Take Action

COVID-19 symptoms

- Cough
- Shortness of breath or difficulty breathing
- Or at least two of these symptoms:
  - Fever
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - New loss of taste or smell

Mask up

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face

Testing

- If you have symptoms or you feel like you or your child have been exposed, call your doctor or 211 to find out where to get tested

Lower your risk

- Stay home when sick
- Avoid crowds whenever possible
- Wash your hands often with soap and water or use hand sanitizer with at least 60% alcohol
- Encourage children to stay at least 6 ft apart

Contact tracing

- The call will come from the Louisiana Department of Health at this number: 877-766-2130
- You can call the number back as well

Resources

- Louisiana 211 Statewide Network
- Louisiana Department of Health
- Office of the Governor
- CDC Website
- Keep Calm through COVID Line: 1-866-310-7977