



# Stay Home to Stop the Spread

Illinoisans working together and staying home can do their part to slow the spread of coronavirus (COVID-19). When you go out for essential needs, work or to get fresh air, keep distance between yourself and others, and take the following precautions.



## PROTECT YOURSELF AND OTHERS

- Keep at least 6 feet between yourself and others.
- Wash your hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue or the inside of your elbow.
- Do not touch your eyes, nose and mouth with unwashed hands.
- Monitor your health closely for cold or flu symptoms.
- Clean and disinfect frequently touched objects and surfaces.
- Limit non-essential travel, shopping trips and social visits.
- Avoid people who are coughing or sneezing.



## PROTECT THE MOST VULNERABLE

- Older adults (60+) and those with serious chronic medical conditions like heart disease, diabetes or lung disease, or have a weakened immune system, should stay home.
- Stay in touch – video chat or text with family or friends who have these conditions.
- Stock up on medications and supplies to lessen travel and contact with others.



## IF YOU ARE SICK

- Stay home, except to get medical care.
- If you have a cough, shortness of breath, fever, sore throat and do not feel better after 3-4 days or your condition worsens, consult your doctor.
- If you have difficulty breathing, persistent pain, inability to arouse or bluish lips or face, seek medical attention immediately.
- Separate yourself from others in your home.
- Limit contact with pets and animals.
- Wear a facemask when you are around others.



## REDUCE OVERCROWDING

- Stay home.
- Work or engage in schooling from home whenever possible.
- Avoid social gatherings in groups of more than 50 people.

### If you do go out:

- Stagger work hours away from peak travel times.
- Walk or bike.
- Do not gather in crowds.
- Schedule necessary shopping during off hours when crowds are smaller.