

# DEFEND AGAINST COVID-19

## Three key messages

- **Stay Home.** Follow the Governor's Stay at Home Order. Only leave your home if it is necessary for essential work or for essential items. The Order expires April 30.
- **Defend Against COVID-19.** Symptoms of COVID-19 include fever, cough and shortness of breath. Recognize the symptoms. Cover your cough. Wash your hands. Stay home especially if you are sick.
- **Maintain a Social Distance of 6 Feet.** Social distancing means keeping 6 feet of physical space between yourself and others. This helps prevent the spread of illness.

## Questions about coronavirus?

If you have questions about the coronavirus, please contact the Louisiana 211 Network by dialing 211. Or, you can text the keyword LACOVID to 898-211 for the most current information about the outbreak as it becomes available.

## Stressed about COVID-19? We're here to talk

If you feel overwhelmed with stress, fear or anxiety about this public health emergency, you can call the Keep Calm through COVID hotline at **1-866-310-7977**. The hotline is available 24/7 and connects you to trained, compassionate counselors who can offer support and who can direct you to mental health and substance abuse counseling services. All calls are confidential.

## 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:

- Fever
- Cough
- Shortness of breath/difficulty breathing



If you have high blood pressure or diabetes you are at greater risk of complications from COVID-19

Defend



Yourself

## Additional Data on COVID-19 Deaths in Louisiana

Race	
American Indian/Alaska ..	0.00%
Asian	0.90%
Black	70.48%
Native Hawaiian/PI	0.00%
Other	0.00%
Unknown	0.00%
White	28.61%

Ethnicity	
Hispanic/Latino	2.00%
Non-Hispanic/Latino	98.00%

Underlying Conditions	
Asthma	4.66%
Cancer	9.92%
Cardiac Disease	22.67%
Chronic Kidney Disease	25.10%
Congestive Heart Failure	11.54%
Diabetes	43.52%
Hypertension	66.40%
Neurological	10.93%
Obesity	24.70%
Pulmonary	13.97%

Statistics as of April 6, 2020

Black and American Indian/Alaska Native adults have a higher prevalence of high blood pressure compared with all other racial and ethnic groups. Research suggests that this is likely due to stress caused by social and economic factors rather than by biological differences. (Source: America's Health Rankings)