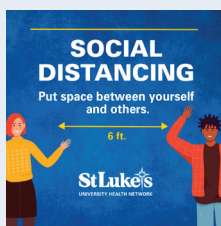


Public health emergencies, such as this pandemic, are stressful times for people and communities. St. Luke's is committed to doing everything we can to ensure your safety and that of the general public. We are diligently working to address the COVID-19 pandemic in our community.

We can all play an important role in preventing COVID-19 spread by following these health and safety practices:

- Wear a mask properly (over nose & mouth)
- Wash hands for 20 seconds
- Social distance 6 feet
- Avoid large crowds



Reducing the Stigma

Fear and anxiety about a disease can lead to social stigma, which is a negative association and beliefs toward people, places, or things. For example, *stigma and discrimination can occur when people link a disease, such as COVID-19, with a population, community, or nationality.* Stigma can also happen after a person has recovered from COVID-19 or has been released from home isolation or quarantine.

Get the Facts. Reduce Stigma!

Education can reduce the stigma so we can get the help we need and stop the spread.

Facts, not fear, will stop the spread of the coronavirus.

- No single person or group of people are more likely than others to spread COVID-19.
- Refrain from talking negatively about those who may have had COVID-19 and encourage others to talk with their health care provider if they have any questions or concerns.
- Stigma can lead to labeling, stereotyping, discrimination, and other negative behaviors toward others.

If you think you have been exposed to COVID-19 and develop a fever and symptoms such as a cough or difficulty breathing, call your Primary Care Provider (or if you don't have one call 1-866-STLUKES, option 7).



COVID-19 Symptoms

View our comparison chart showing the differences between COVID, allergies, cold and flu.

	COVID-19	Allergies	Cold	Flu
COUGH	Red	Orange	Yellow	Red
FEVER	Red	Orange	Blue	Red
SHORTNESS OF BREATH	Red	Orange	White	White
BODY ACHES	Orange	White	Red	Red
HEADACHE	Orange	Orange	Blue	Red
FATIGUE	Orange	Orange	Orange	Red
SORE THROAT	Orange	White	Red	Orange
DIARRHEA	Yellow	White	White	Orange
RUNNY NOSE	Blue	Red	Red	Orange
SNEEZING	Blue	Red	Red	White
WATERY EYES	White	Red	White	White

Key

- Red: Frequently
- Orange: Sometimes
- Yellow: Little
- Blue: Rarely
- White: None

LEARN MORE!

You can stop the spread and protect yourself and others.

- St. Luke's Coronavirus Information: www.slhn.org/covid-19
- St. Luke's Community and School Recommendations: www.slhn.org/covid-19/protect-yourself/back-to-school-recommendations
- Centers for Disease Control and Prevention Reducing Coronavirus Stigma: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma
- World Health Organization: www.who.int
- St. Luke's Wellness 101 www.slhn.org/covid-19/protect-yourself/helpful-videos