

A message from our health services manager

September 3, 2021

COVID Precautions As Vital As Ever

As COVID-positive cases remain high in both Louisiana and Texas, remember the importance of protecting yourself and those around you. It is just as vital today as it has been throughout the pandemic that we all take every precaution to stop the spread or potential spread of infection. Social distancing, wearing a mask within 6-feet of others, covering your coughs and sneezes, washing your hands, and wiping down surfaces often are all precautions and steps for safety we should be practicing daily.

But, if you become ill, the number one way to stop the spread of infection is to not report to work sick. You should first call Legacy Health & Wellness or your healthcare provider. If you become ill at work, notify your supervisor and go straight to your vehicle, then call Health Services or Legacy for direction and to schedule testing.

Right now, it is hard to tell the difference between a cold, the flu, sinusitis, or COVID symptoms. Any one of the following symptoms could be a symptom of COVID and requires medical guidance:

- Fever (>99.5) or chills/sweats (fever in a healthy adult is abnormal – it is a key symptom to report)
- Body aches and pains
- Fatigue
- Shortness of breath or chest tightness
- Headache
- Sinus pain, pressure, stuffy/runny nose
- Sore throat
- Cough
- Altered taste or smell
- Nausea, vomiting, diarrhea

Remember, you are doing others a service by following these three simple steps: Stop, call first, and get tested.



**Collene
Van Mol, RN**