

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.





## Workplace Health and Safety Guidance for Employees and Staff of Businesses

May 4, 2020

### Practice Social Distancing

Pursuant to Executive Order 2020-32 (Stay at Home Order), your employer must comply, to the greatest extent feasible, with **social distancing requirements**. This means that your employer should:

- Make sure that you can maintain **at least 6 feet of physical separation** between yourself and others around you, including your co-workers and customers.
- Mark with **signage or tape** 6-foot spacing for employees and customers to maintain appropriate distance from one another.
- **Provide face coverings** to employees, especially when it is not possible to maintain at least 6 feet of space between you and another person.
- Provide **handwashing stations** with soap, clean water, and single use paper towels and encourage frequent handwashing for 20 seconds or longer.
- **Provide hand sanitizer (with at least 60% alcohol) & sanitizing products** for employees and customers.
- **Regularly clean** high-touch surfaces including doorknobs, light switches, shared equipment, toilet handles, sink faucets, and clock in/out areas.

### Do Not Work if You Are Sick

You should not report to work if you are experiencing symptoms of Coronavirus Disease (COVID-19), including fever (100.4° or above), cough, shortness of breath, sore throat, chest tightness, extreme fatigue, loss of sense of taste or smell, diarrhea, muscle aches, or headaches.

If you are experiencing any of these symptoms, stay home and call your doctor.

### Who You Can Contact if You Have Concerns About Social Distancing in Your Workplace

If you have concerns that your employer is not allowing for safe social distancing or that it is not maintaining a safe and sanitary work environment to minimize the risk of spread of COVID-19, please contact the Workplace Rights Bureau of the Illinois Attorney General's Office at 844-740-5076 or [workplacerrights@atg.state.il.us](mailto:workplacerrights@atg.state.il.us).

If you believe that two or more employees at your workplace have COVID-19, please notify your local public health department. A list of local health departments can be found here:

[http://www.idph.state.il.us/IDPHPrograms/v\\_LHDDirectory/Show-V-LHDDirectory-Public.aspx](http://www.idph.state.il.us/IDPHPrograms/v_LHDDirectory/Show-V-LHDDirectory-Public.aspx).

Pursuant to Section 25(b) of the Whistleblower Protection Act, 740 ILCS 174, businesses are prohibited from retaliating against an employee for disclosing information when the employee has reasonable cause to believe that the information discloses a violation of a state or federal law, rule, or regulation.

For more information about COVID-19, including ways to protect yourself and others, visit the Illinois Department of Public Health's COVID-19 website: <https://www.dph.illinois.gov/covid19>.



# COVID-19 General Prevention

Protect yourself from all infectious diseases by using these precautions.



Stay home when you are sick



Avoid contact with people who are sick



Get adequate sleep and eat well-balanced meals



Wash hands often with soap and water for 20 seconds or longer and dry hands with a clean towel or air dry



Wear a cloth face cover when going out in public



Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces



Cover your mouth with a tissue or sleeve when coughing or sneezing



Clean and disinfect "high touch" surfaces often



Call before visiting your doctor

Clean all "high-touch" surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables and bedside tables. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product, including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

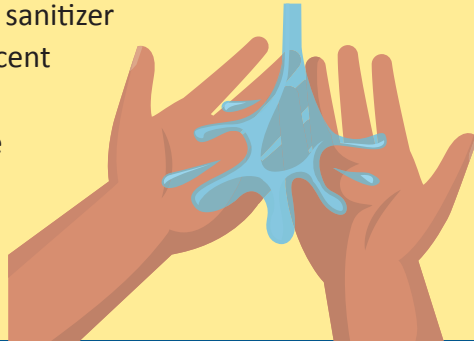


# COVID-19 Social Distancing

Social distancing actions are taken to restrict when and where people can gather to stop or slow the spread of coronavirus disease (COVID-19) or other infectious diseases in communities. Social distancing actions include prohibiting groups of people coming together, closings buildings and canceling events.

## Protect yourself and your community

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If you don't have soap or water, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Avoid close contact with people who are sick and stay home when you're sick.



## Change your daily habits

Avoid shopping at peak hours and take advantage of delivery or pick-up services with retailers.



## Work with your employer

Cooperate with leadership to change company practices, set up flexible shift plans, have employees telecommute, and cancel large meetings or conferences.



## Universities and colleges

Implement web-based learning and cancel campus meetings and gatherings.



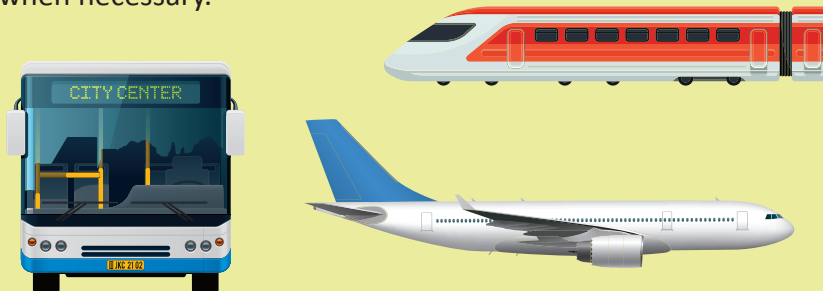
## Keep at least six feet between you and others.

