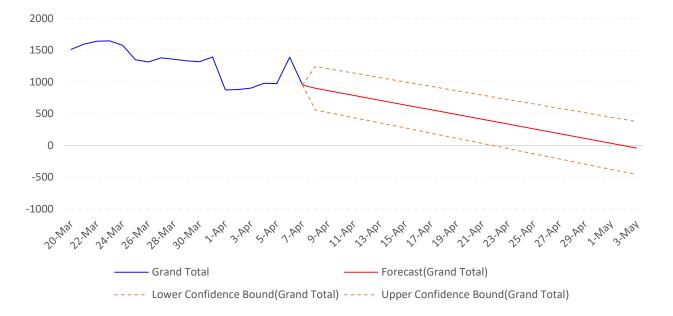
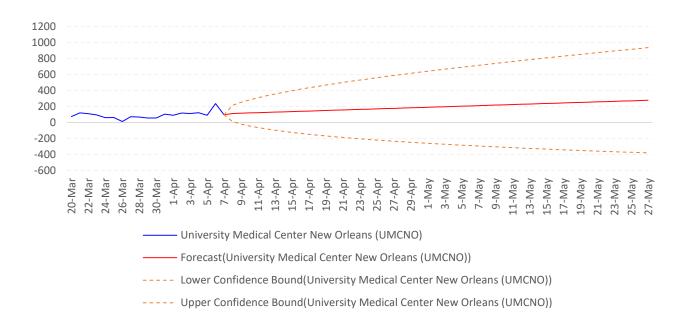
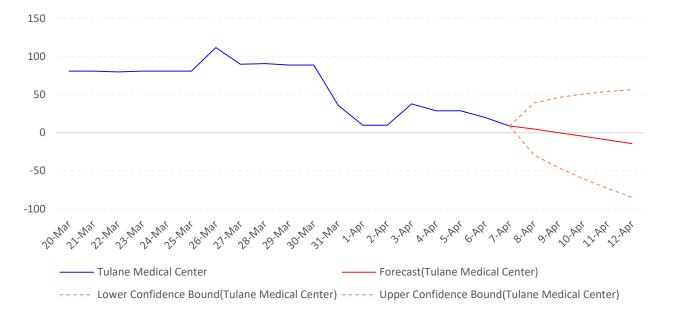
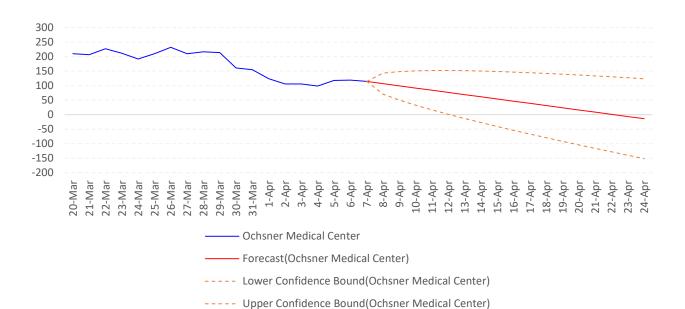


