COVID 19
CORONAVIRUS DISEASE

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of
• fever
• cough
• shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

• Avoid close contact with people who are sick.
• Avoid touching your eyes, nose, and mouth with unwashed hands.
• Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

• Stay home when you are sick.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
• Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

If you have questions about Coronavirus:
Call the Illinois Novel Coronavirus Hotline **1(800) 889-3931**
or email: **DPH.SICK@ILLINOIS.GOV**
24 hours a day, seven days a week.
02/28/2020

For more information: **www.cdc.gov/COVID19**

Clean Your Hands!

1. WET

2. SOAP

3. WASH
20 seconds

4. RINSE

5. DRY

6. TURN OFF WATER WITH PAPER TOWEL

How to wash your hands with soap and water:

- Use soap and warm, running water.
- Keep fingers pointing down.
- Rub hands vigorously for 20 seconds. Wash all surfaces:
  - Backs of hands
  - Wrists
  - Between fingers
  - Tips of fingers
  - Thumbs
  - Under fingernails
- Dry vigorously with paper or clean cloth towel.
- Turn off faucet with towel and open door with towel.

How it works:

- The soap suspends the dirt and soils.
- The friction motion helps pull dirt and greasy or oily soils free from the skin.
- Warm running water washes away suspended dirt and soils that trap germs.
- Final friction of wiping hands removes more germs.

How to clean your hands with an alcohol-based handrub:

- Apply a dime-sized amount of handrub gel to the palm of one hand or use an alcohol-based handrub wipe.
- Rub hands together covering all surfaces of hands and fingers until handrub is absorbed.

How it works:

- Acts quickly to kill microorganisms.
- Reduces bacterial counts on hands.

Wash your hands with soap and water when your hands are visibly soiled.

If soap and water is not available, use alcohol-based handrub (wipes or gel).

1. PLACE
Hand Sanitizer

2. RUB
until dry

Help prevent the spread of respiratory viruses like COVID-19 and flu.

What are the symptoms?
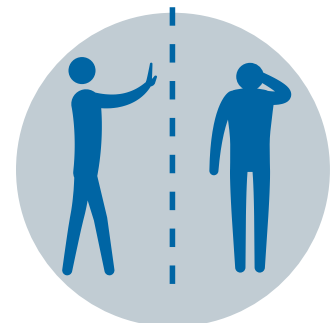
Fever

Cough

Shortness of breath

How is it prevented?

20 SEC

Wash hands often

Avoid touching eyes, nose or mouth with unwashed hands

Avoid contact with sick people

Stay home while you are sick; avoid others

Cover mouth/nose with a tissue or sleeve when coughing or sneezing

Clean and disinfect frequently touched objects and surfaces

CREATE A HOUSEHOLD PLAN OF ACTION

SHARE THE PLAN OF ACTION

Talk with the people who need to be included in your plan.

Identify community resources.

Create an **emergency contact list**.

Plan ways to care for those who might be at **greater risk for serious complications**.

HEALTHY HABITS

Practice everyday preventive actions **now**.

Choose a room in your home that can be used to separate sick household members from those who are healthy.

SCHOOL OR WORKPLACE

Learn about the **emergency operations** plan at your child's school or childcare facility.

Learn about **your** employer's emergency operations plan.

BE READY AND PREPARE

Store a **two week supply of water and food**.

Check your regular prescription drugs to ensure a continuous supply in your home.

Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.

Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them.

Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

TURN YOUR PLAN TO ACTION

Stay home if you are sick.

Continue practicing **everyday preventive actions**.

Use the separate room and bathroom you prepared for sick household members.

Stay in touch with others by **phone or email**.

Take care of the **emotional health** of your household members.

Stay informed about local COVID-19 activity.

WORK SCHEDULE

Notify your workplace as soon as possible if your schedule changes.

PROTECT YOUR CHILDREN

If your child/children become sick with COVID-19s, **notify their childcare facility or school**.

Keep track of school dismissals in your community.

Discourage children and teens from gathering in other public places while school is dismissed to help **slow the spread of COVID-19 in the community**.