Avoid shaking hands as a social greeting.



## Public transit

Avoid public transit, if possible, and travel only when necessary.



## Crowded places

Avoid crowded places. Gatherings are limited to no more than 10 people.





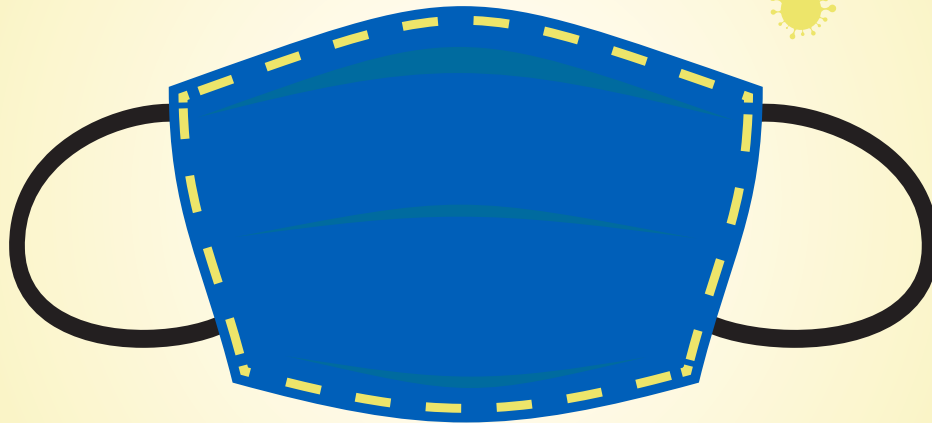
## Face Covering Do's & Don'ts

### DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

### DON'T:

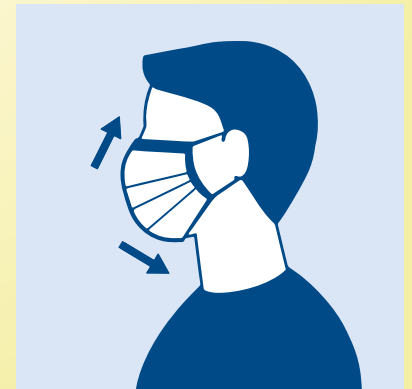
- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for health care workers



### How to Wear a Cloth Face Covering

#### Cloth face coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

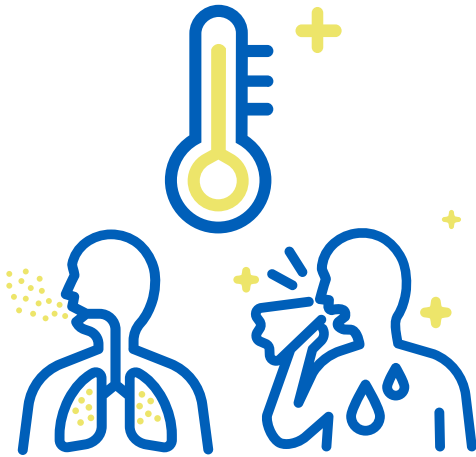




# What if I've Been Exposed

## What do I do if I think I was exposed to COVID-19?

Some people are at higher risk of getting very sick from COVID-19. Here's what to do if you think you may have been exposed to coronavirus.



### Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases. These symptoms may appear 2–14 days after exposure.

- Fever (100.4°F/38°C or higher)
- Cough
- Shortness of breath

If you develop these emergency warning signs for COVID-19, get medical attention immediately.

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face



### Call before you go

Call your health care provider if you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing.

Tell them about your symptoms and your exposure. They will decide whether you need to be tested.

Consult your health care provider for any other symptoms that are severe or concerning.





# COVID-19 Who Should I Call ?

## I want to know more about COVID-19, who should I call?

For **general** questions about COVID-19, call the IDPH **COVID-19 Hotline** at **1 800 889 3931** or email [DPH.SICK@illinois.gov](mailto:DPH.SICK@illinois.gov). Note the Hotline does not make decisions about who should be tested for COVID-19.



## I am not feeling well and have respiratory symptoms, what should I do?



- If you are ill, stay at home and away from others. **You can leave home after three things have happened:** A *minimum* of 7 days have passed since your symptoms first appeared, you have had no fever without the use of medicine that reduces fever for at least 72 hours, and other symptoms (e.g., cough, shortness of breath) have improved.

### You should consult with your doctor if you have:

- Fever, cough, trouble breathing, or other flu like symptoms that are not better or are worsening after 24-48 hours.
- Mild symptoms and are pregnant, have a weakened immune system, have chronic health conditions or are an older adult (60+).

### Don't call the health department about getting testing

- Your health care provider will determine if you should be tested and, if necessary, contact the health department.
- Health departments do not collect specimens for COVID-19

## I think I need immediate medical attention, who should I call?

- If you need immediate medical attention, and you think you may have COVID-19, call ahead to your health care provider before going in for care. This will allow them to take the right steps to protect themselves and other patients
- If you think you are having a medical emergency, call 911; if you have been exposed to COVID-19, notify dispatch personnel so emergency medical services personnel are prepared.