Predicted hospital bed full saturation

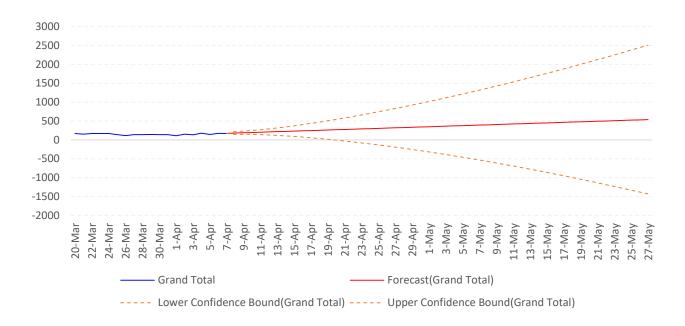


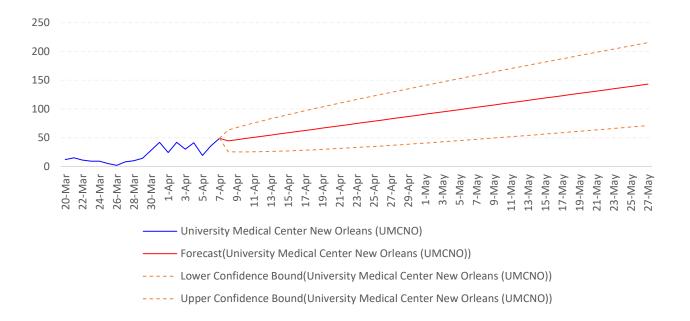


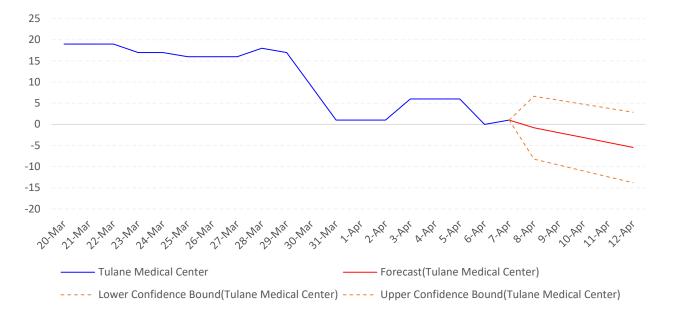


