



March 12, 2020

MEMORANDUM

To: Northeast Delta Human Services Staff and Contractors

From: Dr. Monteic A. Sizer, Executive Director

Re: Important Notice about Coronavirus (COVID-19)

With the recently reported cases of COVID-19 in Louisiana, it is more important than ever that we are appropriately prepared for the potential of this disease to spread quickly into our region. Our interaction with many vulnerable populations in this area, including seniors, children, those with behavioral healthcare issues, and those with compromised immune systems, requires us to be diligent in implementing provisions to prevent the spread of illness in our clinics and offices.

One of the most effective ways to prepare yourself for a situation like this is to seek out information from credible sources. Attached to this email, you will find several informational articles regarding how to respond to this type of situation. Attachments include:

- Psychological Impact of Quarantine
- Coping with Infection Outbreaks (SAMHSA)
- Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak
- Talking to Young Children about Coronavirus
- Mental Health Considerations During COVID-19 Outbreak

For additional information regarding Louisiana-specific response to COVID-19, you are encouraged to visit the Louisiana Department of Health's website at <http://ldh.la.gov/> and the Louisiana Governor's Office website at <https://gov.louisiana.gov>. Northeast Delta will also be sharing pertinent information about this situation on the agency's social media platforms from the Louisiana Governor's Office, LDH, and the CDC.

Northeast Delta employees are encouraged to take the necessary precautions to protect themselves, as well as their family members, co-workers, clients, and other members of the community. Often the most straightforward actions, such as washing your hands more often, can be the best defense against the spread of illness. Watch this video from the CDC for more recommendations on how to stay healthy: <https://www.facebook.com/CDC/videos/834777103708099/>