

COVID-19:

WHAT YOU NEED TO KNOW



**LOVE OUR
COMMUNITY**

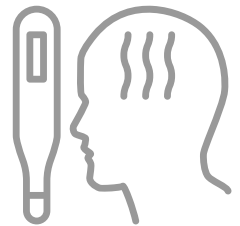


MASK 101

Wearing a Cloth Face Cover or Mask

Cover your mouth and nose with a cloth face cover or mask when around others.

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



Symptoms Can Include the Following:

- Fever
- Cough
- Shortness of breath/
difficulty breathing



Hand Washing

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Using & Disposing of a Mask

- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- To remove the mask, remove it from behind (do not touch the front of mask). If soiled or damaged, discard immediately; otherwise, store properly. Clean hands with alcohol-based hand rub or soap and water.



How It Spreads

- Respiratory droplets produced when coughing and sneezing
- Close personal contact
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes



Are You In Need?



Food

If you are in need of food today, here are some options:

- **Call a friend** – many friends and loved ones are looking for ways to help during this time. If they are able to bring you food, remember to stay 6 feet away from them at all times.
- **Call 211 (337-232-HELP)** to find the nearby food pantry.
- **Apply for SNAP (Supplemental Nutrition Assistance Program) benefits:**

Text GETSNAP (no spaces) to 898-211

Call 1-888-LA-HELP-U (1-888-524-3578)

Mental Health

Your mental health is important during this challenging time. There are a lot of available resources you can access right now if you need to talk to someone.

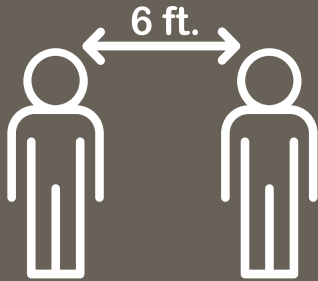
- Call 1-866-310-7977 | Available 24 hours a day

If you or someone you care about is feeling overwhelmed with emotions like sadness, depression, or anxiety, or if you feel like you want to harm yourself or others, please call the following:

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)



Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.



Social Distancing

Limiting face-to-face contact with others is the best way to reduce the spread of COVID-19. Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social distancing:

- Stay at least 6 feet (2 meters) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings



Helpful Resources

All About COVID-19

COVID-19 FAQs for Louisiana: www.la211help.org

Louisiana Department of Health: www.ldh.la.gov

Centers for Disease Control: www.cdc.gov

World Health Organization (WHO): www.who.int



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info@loveourcommunityfoundation.com