

## Coronavirus (COVID-19) Update

March 13, 2020

The Centers for Disease Control and Prevention and Louisiana's COVID-19 Task Force, led by the Louisiana Department of Health, continue to closely monitor the Coronavirus outbreak.

### Symptoms

Symptoms can include:

- Fever
- Cough
- Shortness of breath/difficulty breathing

### Everyone has a Role to Reduce the Transmission of COVID-19

Currently the risk to the general public is low, but [some people have a higher risk of getting very sick from Coronavirus](#). Older adults and people who have severe underlying chronic medical conditions (like heart or lung disease or diabetes) seem to be at higher risk for developing more serious complications from the Coronavirus.

Our goal is to slow the spread of Coronavirus to prevent overwhelming our healthcare system. And, we need to work at preventing people in the high risk category from becoming infected.

### What should EVERYONE do?

- Wash your hands often for 20 seconds with soap and water or hand sanitizer
- Cover your cough or sneeze a disposable tissue or inside of your elbow
- Clean surfaces frequently
- Stay away from people who are sick
- Limit large gatherings of people
- If you are sick stay home except to get medical care and wear a protective mask when near people

### Additional Action Steps for People Who are High Risk:

- Stock up on supplies
- Avoid crowds as much as possible
- Stay home if there is a COVID-19 outbreak in your community

### Extra Support

People with disabilities, older adults, and the organizations that support them in their communities should ensure their needs are taken into consideration. Many of these individuals live in the community, and many depend on services and supports provided in their homes or in the community to maintain their health and independence. Pay special attention to information and instructions published by the [Louisiana Department of Health](#) and the [Centers for Disease Control](#).

### Contact Us

LaDDC News is the electronic newsletter for the LA Developmental Disabilities Council. If there are any questions about the information above, contact the Council by replying to this email, or calling the toll free number listed below:

phone: 1-800-450-8108

email: [info@laddc.org](mailto:info@laddc.org)

website: [www.laddc.org](http://www.laddc.org)

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