

# 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.

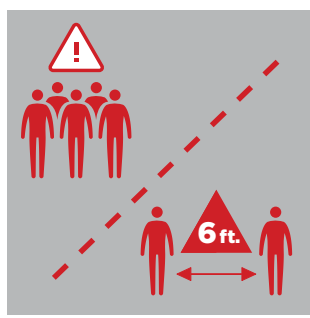
If you have symptoms or may have been exposed to the virus, you must remain at home or in your on-campus residence.

Contact your primary care physician or Student Health Services at [studenthealth.louisiana.edu](http://studenthealth.louisiana.edu) for advice and to receive clearance before returning to campus.

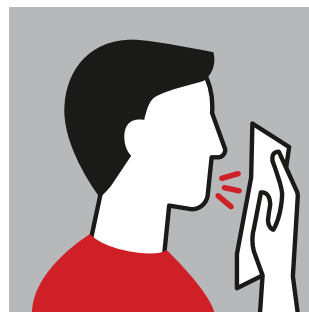
### PREVENTION



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.



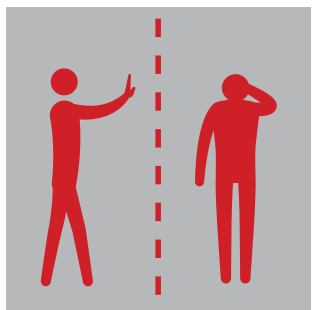
Cover your mouth and nose with tissue or elbow when sneezing.



Wear a mask or cloth face covering to protect others in public areas.



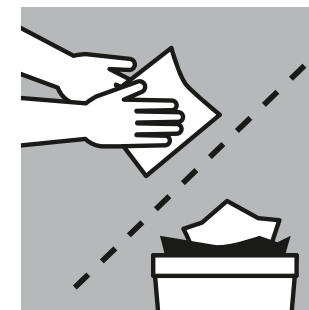
Avoid touching your eyes, nose or mouth.



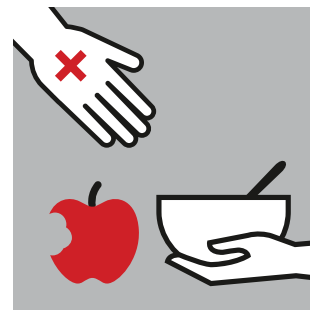
Avoid contact with sick people.



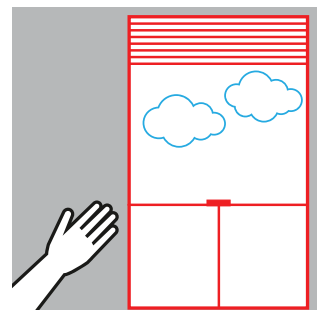
Keep objects and surfaces clean.



Put tissues in the trash bin and wash hands.



Do not share eating utensils and food.



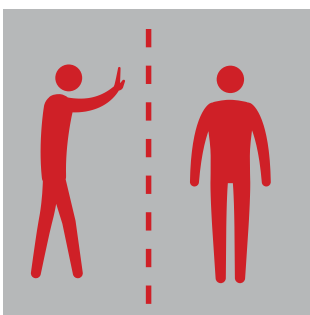
Increase ventilation, open windows when possible.

### IF YOU FEEL SICK OR WERE EXPOSED TO COVID-19

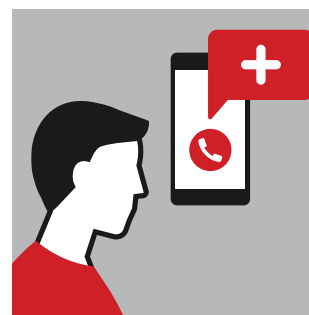
If you are told to quarantine or isolate because you have been exposed to COVID-19 or are presumed positive because of symptoms and testing, complete the isolation and quarantine form only at <https://bit.ly/2W3y8z2>



Stay in your residence.



Avoid contact with others. If you live in an apartment, inform your housemates.



If you become sick, call the Student Health Center at (337) 482-1328.

### 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](mailto:deanofstudents@louisiana.edu). Include your name in the subject line.

### RESOURCES

**CAMPUS COVID-19 INFORMATION**  
[louisiana.edu/covid19](http://louisiana.edu/covid19)

**STUDENT HEALTH CENTER**  
[studenthealth.louisiana.edu](http://studenthealth.louisiana.edu)

**COUNSELING AND PSYCHOLOGICAL SERVICES**  
[counselingandtesting.louisiana.edu](http://counselingandtesting.louisiana.edu)

**CENTERS FOR DISEASE CONTROL**  
[cdc.gov](http://cdc.gov)

**LOUISIANA DEPARTMENT OF HEALTH**  
[ldh.la.gov/coronavirus](http://ldh.la.gov/coronavirus)

