

STOP THE SPREAD OF CORONAVIRUS



STAY INSIDE AND LIMIT NON-ESSENTIAL TRAVEL OUTSIDE OF HOME AND WORK

All Illinois residents should stay inside unless traveling for essential needs or to and from work.



MAINTAIN PHYSICAL DISTANCING

Avoid crowds. Maintain at least 6 feet distance between yourself and others, especially those who are coughing or sneezing.



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands by washing them with soap and water for 20 seconds or use an alcohol-based hand sanitizer.



CLEAN SURFACES AND OBJECTS

Disinfect surfaces and objects that are used frequently such as countertops and door knobs.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

FACTS ABOUT CORONAVIRUS

What is coronavirus?

Coronavirus (also known as COVID-19) is a respiratory illness that can spread from person to person.

Can any person get COVID-19?

Yes. The disease can be caught by any person of any age, race, or ethnicity. Risk of infection is higher for people with contacts who have COVID-19. Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

How does COVID-19 spread?

The virus can spread mainly between people who are in close contact with one another (within 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath. Symptoms may appear 2-14 days after being exposed to the virus.

Is there a vaccine or treatment?

There is currently no vaccine. The best way to prevent infection is to take everyday preventive actions like those on the other side of this card. If you have COVID-19 or symptoms, you may be treated by a doctor to relieve the symptoms.

How do I know if I have COVID-19?

Answer these 3 questions:

Question 1: Are you having symptoms like fever, cough, or difficulty breathing?

If YES: Please answer Question #2.

If NO: Testing is not needed. If you have been in close contact with someone who has COVID-19, stay home and monitor symptoms for 14 days.

Question 2: Are your symptoms bad?

If YES: Call your doctor or 911.

If NO: Please answer Question #3.

Question 3: Are you over 60? And/or do you have an underlying medical condition like diabetes, cancer or heart disease?

If YES: Contact your doctor to determine if testing is needed.

If NO: Testing is not needed. Stay home for 7 days from symptom onset and 72 hours after fever is gone and symptoms improve (whichever is longer) to avoid getting others sick.

Visit www.Chicago.gov/coronavirus or call 312.746.7425 for information on: COVID-19, assistance with meals, housing, rent, mental health, employment, financial resources, internet, education and more