

SETTING UP YOUR COVID-19 SICK ROOM

As our New Orleans emergency rooms and ICUs are overwhelmed with critically ill patients, the CDC (Center for Disease Control) tells us that very mild cases of COVID-19 should be managed at home. There are currently no vaccines or drugs that cure this virus, so having your sick room ready in case you need it is a smart plan. Coming soon local facilities taking those with mild symptoms of COVID-19 to prevent the spreading of the virus. keep checking [ready.nola.gov/](https://www.ready.nola.gov/) or call 2-1-1 for up to date information.

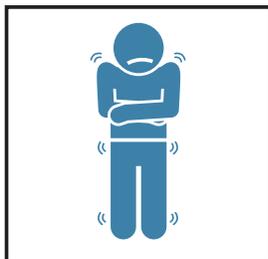


NOMC's medical team has been led by Catherine Lasperches, FNP since September 2004.

PHOTO CREDIT: ELSA HAHN

COVID-19 SYMPTOMS

PROTECT OTHERS. DON'T VENTURE OUTSIDE OF YOUR HOUSE IF YOU EXPERIENCE ANY OF THESE COVID-19 SYMPTOMS:



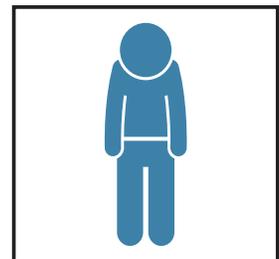
FEVER ABOVE 100.4 DEGREES



COUGH



SHORTNESS OF BREATH

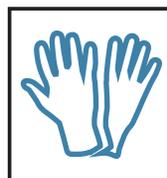


FEELING ILL

IF YOU'RE SICK, AVOIDING INFECTING YOUR HOUSEMATES



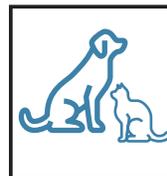
Use a separate set of dishes, cups, cutlery, bedding and towels. Wash them after each use separately from your household members.



Wear rubber gloves if you need to touch anything outside of your room. Change them every time you go out of your sick room.



Keep your home clean. Have someone who is not sick sanitize common areas and frequently-touched surfaces (the remote control, doorknobs, light fixtures) while you tend to your "sick room."



If you have a pet: avoid kissing or snuggling them. The CDC says there is no evidence that household pets can be infected by COVID-19; however, further studies are needed to draw concrete conclusions. If you do touch your pet, wash your hands immediately afterward.



Frequent hand washing is ideal (World Health Organization published visual instructions for efficient scrubbing), using hand sanitizer with a minimum of 60% alcohol (if you can find it!) and don't touch your eyes, nose or mouth. Frequently clean your phone and computer.



Stay in touch with your medical provider by phone if your symptoms worsen. Call 911 if you feel the immediate need to get medical help.



**BE KIND AND STAY SAFE.
YOUR LIFE MATTERS.**

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