

HELP SLOW THE SPREAD OF COVID-19



www.dupagehealth.org 630.682.7400



Introduction

The DuPage County Health Department understands the importance of slowing the spread of coronavirus disease 2019 (COVID-19) to protect our communities. Many people want to spend time with their friends and family, travel and enjoy many other activities. However, it is necessary to continue to do our part to protect ourselves and others by practicing safety measures that will slow the spread of this virus and reduce the impact on our families and community.

This brochure provides you with information on what you can do to stay safe and help slow the spread of COVID-19.

Source:

Centers for Disease Control and Prevention
(CDC) www.cdc.gov

HELP SLOW THE SPREAD OF COVID-19

STAY SAFE
DUPAGE

PRACTICE THE 3 WS

KNOW WHEN TO STAY HOME

ANSWER THE CALL

Wear a Face Mask

Masks may help prevent people who have COVID-19 from spreading the virus to others. Even before they show symptoms! Masks work best when used correctly and when they are widely used by people in public settings.



Your mask should cover your mouth and nose. It should also fit snugly on your face and should not have exhalation valves or vents.

Watch Your Distance



Keep a safe space of at least 6 feet (about 2 arms' length) between yourself and other people who are not from your household in both indoor and outdoor spaces.

Wash Your Hands

Wash your hands often with soap and water for at least 20 seconds, or use hand sanitizer, especially after you have been in a public place, or after blowing your nose, coughing or sneezing.



How to Wash Your Hands:

- 1. Wet / 2. Get Soap / 3. Scrub for at least 20 seconds / 4. Rinse / 5. Dry

Isolation

Anyone who has or suspects they may have COVID-19 needs to isolate and stay home, except for medical care. If you test positive for COVID-19 or test negative but have symptoms of COVID-19-like illness, stay home and limit contact with others.



This helps prevent someone from unknowingly spreading the virus to others.

It is safe to end isolation when:

- At least 10 days have passed since symptoms first appeared (or first positive diagnostic test date if without symptoms) AND
- You have been fever-free for at least 24 hours without using fever-reducing medicine AND
- Your symptoms (e.g., cough, shortness of breath) have improved.

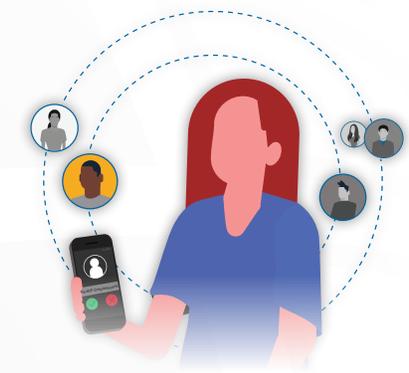
Quarantine

Anyone who has had close contact* with a person who has COVID-19 needs to quarantine and stay home except for medical care. During this time, check your temperature twice a day and watch for symptoms of COVID-19.



**Close contacts are individuals who have been within 6 feet for 15 minutes or more with a person with COVID-19 or have had direct contact with fluids from a person with COVID-19, or have had direct physical contact with a person with COVID-19, or have provided care at home to someone who is sick with COVID-19.*

It is safe to end quarantine when at least 14 days have passed since your last contact with a person with COVID-19 and you remain healthy, with no symptoms.



DCHD staff are reaching out to individuals who have COVID-19 and their close contacts*. Through these calls, they ensure that anyone who has COVID-19, as well as their close contacts, has the necessary support to isolate or quarantine safely. Please do your part; answer the call and provide our staff with all the information needed to help slow the spread of COVID-19 in our communities.



Answer the call if you see the number (312) 777-1999 or Caller ID: IL COVID HELP

If you miss the call, please call back at (312) 777-1999 to talk to a DCHD staff member.

The information you share with public health workers is CONFIDENTIAL. This means that your personal and medical information will be kept private.

It is important to note, DCHD staff will always call from the number (312) 777-1999, will provide their name, and will never ask for:

- Money
- Debit/Credit Card or Bank Account Information
- Social Security Numbers (SSN)
- Immigration Status

