WHAT YOU SHOULD KNOW

HOW DOES THE VIRUS SPREAD?
- Person to person contact (within 6 feet)
- Via respiratory droplets (2–14 days incubation period)
- By touching surfaces that have the virus, and then touching your nose, eyes, or mouth

PRACTICE PREVENTION

- AVOID SHAKING HANDS
- PRACTICE HAND HYGIENE REGULARLY
- AVOID CLOSE CONTACT WITH SICK PEOPLE

PREVENT THE SPREAD THROUGH SOCIAL DISTANCING (EVEN IF YOU HAVE NO SYMPTOMS)

- STAY AND WORK FROM HOME (IF POSSIBLE)
- AVOID PUBLIC AREAS AND TRANSPORTATION
- AVOID SOCIAL GATHERINGS

WHAT TO DO IF YOU FEEL SICK?

IDENTIFY YOUR SYMPTOMS
- Dry cough
- Fever
- Shortness of breath
- Muscle aches
- Fatigue

WHEN TO SEEK MEDICAL CARE
- If you develop symptoms and have been in contact with someone who recently tested positive, or have been to an area with a known widespread outbreak.

MORE INFORMATION IS AVAILABLE AT WWW.SINAICOVID19.ORG
CORONAVIRUS (COVID-19)—WHAT YOU SHOULD KNOW

An outbreak of coronavirus (COVID-19) has spread throughout China and to numerous other countries/territories, including the United States. According to the Centers for Disease Control (CDC), although there are concerns about the potential for further spread of the virus in the US, at this time, most people in the United States will have little immediate risk of exposure to this virus.

Still, you may have concern about how potential spread of the COVID-19 virus might impact your community, what to watch for and what to do or where to go if you are concerned about getting sick. Sinai Health System is here to help you with answers to some common questions.

WHAT IS CORONAVIRUS?

The term “coronavirus” refers to a number of viral infections that affect people each year, especially the common cold. The particular strain of coronavirus causing such concern is known as COVID-19, as well as 2019-nCoV. It is a new virus that causes respiratory illness and can spread from person to person. It was first identified during an outbreak in Wuhan, China in 2019.

WHAT ARE THE SYMPTOMS OF COVID-19?

People infected with this strain of coronavirus report similar symptoms to cold and flu, such as cough and fever. This is also accompanied by shortness of breath.
IS THERE A VACCINE?

There is not currently a vaccine to protect against COVID-19. The best way to prevent infection is to avoid exposure and practice good hygiene and preventive actions.

HOW CAN I PROTECT MYSELF AND MY FAMILY FROM COVID-19?

The best way to prevent yourself or your family from getting the virus is to avoid any exposure to it. There are several simple, everyday preventive actions you should take help avoid the spread of respiratory illnesses like coronavirus. These include:

• Avoid close contact with people who are sick.
• Wash your hands often! Use soap and water and wash for at least 20 seconds. If soap and water are unavailable, you can also use an alcohol-based hand sanitizer. Look for sanitizers that contain at least 60% alcohol.
• Avoid touching your eyes, nose and mouth with unwashed hands.
• If you are sick, 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 around your home or work. Think of things like kitchen countertops, bathroom sinks and vanities, even door handles or television remote controls.

WHAT SHOULD I DO IF I THINK I OR ONE OF MY LOVED ONES MAY HAVE SYMPTOMS?

Should you develop fever, cough or other respiratory complaints, please contact your doctor so all appropriate testing can be done. Again, this is already flu and “other” virus season, and currently these viruses are more prevalent in the community than COVID-19.

If you or a loved one feels ill, it’s best to seek medical attention. You should stay home, except to seek medical care. Do not go to school, work or other public places, and avoid public transportation, taxis and ride-shares. Isolate yourself from other people and animals in your home. Call ahead before visiting your doctor, and let them know you suspect you may have symptoms. This will help your health care provider to take steps to protect you and others from getting exposed when you come in for an appointment or treatment.

Sinai Health System is prepared for any cases of the new strain of COVID-19 that may come into our system. Our Infectious Disease/Infection Control team is keeping up with the current status of this outbreak daily. We are in close contact with the Chicago Department of Public Health (CDPH) and will collaborate with CDPH to handle any COVID-19 cases that might come into Chicago and one of our facilities.

For more information about COVID-19, you can visit the CDC website (www.cdc.gov/nCoV) which has a host of informational materials available. Chicago residents also can contact the Chicago Department of Public Health at (312) 746-4835.

Illinois residents outside of Chicago can contact the IDPH COVID-19 Hotline at (800) 889-3931 or at dph.sick@illinois.gov.