

## **IMPORTANT RESOURCES and INFORMATION**

### **From the Illinois Department of Public Health**

**(Released March 9, 2020)**

### **COVID-19**

#### **Q: What is COVID-19 (Coronavirus)?**

- This virus was first detected in Wuhan City, Hubei Province, China. The first infections were linked to a live animal market, but the virus has expanded from person-to-person.
- The official name for the disease that is causing the 2019 novel coronavirus outbreak is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease.
- COVID-19 causes minor illness in otherwise healthy people, but serious illness in elderly and immunocompromised people.

#### **Q: How is Coronavirus/COVID-19 transmitted?**

- COVID-19 is most commonly spread from an infected person to others through:
  - the air by coughing and sneezing.
  - close personal contact, such as touching or shaking hands.
  - touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

#### **Q: What are the Symptoms of Coronavirus/COVID-19?**

- Mild to severe respiratory illness with fever, cough, shortness of breath or difficulty breathing.

#### **Q: How can you reduce the risk of infection?**

- Wash your hands often with soap and water for at least 20 seconds. Using an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a flexed elbow or tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

**Q: What is being done in Illinois?**

- IL successfully contained the virus in two patients who made a full recovery. Two additional cases, a husband and wife in suburban Cook County, have been identified and both are complying with health officials and are reported to be in good condition.
- The risk to infection to Illinoisans is low; the Pritzker administration will communicate any change in risk level immediately.
- Governor Pritzker has requested that hospitals statewide implement additional testing to improve our understanding of COVID-19. Already, seven hospitals in the Chicago area have volunteered to participate and IDPH is in the process of confirming other hospitals throughout the state.
- IDPH's testing capacity has expanded to two additional testing labs beyond Cook County: in Springfield and in Carbondale.
- Currently no vaccine or medical treatment is available, but treatments are in development.
- IDPH has set up a COVID-19 hotline for any related questions. Please dial 1-800-889-3931 or email [DPH.SICK@ILLINOIS.GOV](mailto:DPH.SICK@ILLINOIS.GOV) for assistance.

**Q: How can people help stop stigma related to Coronavirus/COVID-19?**

- People can fight stigma and help others by providing social support.
- Counter stigma by learning and sharing facts.
- Communicating the facts that viruses do not target specific racial or ethnic groups and how COVID-19 spreads can help stop stigma.

**Website Resources:**

- Illinois Department of Public Health  
<http://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/faq>
- World Health Organization  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Centers for Disease Control and Prevention  
<https://www.cdc.gov/media/dpk/diseases-and-conditions/coronavirus/coronavirus-2020.html>  
<https://www.cdc.gov/>