

# WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS DISEASE (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.



### 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.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



## 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 [www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html](http://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 [www.cdc.gov/coronavirus/2019-ncov/about/transmission.html](http://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html)



## 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.

To help monitor the situation, provide consistent and up-to-date information, answer questions and share facts, the Illinois Department of Public Health has developed a new Coronavirus Hotline and email address. Call 1-800-889-3931 any time or email [DPH.SICK@ILLINOIS.GOV](mailto:DPH.SICK@ILLINOIS.GOV)

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?



**Wash hands often**



**Avoid touching  
eyes, nose or mouth**



**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**



# Get Your Household Ready



## CREATE A HOUSEHOLD PLAN OF ACTION

### SHARE THE PLAN OF ACTION

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

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

**Identify** Community Resources

Create an **emergency contact list**.

### 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.

### TURN YOUR PLAN TO ACTION

**Stay informed** about the local COVID-19 situation.

**Stay home** if you are sick.

Continue practicing **everyday preventive actions**.

**Use the separate room** and bathroom you prepared for sick household members (if possible).

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

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

### 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**.