

WHAT YOU NEED TO KNOW ABOUT

Coronavirus

WEST SIDE UNITED: Building Blocks
to Better Health



Dear West Side Residents,

We know there has been great concern about COVID-19, also known as Coronavirus, and what we can do as a community to stay safe. While it is important to remain calm and follow any additional guidance provided by the Centers for Disease Control (CDC), our hospitals have come together to compile and equip you with the following tips and advice.

WHAT WE KNOW ABOUT CORONAVIRUS



- It originated in Wuhan, China in late 2019 and it has spread into other countries
- COVID-19 Cases double every 2.5 days
- Infected people carry the virus for 2-14 days before they get sick
- This disease is transmitted by droplets (sneeze/cough)
- Virus can stay on hard surfaces (doorknobs, elevator buttons) for up to 9 days

CORONAVIRUS PREVENTION TIPS



Wash your hands constantly
20 seconds per wash



Do not travel



Social Distance
avoid groups even at home



Stay home if
you are well or sick



Cover your Cough and Sneeze



Do not shake hands

WHAT TO DO IF YOU ARE SICK

Call your doctor or any of the following organizations:

- Chicago Dept. of Public Health at 312-746-7425
- Illinois Dept. of Public Health at 800-889-3931
- Rush University Medical Center at 888-352-RUSH
- Stay at Home
- Use separate room if possible to protect your family
- Reasons to seek healthcare: (Increasing shortness of breath, sicker overall)



For more information visit:

- Centers for Disease and Control - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- The World Health Organization - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Illinois Department of Public Health - <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>
- Chicago Department of Public Health - <https://www.chicago.gov/city/en/sites/covid-19/home.html>