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: