



COVID-19

Coronavirus Disease 2019

What is it?

- A disease caused by a new respiratory virus identified in Wuhan, China and now in many countries, including the U.S.
- Can cause severe illness and pneumonia.
- Symptoms can be mild to severe with fever, cough, shortness of breath.

How is it prevented?

Similar to prevention of other respiratory illnesses, including the flu.

- Wash hands often, including surface areas such as desks and phones.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Cover coughs with a tissue or sleeve.
- Avoid contact with sick people.
- Stay home if you are ill.
- Most people with mild illness will recover on their own at home by drinking fluids, resting, and taking pain and fever medications.
- If symptoms get worse, call your healthcare provider for directions.

How is it spread?

- Through the air by coughing or sneezing.
- By close personal contact, such as shaking hands.
- By touching a surface that has the virus, then touching your mouth, nose, or eyes.

Who is most at risk?

At this date, current risk to the general public is low.

- Travelers to and from certain areas of China and some other countries, as well as their close contacts, are most at risk.
- Older individuals and those with underlying medical conditions may have more severe illness.
- Travelers entering the U.S. from many countries affected by COVID-19 and those exposed to known cases are being screened for illness.
- Public Health officials in our area, as well as worldwide, are monitoring for any changes to this virus and taking action to prevent spread of illness.

Resource Information:

Centers for Disease Control and Prevention
Illinois Department of Public Health
State of Illinois COVID-19 Question Hotline
Local Questions and Community Resources

www.cdc.gov
www.dph.illinois.gov
1-800-889-3931
2-1-1 or 309-999-4029

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More information and updates:

[Centers for Disease Control and Prevention \(CDC\) Website Coronavirus \(COVID-19\)](https://www.cdc.gov/coronavirus/2019-nCoV/)

[CDC Webpage for Travelers](https://www.cdc.gov/travel/)

[Illinois Department of Public Health](https://www.dph.illinois.gov/covid-19/) - COVID-19 resources, publications, guidance for healthcare providers, schools, caregivers

State of Illinois COVID-19 Question Hotline - 1-800-889-3931 or send email to DPH.SICK@ILLINOIS.GOV

Local Questions and Community Resources - 2-1-1 or 309-999-4029

Facebook page with local updates at [Central Illinois Emergency Information](https://www.facebook.com/CentralIllinoisEmergencyInformation/) or [Peoria City/County Health Department](https://www.facebook.com/PeoriaCityCountyHealthDepartment/)