

# Safety Precautions

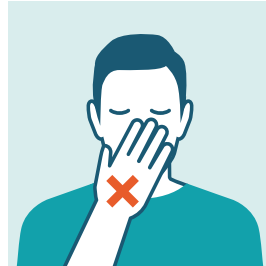
 Coronavirus (COVID-19)



Wash your hands often



Cover your nose and mouth when coughing and sneezing



Do not touch your face



Clean and disinfect commonly touched surfaces



Stay at home if you feel sick

# Signs and Symptoms

## Allergies

Sneezing  
Itchy nose, eyes or roof of the mouth  
Runny, stuffy nose  
Watery, red or swollen eyes

## Flu

Fever  
Cough  
Muscle aches  
Fatigue & weakness  
Chills & sweats  
Congestion  
Sore throat

## Coronavirus

Fever  
Cough  
Shortness of breath or difficulty breathing  
Symptoms appear 2-14 days after exposure

# Community Resources

**For Up to Date, factual information follow:**

Louisiana department of Health @laDeptHealth  
Red Stick Ready @redstickready

**For questions about Coronavirus dial:**

211

**More information for schools, faith-based organizations, caregivers, businesses, pregnant women & children visit**

Coronavirus.gov



**Brought to you by:**



# If you are experiencing signs or symptoms of the Flu or Coronavirus

## BEFORE YOU ACT, CALL 211 LOCALLY OR:

Baton Rouge Clinic	(225) 769-4044	Ochsner	(866) 231-5257
Baton Rouge General	(225) 763-4500	Open Healthcare Clinic	(225) 655-6422
Baton Rouge Primary Care Collaborative	(225) 774-1120	Our Lady of the Lake	(225) 765-5500
Care South	(225) 650-2000	Patient Plus	(225) 408-7587
Lane Regional	(225) 654-3607	St. Gabriel Health Clinic	(225) 930-4922
		Woman's Hospital* <i>*if pregnant</i>	(225) 924-8321

## You can also be seen by medical professionals by going to:

Baton Rouge Clinic	Visit <a href="http://brclinic.com">brclinic.com</a> or download our app
Baton Rouge General	Visit <a href="http://brgeneral.org/coronavirus-information">brgeneral.org/coronavirus-information</a>
Baton Rouge Primary Care Collaborative	Visit <a href="http://brpcc.org">brpcc.org</a>
Care South	Visit <a href="http://caresouth.org">caresouth.org</a>
Lake After Hours	Visit <a href="http://lakeafterhours.com">lakeafterhours.com</a>
Lane Regional	Visit <a href="http://lanermc.org">lanermc.org</a>
Ochsner	Visit <a href="http://Ochsner.org/anywherecare">Ochsner.org/anywherecare</a> or download the Ochsner Anywhere Care app
Open Healthcare Clinic	Visit <a href="http://ohcc.org">ohcc.org</a>
Our Lady of the Lake	Visit <a href="http://ololrmc.com/videovisits">ololrmc.com/videovisits</a>
Patient Plus	Visit <a href="http://patientplusuc.com">patientplusuc.com</a>
St. Gabriel Health Clinic	Visit <a href="https://facebook.com/stgabrielhealthclinic">facebook.com/stgabrielhealthclinic</a>
Woman's Hospital	If you are pregnant, visit <a href="http://womans.org">womans.org</a>