CORONAVIRUS
SAFETY ADVICE AND TIPS

SOME COMMON SYMPTOMS
If you have any COVID-19 symptoms, you cannot come on campus.

Fever
Cough
Chest pain or pressure
Shortness of breath
Muscle Pain
Chills
Sore Throat
Headache

Other possible symptoms: loss of taste and smell, stomach trouble, new confusion, bluish lips or face and inability to stay awake.

If you have symptoms or may have been exposed to the virus, you must remain at home or in your on-campus residence.

Contact your primary care physician or Student Health Services at studenthealth.louisiana.edu for advice and to receive clearance before returning to campus.

PREVENTION
Wash hands with soap and water for at least 20 seconds. If you cannot wash your hands, use hand sanitizer.
Avoid crowds or gatherings. Keep a distance of 6 feet between yourself and others.
Cover your mouth and nose with tissue or elbow when sneezing.
Wear a mask or cloth face covering to protect others in public areas.
Avoid touching your eyes, nose or mouth.
Increase ventilation, open windows when possible.

IF YOU FEEL SICK OR WERE EXPOSED TO COVID-19
If you are told to quarantine or isolate because you have been exposed to COVID-19 or are presumed positive because of symptoms and testing, complete the isolation and quarantine form only at https://bit.ly/2W3y8z2

RESOURCES
CAMPUS COVID-19 INFORMATION
louisiana.edu/covid19
STUDENT HEALTH CENTER
studenthealth.louisiana.edu
COUNSELING AND PSYCHOLOGICAL SERVICES
counselingandtesting.louisiana.edu
CENTERS FOR DISEASE CONTROL
cdc.gov
LOUISIANA DEPARTMENT OF HEALTH
ldh.la.gov/coronavirus

REPORTING ABSENCES
Use the Dean of Students’ Absence Reporting Form if you will be absent from class because of personal or health reasons.

Email documentation of your absence to deanofstudents@louisiana.edu.
Include your name in the subject line.