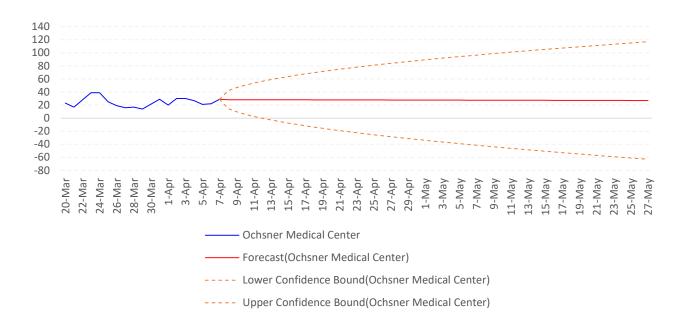


Predicted hospital bed full saturation

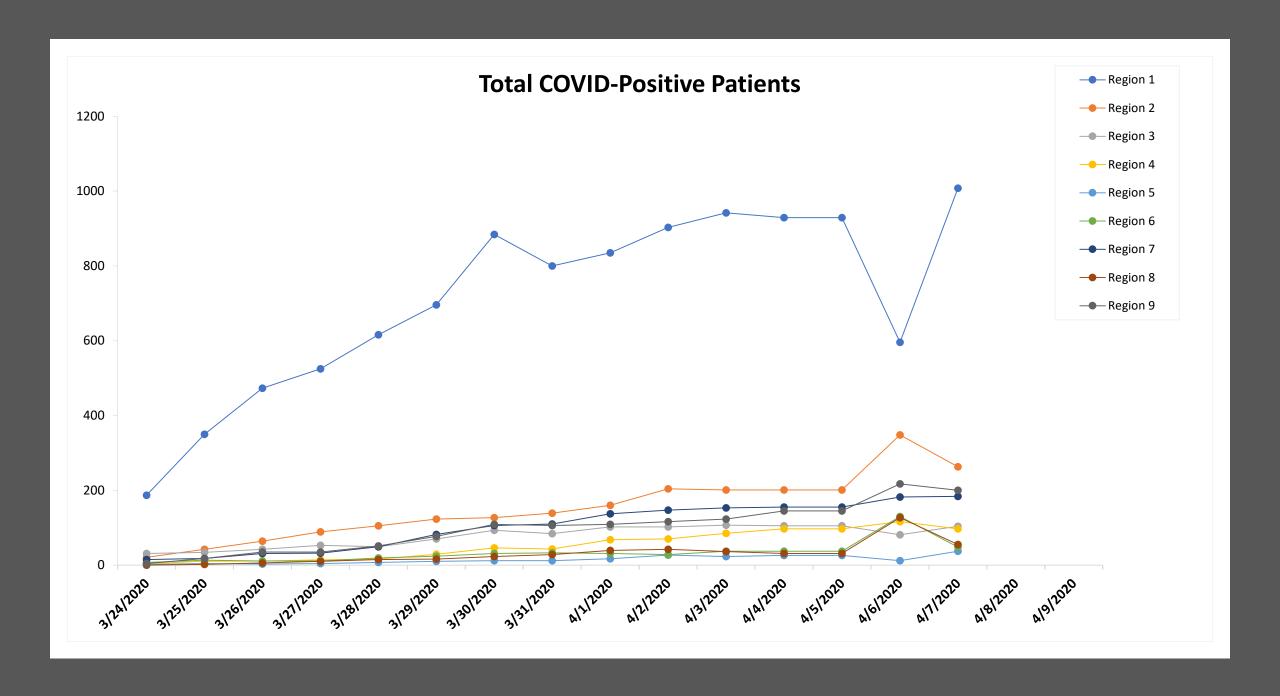


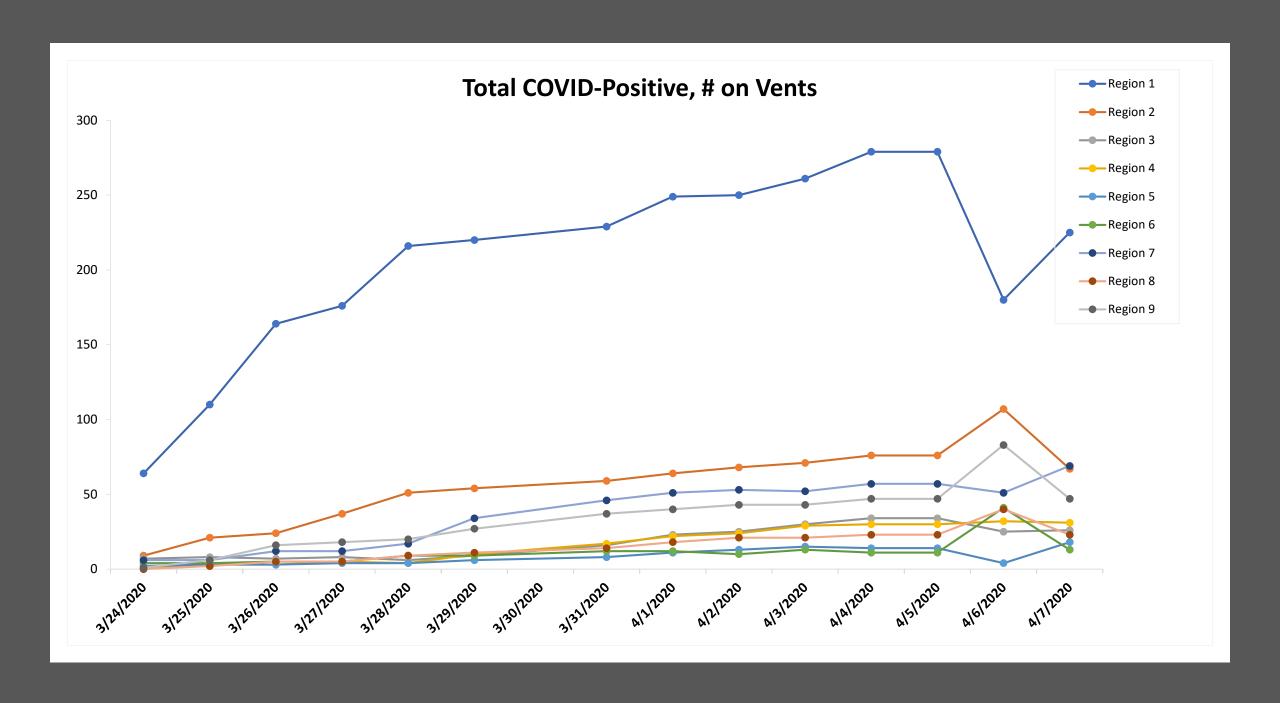


