



1

STAY HOME

- Only leave home for essential tasks
- Avoid all unnecessary gatherings
- Wash your hands often - at least 20 seconds
- Don't shake hands
- Cover your nose and mouth with a tissue or sleeve when you cough or sneeze



2

Self-monitor

- Check yourself for fever that is equal to or above 100
- Remain alert for cough, shortness of breath, sore throat
- If you are not severely ill, please avoid healthcare facilities unless your doctor advises otherwise



3

If you are sick

- Stay home for 7 days after your symptoms (cough, sore throat, fever, shortness of breath) started and for 3 days after your fever has stopped without the use of fever reducing drugs, and your cough or sore throat symptoms have improved (whichever is longer)

4

Consult your doctor if

- You have symptoms (cough, sore throat, fever, and shortness of breath) and do not feel better after 3-4 days
- You have mild symptoms and are an older adult or have concerning Chronic health conditions

5

Testing FAQ's

- IDPH currently recommends against testing persons with mild illness who can be safely managed at home
- This will minimize possible exposures to healthcare workers, Patients, and the public and reduce demand for personal protective equipment
- If you do not feel better in 3-4 days, call your provider

