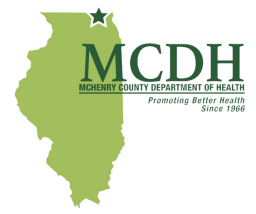


COVID-19

General Information



What is COVID-19?

COVID-19 (formerly referred to as 2019 Novel Coronavirus or 2019-nCoV) is a respiratory virus that was first identified in Wuhan, China in December 2019.

COVID-19 is part of a larger family of coronaviruses that can cause illness in people. Some coronaviruses can circulate among animals like camels, cats, and bats. Rarely animal coronaviruses can evolve and infect people and then spread between people.

Source: IDPH, CDC

How is it Transmitted?

The virus is thought to spread mainly from person-to-person



- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes

Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

Source: CDC

Signs and Symptoms



Symptoms may occur **2-14 days** after exposure

Source: CDC



Generally, the **elderly** and those with **long-term health conditions** are at a higher risk of serious illness from COVID-19. It is especially important to take action to reduce your risk of getting sick.

CALL

your physician if you need medical care. If you do not have a provider, visit mcdh.info for a list of free, low cost, or sliding scale clinics.



Prevention



Wash your hands with soap and water for 20 seconds and avoid touching your face.



Avoid close contact with those who are sick. Practice social distancing.



If you're sick stay home and monitor your symptoms.



Cover coughs & sneezes and immediately wash your hands with soap & water or if it is not readily available, use hand sanitizer.



Clean & Disinfect frequently touched surfaces daily.

Source: CDC

For more information, visit www.mcdh.info or call 800-889-3931

COVID-19 and Travel

The CDC recommends the following:

- Avoid all nonessential travel to Level 3 destinations
- Elderly and anyone with serious chronic medical conditions should postpone nonessential travel to Level 2 destinations
- Take precautionary measures to avoid getting and spreading the disease during travel at Level 1 destinations
- Defer all cruise ship travel worldwide



If you travel internationally, monitor your health and limit interactions with others for **14 days** upon returning home.

Visit the CDC's website for more information and recommendations regarding travel.

Other Tips



Work with your employer

to set up flexible scheduling, to cancel large meetings, or have the ability to work from home



Avoid crowds

as much as possible. If you go out in public, avoid individuals who are sick and was your hands often.



Manage stress and anxiety

This may be stressful to some. Coping with stress will make you, the people you care about, and your community stronger.



Avoid public transportation

if possible and don't travel to areas with active outbreaks

Source: IDPH, CDC

Frequently Asked Questions

Is there a vaccine for COVID-19?

No. Currently there is no vaccine available for COVID-19.

What are the treatments for COVID-19?

Currently, there are no specific treatments recommended for illnesses caused by COVID-19. Medical care is supportive to help relieve symptoms.

Should I wear a mask?

The CDC only recommends individuals who are sick wear a facemask when around other people and before entering a healthcare facility. You should not wear one if you are NOT sick.

How is COVID-19 diagnosed?

Diagnosis occurs through laboratory testing of respiratory specimens.

How can I protect myself from COVID-19?

Wash your hands with soap and water often for 20 seconds, avoid touching your face, stay home when you're sick, and continue to implement basic hygiene techniques.

Source: IDPH, CDC

Additional Resources

CDC: www.cdc.gov/coronavirus/2019-ncov/

MCDH: www.mcdh.info

IDPH: www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus

For General COVID-19 Questions

Call: 800-889-3981
Email: dph.sick@illinois.gov