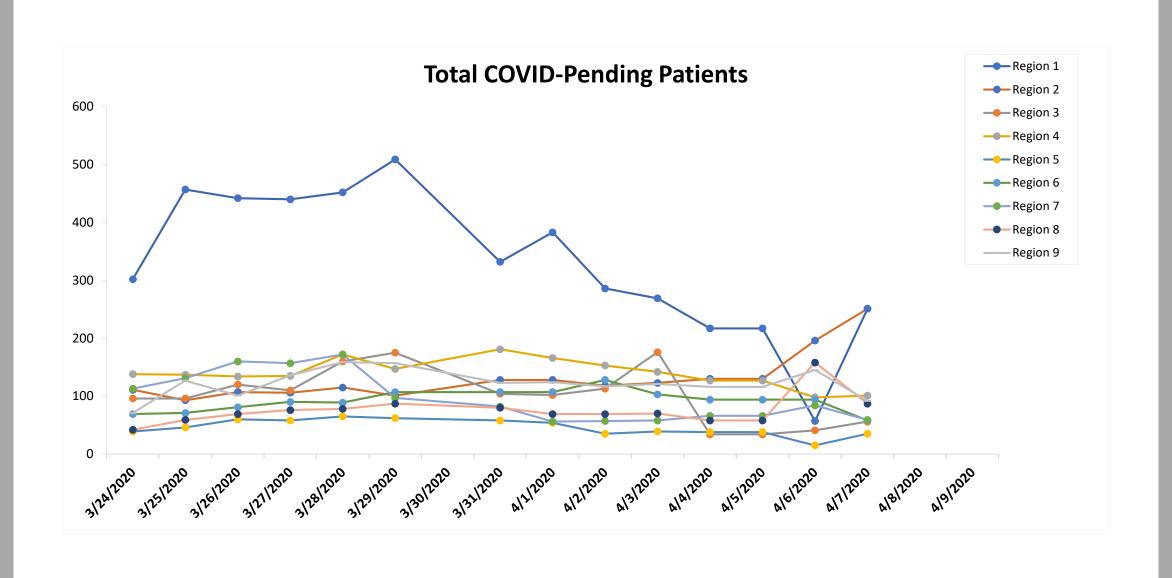


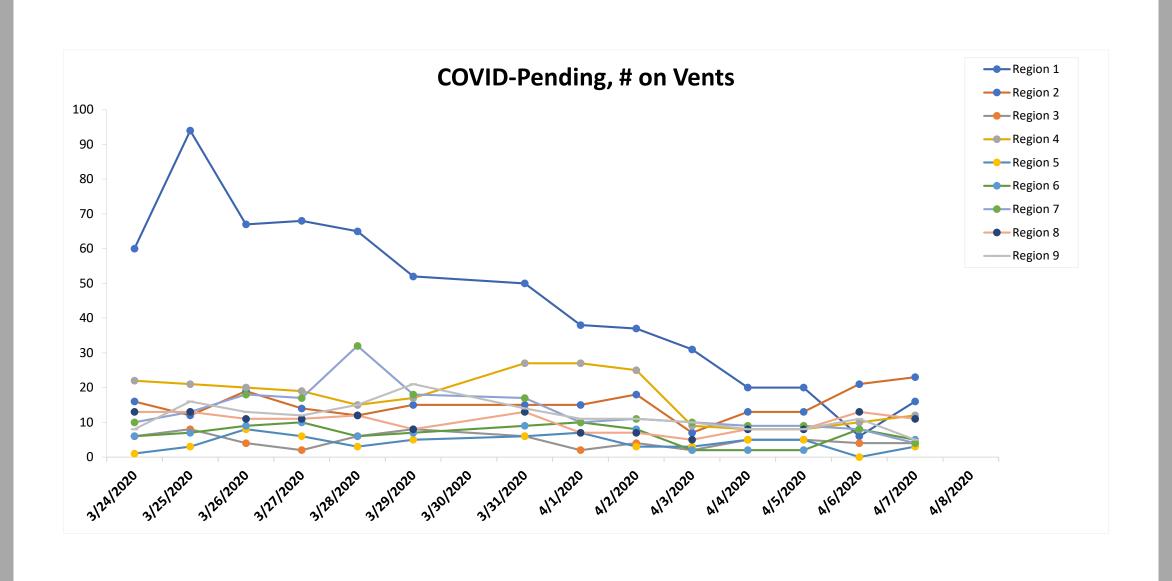


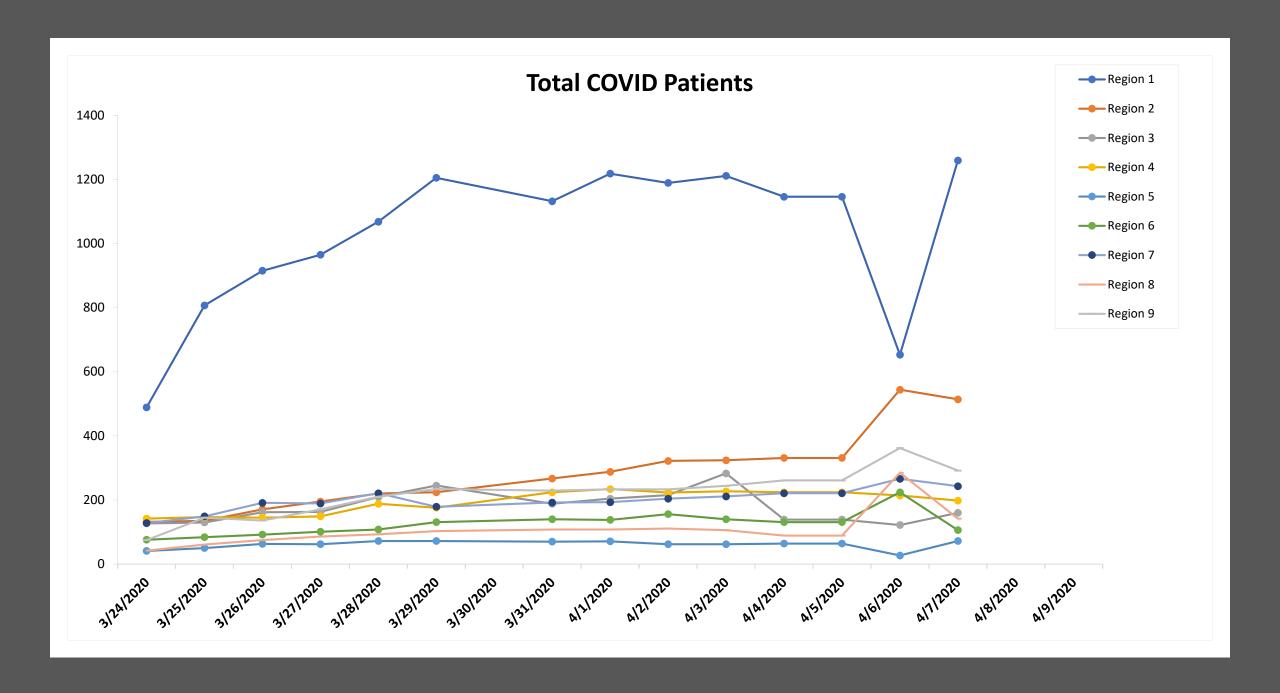
Preliminary Hospitalized COVID-19 Patient Data

