



Be Safe and Thank You for helping protect yourself, your family and our community against COVID-19

The Louisiana Department of Health is working to help keep you and your community safe and healthy. Please answer the call from the Louisiana Department of Health Contact Tracing Team, or call us at **1-877-766-2130**. We're here to answer your questions and get you help. Sharing information about your COVID-19 experience can help others.

If you test positive for COVID-19 or think you have COVID-19

6 Steps to take care of yourself and help protect others from COVID-19

Stay home until it has been at least 10 days past when your symptoms first began, you have not had a fever for at least 24 hours, and your other symptoms have improved.

- Even if you do not develop symptoms, stay home for at least 10 days past when you tested positive. COVID-19 can still be passed to others even if you don't have symptoms.
- Physically separate yourself from others, including people in your household. Maintain at least a 6-foot distance from others at all times and wear a face covering.
- If you need essentials like groceries or medicine, ask someone to go for you. If you must go out, avoid using public transportation, wear a mask or a cloth face covering and maintain a 6-foot distance from others.

Get plenty of rest and stay hydrated.

Seek medical care if you have any of these symptoms: Trouble breathing, persistent chest pain or pressure, confusion, difficulty waking up, or bluish lips or face.

- If you need to seek medical care, please notify the health care provider in advance that you have tested positive for COVID-19. Avoid taking public transportation or a rideshare app, and wear a cloth face covering.

Wash your hands frequently and clean high touch surfaces like doorknobs, counter tops, light switches, handle of your refrigerator, etc.

Answer the call: You can help the Louisiana Department of Health Contact Tracing Team respond to COVID-19 by answering our call. If you have questions, **call us at 1-877-766-2130**.

Notify the people you had close contact with and let them know they should stay home for two weeks past when you last had close contact. Ask them to call the Louisiana Department of Health at 1-877-766-2130 for more information on what they can do to take care of their health.

For more information, dial 211, or visit ldh.la.gov/coronavirus and cdc.gov/coronavirus

If you or someone you know needs confidential counseling, please call the Keep the Calm Through COVID Counseling Hotline at 1-866-310-7977.



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If you have had close contact with a person who has COVID-19, the Louisiana Department of Health is here to help.

If you have had close contact with someone who has COVID-19, you are at increased risk of becoming infected.

- Close contact means that you have been within 6 feet of a person who has COVID-19 for more than 15 minutes during the time when the person may have been contagious.
- People with COVID-19 may be contagious starting from 2 days before their symptoms begin, or if they don't have symptoms, 2 days before the date they were tested.

4 Steps to keep you and your community safe from COVID-19 if you've had close contact:

Stay home and avoid others for 14 days, including people in your household. It can take up to 14 days from when a person is first exposed to COVID-19 for symptoms to develop. Please stay home, or quarantine, until 14 days after your last known exposure. Note: You can have COVID-19 and spread it even if you do not have symptoms – please stay home to keep other people around you safe.

- Maintain at least a 6-foot distance from others at all times. Avoid going to locations where you may come into contact with other people, including grocery stores, restaurants, bars, family gatherings, work, school, and public transportation.
- Wear a cloth face covering when around other people.

Monitor your symptoms: During this 14-day period, monitor your symptoms such as fever, cough, shortness of breath, loss of taste or smell, nausea, and muscle aches.

- **If you develop symptoms:** Isolate at home immediately and contact your health care provider. We recommend that you get tested for COVID-19. If you need to seek medical care, let your provider know in advance that you have had close contact with a person who had COVID-19, and wear a cloth face mask when you go.

Prevent the spread of COVID-19 in your home:

- Wash your hands frequently and clean high-touch surfaces daily (such as doorknobs, counter tops, light switches, refrigerator handles, tables).

Answer the call: If you have been in close contact with a person who has COVID-19, a Louisiana Department of Health Contact Tracing Team staff member may call you to provide information and get you help. If you have questions, **call us at 1-877-766-2130.**

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