

Help prevent the spread of respiratory viruses like COVID-19 and flu.

WHAT ARE THE SYMPTOMS?

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:



Fever



Cough and/or sore throat



Shortness of breath or difficulty breathing



Muscle Pain



Chills



New loss of taste or smell

This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

PROTECT YOURSELF AND OTHERS

WEAR A MASK

Visit the link below to learn how to clean and sanitize a mask
[dupagehealth.org/630/Face-Covering-Donations](https://www.dupagehealth.org/630/Face-Covering-Donations)



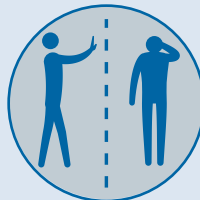
Cover mouth and nose with a cloth face cover

You protect other people from getting sick by wearing a cloth covering

Do not remove your mask to talk to others



Wash hands often



Avoid contact with sick people, social distance yourself from others (at least 6 feet)



Stay home while you are sick; avoid others



Avoid touching eyes, nose or mouth



Cover mouth/nose with a tissue or sleeve when coughing or sneezing



Clean and disinfect frequently touched objects and surfaces

CREATE A HOUSEHOLD PLAN OF ACTION

SHARE THE PLAN OF ACTION

Talk with the people who need to be included in your plan.

Identify community resources.

Create an **emergency contact list**.

Plan ways to care for those who might be at **greater risk for serious complications**.

HEALTHY HABITS

Practice everyday preventive actions **now**.

Choose a room in your home that can be used to separate sick household members from those who are healthy.

SCHOOL OR WORKPLACE

Learn about the **emergency operations** plan at your child's school or childcare facility.

Learn about **your** employer's emergency operations plan.

BE READY AND PREPARE

Store a **two week supply of water and food**.

Check your regular prescription drugs to ensure a continuous supply in your home.

Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.

Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them.

Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

TURN YOUR PLAN TO ACTION

Stay home if you are sick.

Continue practicing **everyday preventive actions**.

Use the separate room and bathroom you prepared for sick household members.

Stay in touch with others by **phone or email**.

Take care of the **emotional health** of your household members.

Stay informed about local COVID-19 activity.

WORK SCHEDULE

Notify your workplace as soon as possible if your schedule changes.

PROTECT YOUR CHILDREN

If your child/children become sick with COVID-19s, **notify their childcare facility or school**.

Keep track of school dismissals in your community.

Discourage children and teens from gathering in other public places while school is dismissed to help **slow the spread of COVID-19 in the community**.