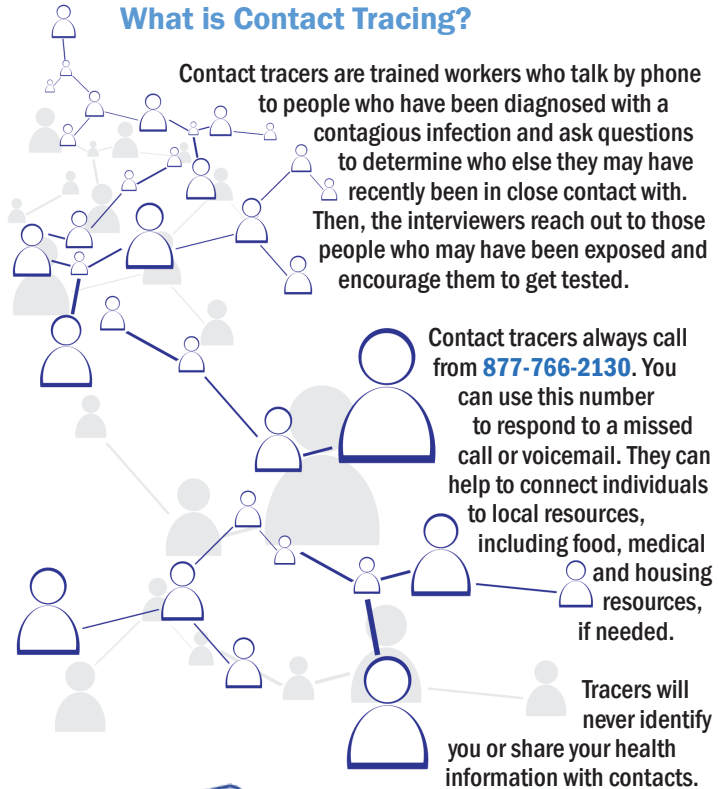
For confirmed infections, reported illnesses have ranged from infected people with little to no symptoms (similar to the common cold) to people being severely ill and dying.

Symptoms can include **cough** and **shortness of breath** or **difficulty breathing**, or at least two of the following symptoms:

- Fever
- Sore throat
- Muscle pain
- Chills
- Repeated shaking with chills
- New loss of taste or smell

It's critical that we are able to quickly identify and suppress any spread of COVID-19 as restrictions lift on our economy. That's why contact tracing and masking are so important.

What is Contact Tracing?



Where Can I Get Tested?

Tests sites are being set up throughout the state at the local level. Find the one nearest you using the map at <http://ldh.la.gov/COVID-19Testing>. Just enter your ZIP code to search.

Each testing facility has its own criteria for testing. Many sites require a medical provider submit a written referral to the testing site, while others don't. Contact the test site location or your healthcare provider for instructions before traveling to the test site.

If you believe you've been exposed to someone with COVID-19, contact your doctor or other primary healthcare provider for guidance.

Need more help?

- Department of Health COVID-19 website: <http://ldh.la.gov/coronavirus>
- General questions: Contact the Louisiana 211 Network by dialing 211, or text keyword LACOVID to 898-211 for the most current information
- Stressed, anxious or fearful?: Call the Keep Calm through COVID hotline, available 24/7, at 1-866-310-7977