Protecting Yourself from the Coronavirus

The coronavirus (2019-nCoV) outbreak originating in Wuhan, China has been declared a public health emergency of international concern by the World Health Organization (WHO). Public health officials are leading the work to limit the impact and spread of this infectious disease.

The Louisiana Department of Insurance would like to provide some resources to keep you informed about this developing situation and suggest some simple steps you can take to help reduce the spread of this disease.

Coronavirus Transmission

The virus can spread from person to person, mainly through droplets of saliva or mucus carried in the air for up to six feet when an infected person coughs or sneezes. It can also be transferred when shaking hands, sharing a drink with a person who is infected with the virus, or touching a contaminated surface with your hands and then touching your eyes, nose or mouth.

How to Protect Yourself

According to the Centers for Disease Control and Prevention (CDC), there are several precautions you can take to help protect yourself. They include:

• Washing your hands often with soap and water for at least 20 seconds.

• Avoiding touching your eyes, nose, or mouth with unwashed hands.

• Avoiding close contact with people who are sick.

• Staying home if you are sick, except to get medical care.

• Covering your mouth and nose when you cough or sneeze. Throw the tissue away and wash your hands.

• Cleaning and disinfecting objects and surfaces you touch.

If you're sick and aren't feeling well, you should stay home from work and/or school and drink lots of fluids. Taking care of yourself can help ensure your recovery and reduces the likelihood that you may spread any illness to others.

The following websites provide useful information about the spread of the virus and what you can do to stay healthy.

Centers for Disease Control Coronavirus 2019

World Health Organization Coronavirus Disease Outbreak

Louisiana Department of Insurance   1-800-259-5300
Jim Donelon, Commissioner   www.ldi.la.gov