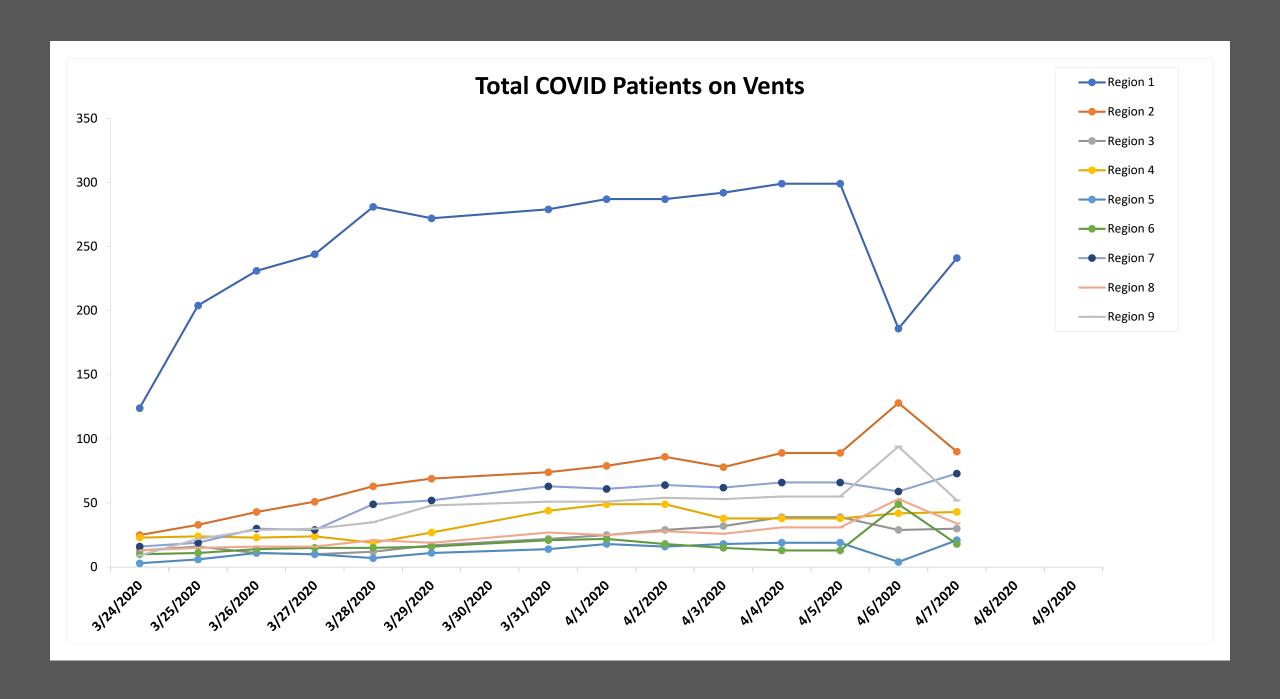


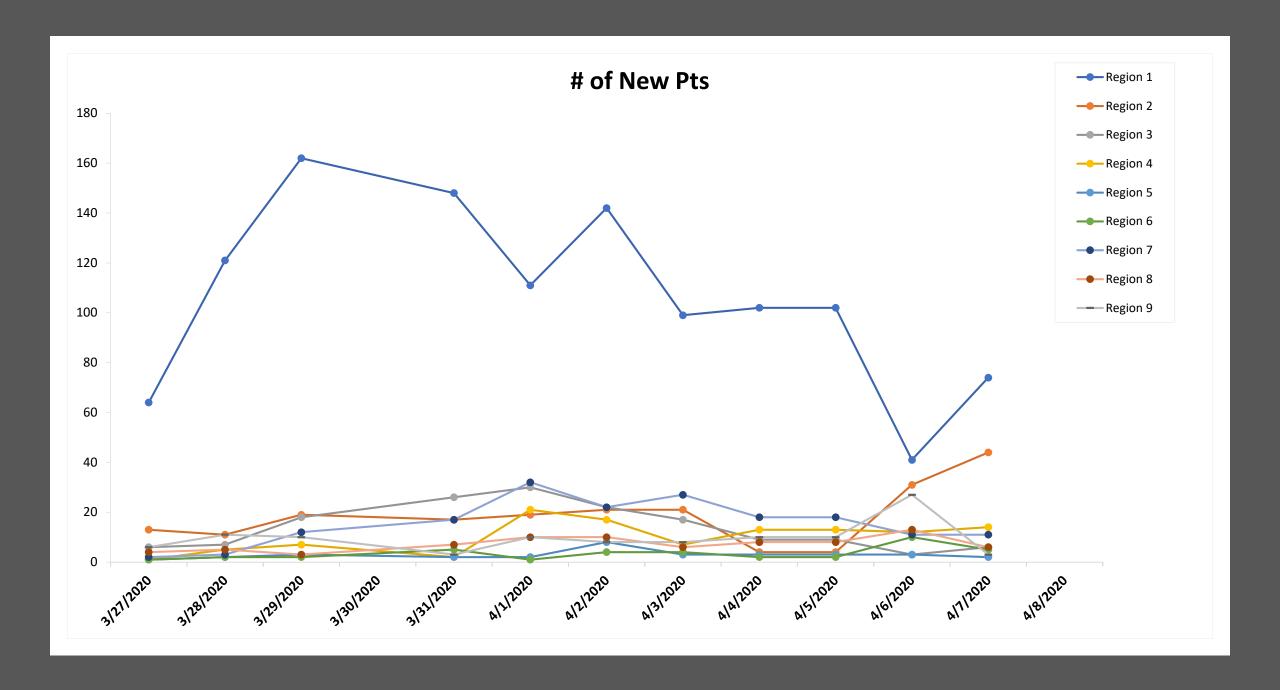


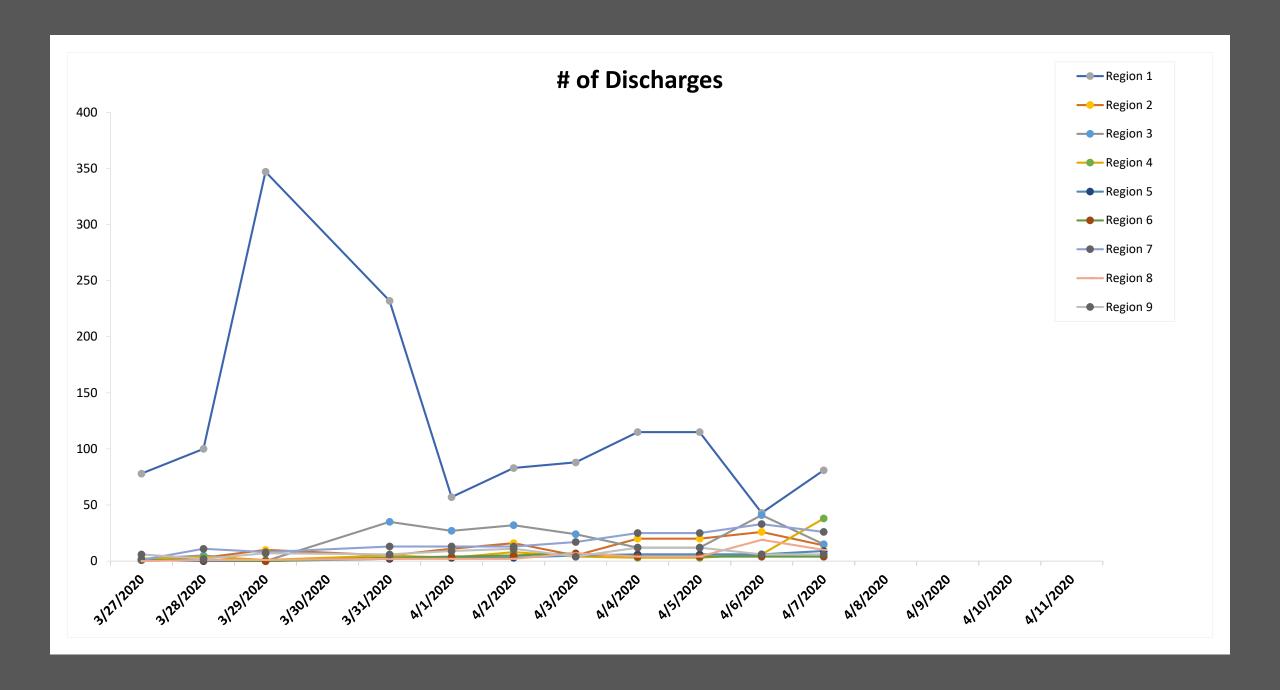




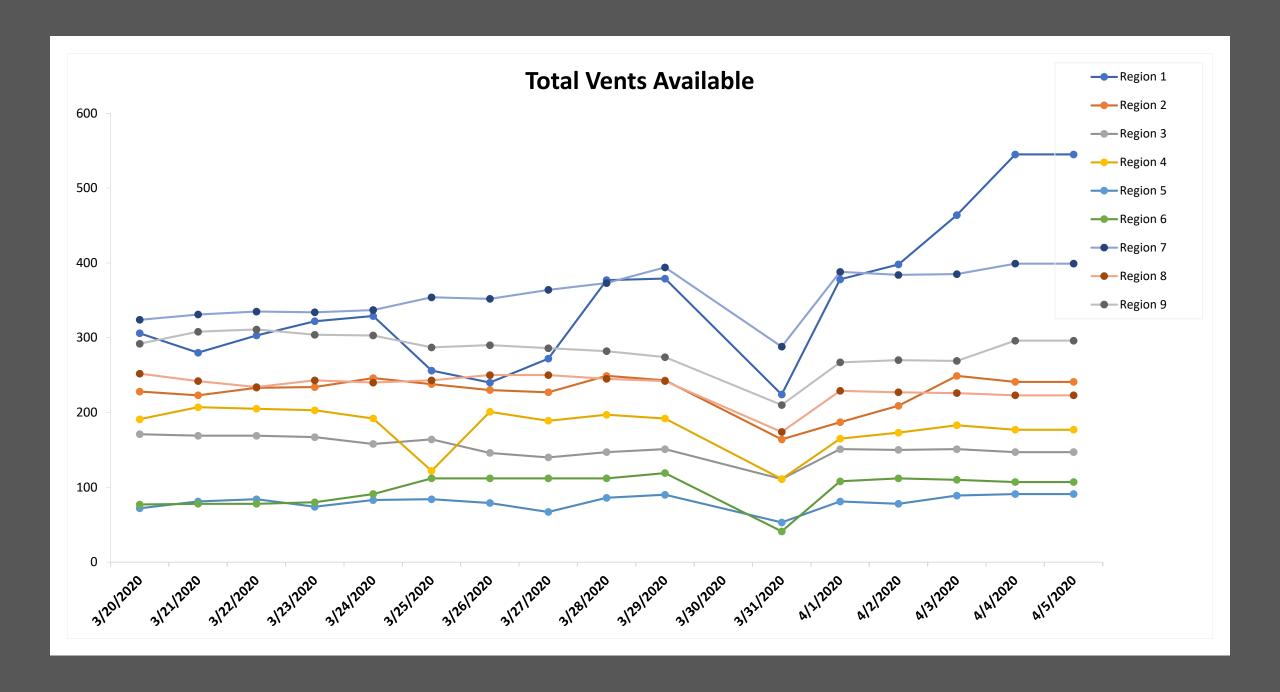


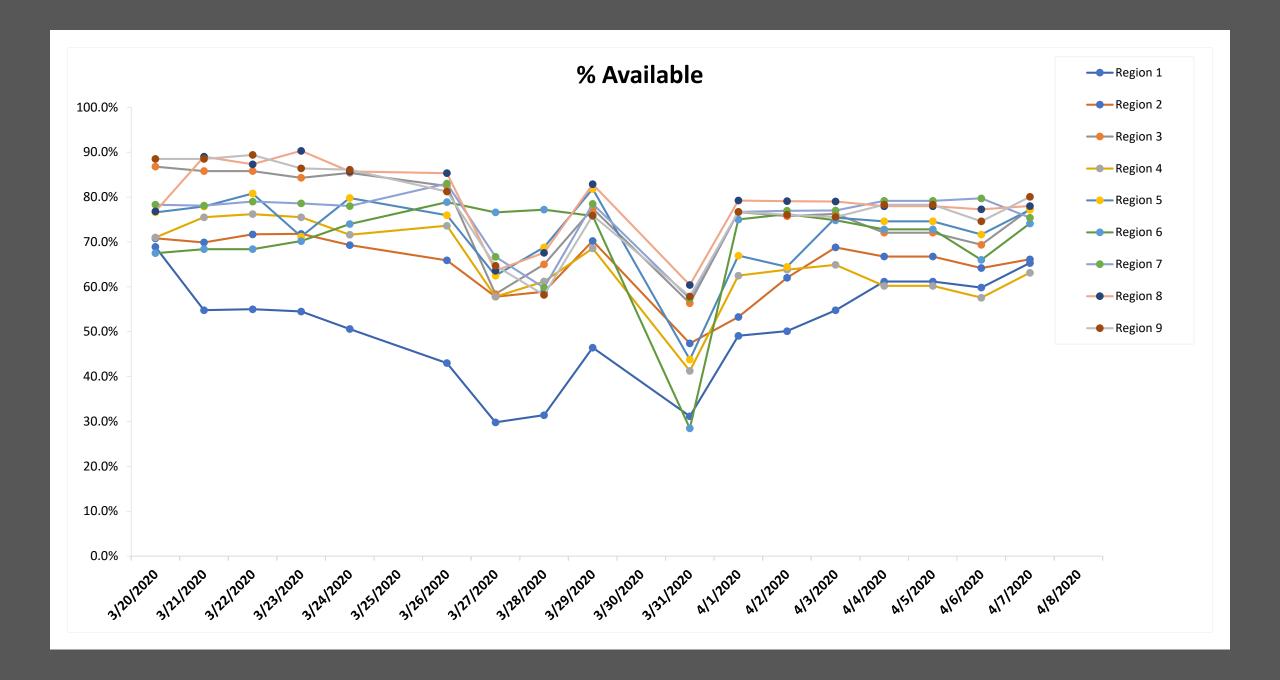














HEALTHY DONORS NEEDED NOW!

Our Donor Centers are OPEN!

SCHEDULE YOUR APPOINTMENT TO DONATE! (Must be done at least a day in advance)

The State of the Blood Supply



Did You Know? About 40% of the population can donate, only about 5% actually do.

- The Blood Center supplies Southeastern Louisiana and the Mississippi Gulf Coast <u>www.thebloodcenter.org</u>
- Current inventory levels are at a three day supply and adequate to meet <u>current</u> patient demands and any potential short term surge in usage.
- Current blood collections are keeping pace with demand –
