

Guide to COVID-19

the new virus in town



Protect yourself and others!



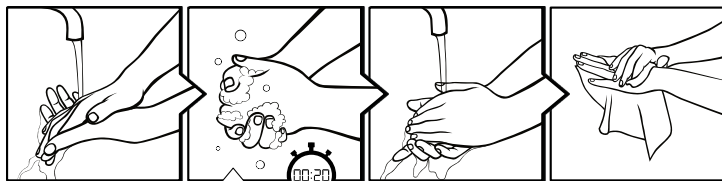
COOK COUNTY
HEALTH

Don't touch your face.



If you need to touch your face,
wash your hands first.

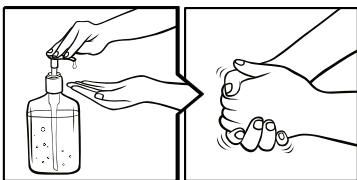
Wash your hands often.



Count to 20 slowly while you make soapsuds.

Or use hand sanitizer.

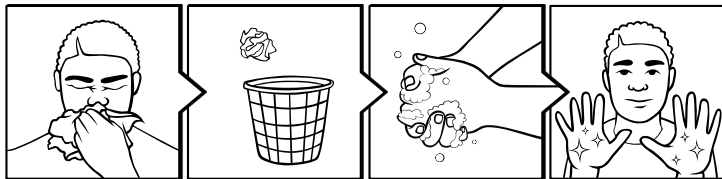
Keep rubbing your hands together until dry.



When you cough...

cover your nose and mouth!

Use a tissue.

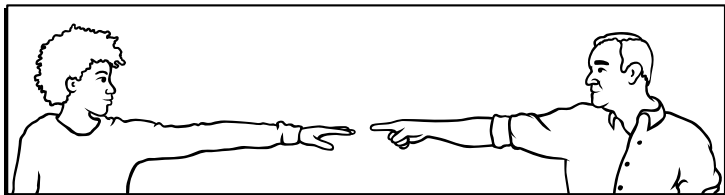


Or use your elbow.



Whenever you can,

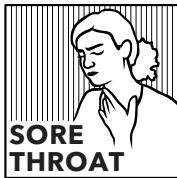
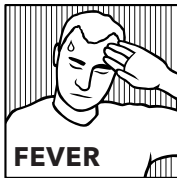
stay at least **6 feet** away from others.



Enjoy some alone time!

Most people with the virus just have a cold.
But, some people can get *very sick*.

Do you feel sick?



- ✓ Tell the people working at your shelter or go to the nearest hospital.
- ✓ Ask for a mask to wear.
- ✓ Keep doing everything on pages 1 and 2.

If you think you are getting *very sick*, call 911.

Questions?

1-800-889-3931

Illinois Department of Public Health

Other important phone numbers:
