

# NO SHAME IN HAVING COVID-19: IT'S A PANDEMIC



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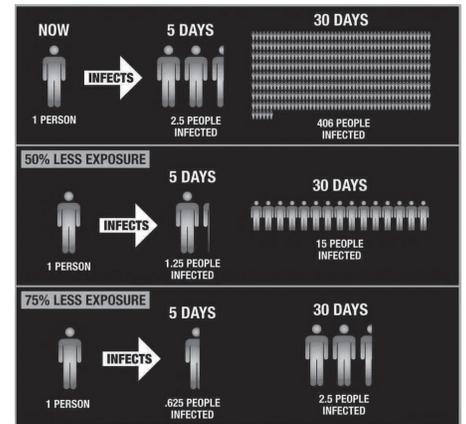
## SAVE LIVES AND LET OTHERS YOU HAVE BEEN IN CONTACT KNOW.

The fact is that secrets and stigma spread COVID-19. In Louisiana we are learning that lack of communication is leading to the spread of the virus.

COVID-19 can spread extremely quickly; one contact could turn into 30+ infected individuals.

**WARN OTHERS:** You can MAKE A DIFFERENCE and SAVE LIVES by letting people know you have COVID-19 or have been exposed to someone who has tested positive for COVID-19.

Did you know that each virus “host” can spread COVID-19 to 2-4 other people without even knowing? This means that if you have come within 6-12 feet of someone when you think you may have coronavirus, they have a high chance of getting the infection from you.



## WHEN should you say something?

You need to say something as soon as you learn that you have been exposed to coronavirus by another person who has tested positive. You should also say something as soon as you feel ill or have a fever or cough.



## HOW should you figure out who to tell?

Think back on everyone you had contact with or places you visited during the 14 days before you became sick. Use this info to try to figure out the date you were exposed to COVID-19. Think about when you had the first symptoms of the virus and/or when you tested positive.



## WHO should you tell?

Call or email **all those you had contact with who are at high-risk** including elders, people with chronic diseases, and first responders and health workers. Doctors define “close contact” as 10 minutes or more of face-to-face interaction.

### A sample phone call or email could be:

*“I have been feeling a bit ill, so I got tested for COVID-19. I am waiting for the results now but I want to let you know that you may want to self-quarantine, get tested and let everybody around you know. I apologize for putting you in this uncomfortable position. The most important thing is that you stay safe.”*

**FOR INFO ON TESTING AND COVID-19 TREATMENT  
CALL YOUR PRIMARY M.D., DIAL 2-1-1 OR VISIT [READY.NOLA.GOV](https://www.ready.nola.gov)**

Mama Jamilah has been the volunteer director of NOMC’s community health outreach since 2006. She is not only a community health advocate and registered nurse, but a dancer, percussionist, and choreographer who is the co-founding coordinator of Sistahs Making A Change at Ashe Cultural Arts Center. Jamilah brings a wealth of cultural experiences to NOMC&AF and Sistahs as together we advocate for our community during the COVID-19 crisis.



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

[NOMAF.ORG/COVID19](https://www.nomaf.org/covid19) | 504 412-1366