 based on <u>current</u> trends <u>but this must be replenished daily as</u>
 it is the blood on the shelf that saves a life

Ask yourself if you're feeling healthy... Good! continue on.

- Schedule a blood donation. Blood already on the shelves saves lives, and maintaining a sufficient blood supply is essential to ensure patients in need receive optimal treatment.
- Begin the health screening via <u>FastLane</u> on the day of your donation BEFORE you enter a donor center or mobile blood drive
- Eat a good meal and don't forget your ID
- Arrive as close to your appointment time as possible to reduce your wait and follow the <u>social distancing measures</u> suggested by the CDC
- After your donation, consider sharing with friends and family what you did on social media. It's good, positive, and you may encourage someone else into donating

The Blood Center would like to emphasize that sanitation, cleanliness, and safety for our donors, patients, and staff has always been #1. Every day, as a part of our regular operations, our donor centers follow appropriate infection control standards put forth by the U.S. Food and Drug Administration (FDA)



SCHOOL OF SOCIAL WORK









Self-Care

• Self-care is critical for all individuals, especially during a time of crisis. "Take five minutes, ten minutes, whatever you can do, to meditate, get moving, connect with someone, to address your needs"

• A key resource is a series of 5 guided mindfulness and meditation videos that are accessible and offer an immediate self-care option. (9-13 minutes each)

• Links to National Mental Health Support sites

 Resources for multiple audiences: First responders, health professionals, caregivers, remote workers and learners, families, parents, and teachers.

• Visit <u>selfcaretips.tulane.edu</u> (<u>https://selfcaretips.tulane.ed</u> <u>u/</u>) for more information.



Tulane University

SELF-CARE RESOURCES

Provided by the Tulane University School of Social Work

Updated content weekly Subscribe for updates



MEDITATE

Take a mental break and sit quietly for a few moments.

> **GUIDED MEDITATION** VIDEOS



GET MOVING

Walk around the block. Go for a bike ride. Take an online yoga class.

SUGGESTED ACTIVITIES



CONNECT

Spend 10 minutes on the phone with a close friend. Video chat with a relative.

> WAYS TO BE SOCIAL WHILE DISTANCED



INDULGE

Watch a movie or TV show. Create art. Play a video game.

> ARTS & ENTERTAINMENT RECOMMENDATIONS