

COVID-19

Recommendations

What is novel coronavirus?

COVID-19 (formerly known as the “novel coronavirus”) is a new virus strain spreading from person-to-person. It is currently in the United States and many other countries.

How does novel coronavirus spread?

Health experts are still learning more about the spread. Currently, it is thought to spread:

- ▶ through respiratory droplets when an infected person coughs or sneezes
- ▶ between people who are in close contact with one another (with in about 6 feet)
- ▶ by touching a surface or object with the virus and then touching the mouth, nose, or eyes

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus.

Fever



Cough



Difficulty
breathing



Guidance for people at higher risk for severe COVID-19 illness

People at higher risk of severe illness should stay home and away from large groups of people as much as possible. Those at higher risk include people:

- ▶ Over 60 years of age
- ▶ With underlying health conditions including heart disease, lung disease, or diabetes
- ▶ With weakened immune systems
- ▶ Who are pregnant

Anyone who has questions about whether their condition puts them at risk for severe COVID-19 illness should consult with their healthcare providers.

COVID-19 *Recommendations*

Guidance for everyone

- › **Stay home** and do not go out in public when you are sick.
- › **Avoid medical settings in general unless necessary.** If you are ill in any way **call your doctor's office first** before going in.
- › Even if you are not ill, **avoid visiting hospitals, long term care facilities or nursing homes** as much as possible. If you do need to visit one of these facilities limit your time there and keep 6 feet away from patients.
- › **Do not go to the emergency room unless essential.** Emergency medical services need to serve the most critical needs first. If you have cough, fever, or other symptoms, call your regular doctor first.
- › **Practice excellent personal hygiene habits**, including washing your hands with soap and water frequently, coughing into a tissue or your elbow, and avoid touching your eyes, nose, or mouth.
- › **Stay away from people who are ill**, especially if you are at higher risk for coronavirus.
- › **Clean frequently touched surfaces and objects** (like doorknobs and light switches). Regular household cleaners are effective.
- › **Get plenty of rest, drink plenty of fluids, eat healthy foods**, and manage your stress to keep your immunity strong.

If you have symptoms of COVID-19 or questions, you can call:

- › Beu Health Center, (309) 298-1888, beuhealthcenter@wiu.edu
The office is open from 8am - 4:30pm Monday - Friday.
- › Illinois Department of Public Health
Dial 1-800-889-3931 or email DPH.SICK@ILLINOIS.GOV

Be ready to help one another. A strong sense of community will carry us through a difficult time.