



## **COVID -19 (CORONAVIRUS DISEASE) INFORMATION AND ACTIVITIES**

Through this page you can find:

The latest information and guidance from the Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov>

What you should do if you think you have, or have been exposed to someone with the virus.

As the number of people diagnosed with COVID-19 grows in the United States and abroad, we are working to ensure that any patients who have been exposed to the virus can be cared for safely and effectively.

### **ABOUT COVID-19 (CORONAVIRUS DISEASE)**

COVID-19 is a new disease and the understanding is that the virus continues to evolve. It was first detected in China and has now been detected in approximately 100 countries including the United States. The disease is believed to have originally occurred from animal to person contact and spreads person to person. People are now becoming sick from community spread, which means it is undetermined how they became infected. COVID-19 can mild or severe. Some people infected have shown little to no symptoms, while others infected have died. Older people with other health conditions seem to be at a higher risk for severe illness or death.

### **WHAT TO DO IF YOU ARE SICK**

If you have symptoms of COVID-19, such as fever of more than 100.4 degrees F, shortness of breath, difficulty breathing, cough, or have had contact with someone with the virus, please call your local health department (below are phone numbers for your local health departments) to determine if testing and treatment are appropriate. You may also contact your Primary Care Physician or the COVID-19 hotline at 800-889-3931. If you are mildly ill, you should stay home in isolation unless you need to medical attention. If you share living space, try to use a separate bathroom if possible. If not, make sure to clean all fixtures regularly such as door knobs, counters, and bathroom/kitchen fixtures. Social Distancing will be a key factor in helping to stop the spread of COVID-19. It is recommended to allow 6 feet between yourself and other people if possible.

**PLEASE DO NOT GO TO THE HOSPITAL FIRST IF YOU ARE EXPERIENCING SYMPTOMS, UNLESS YOU DEEM IT TO BE AN EMERGENCY. CALL THE HEALTH DEPARTMENT OR YOUR PRIMARY CARE PROVIDER WHO WILL CONTACT YOUR LOCAL HOSPITAL TO PREPARE FOR YOUR ARRIVAL.**

Chicago Department of Public Health (Chicago City Residents)	312-747-9884
Cook County Department of Public Health (non-city residents)	708-633-4000
Dekalb County Health Department	815-748-2467
Dupage County Health Department	630-221-7553
Kane County Health Department	630-208-3801
Lake County Health Department	847-377-8130
McHenry County Health Department	815-334-4500
Illinois Department of Public Health	800-889-3931

#### **HOW TO PROTECT YOURSELF AND YOUR FAMILY**

Good hand hygiene is crucial to avoiding the spread of germs. You should wash your hands frequently with soap and water for at least 20 seconds. You should also avoid touching your eyes, nose, or mouth with unwashed hands, avoid contact with people who are sick, and always cover your mouth when you cough or sneeze. Again, remember to clean all surfaces such as door knobs, counters, and bathroom/kitchen fixtures.

**Thorek Memorial Hospital and Methodist Hospital of Chicago's, Physicians, Nurses, and all staff are undergoing training to identify and prevent the spread of COVID-19. A Task Force has been established to reduce the spread of COVID-19, reduce morbidity and mortality from this outbreak, and protect patients and healthcare workers.**

For up to date information, please visit the following websites:

<https://www.cdc.gov>

[www.idph.state.il.us](http://www.idph.state.il.us)

[www.who.int](http://www.who.int)