



VILLAGE OF WINTHROP HARBOR

Village Administration
830 Sheridan Road
Winthrop Harbor, Illinois 60096
(847) 872-3846
www.winthropharbor.com

Current information suggests that person-to-person spread will continue to occur and more cases will be identified in the United States and in Chicago. CDPH's goal is to reduce the impact of COVID-19 in Chicago by detecting new cases quickly, minimizing transmission and developing guidance to prepare communities to respond. The virus seems to be spreading easily from person to person and we encourage everyone to take measures to reduce the risk of COVID-19. Everyone has a role to play in getting ready and staying healthy.

Individuals and communities should familiarize themselves with [recommendations to protect themselves and their communities](#) from getting and spreading respiratory illnesses like COVID-19.

Older people and people with severe chronic conditions should [take special precautions](#) because they are at higher risk of developing serious COVID-19 illness. They should limit travel and should not attend large gatherings unless it is essential.

Event organizers should stay informed on [the latest developments and public health guidance](#), review existing emergency operations plans, and determine criteria and strategies for postponing or canceling events.

Childcare facilities, K-12 schools and colleges/universities should review their emergency operations plans, including strategies for social distancing and online learning. Schools should consider postponing or canceling student foreign exchange programs. See CDPH's [COVID-19 Guidance for Childcare Programs](#) and [COVID-19 Guidance for Schools and Institutions of Higher Education](#).

Businesses and employers should actively encourage all employees to stay home when sick, perform hand hygiene, and cover coughs and sneezes. Businesses should review their emergency operations plan, including identification of essential business functions, teleworking and flexible sick leave policies. For more information, see CDPH's [COVID-19 Guidance for Businesses and Employers](#).



VILLAGE OF WINTHROP HARBOR

Village Administration
830 Sheridan Road
Winthrop Harbor, Illinois 60096
(847) 872-3846
www.winthropharbor.com

Community- and faith-based organizations should review existing emergency operations plans, including strategies for social distancing and modifying large gatherings. Community-based organizations should take steps to protect both the clients they serve and their employees. See CDPH's [COVID-19 Guidance for Community- and Faith-based Organizations](#).

Help reduce the spread of rumors. Let people know that viruses cannot target people from specific populations, ethnicities, or racial backgrounds. Being of Asian descent does not increase the chance of getting or spreading COVID-19.

Fight stigma and fear by supporting people who may be coming back to school or work after traveling internationally or completing a quarantine or isolation period for COVID-19.

If you have been in China or another affected area or have been exposed to someone sick with COVID-19 in the last 14 days, you will face [some limitations on your movement and activity](#). [Please follow instructions during this time](#). Your cooperation is integral to the ongoing public health response to try to slow spread of this virus.

Frequently Asked Questions

What is Coronavirus Disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. Symptoms include fever, cough and difficulty breathing. Symptoms may appear in as few as 2 days or as long as 14 days after exposure. At this time, there is no vaccine to protect against COVID-19 and no medications approved to treat it. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.



VILLAGE OF WINTHROP HARBOR

Village Administration
830 Sheridan Road
Winthrop Harbor, Illinois 60096
(847) 872-3846
www.winthropharbor.com

The latest situation summary updates are available on CDC's web page [Coronavirus Disease 2019 \(COVID-19\)](#).

What is the current risk assessment?

For the majority of people, the immediate risk of being exposed to the virus that causes COVID-19 is thought to be low. There is not widespread circulation in most communities in the United States.

People in places where ongoing community spread of the virus that causes COVID-19 has been reported are at elevated risk of exposure, with increase in risk dependent on the location.

Healthcare workers caring for patients with COVID-19 are at elevated risk of exposure.

Close contacts of persons with COVID-19 also are at elevated risk of exposure.

Travelers returning from affected [international locations](#) where community spread is occurring also are at elevated risk of exposure, with increase in risk dependent on location.

How does the virus spread?

The virus that causes COVID-19 is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. People are thought to be most contagious when they are most symptomatic (the sickest).

How is it treated?

There is no specific medicine to treat COVID-19 infection at this time, though studies are underway. People sick with COVID-19 should receive supportive care from a health care professional. Supportive care means care to help relieve symptoms; for example, medicine to bring down fevers, or oxygen if a patient's oxygen level is low.

How is COVID-19 diagnosed?



VILLAGE OF WINTHROP HARBOR

Village Administration
830 Sheridan Road
Winthrop Harbor, Illinois 60096
(847) 872-3846
www.winthropharbor.com

Diagnosis occurs through laboratory testing of respiratory specimens and serum (blood). Some coronavirus strains cause the common cold and patients tested by their health care provider may test positive for these types. The COVID-19 strain can **only** be detected at a public health laboratory.

How can people reduce the risk of getting sick and prevent the spread of COVID-19?

The best way for all Chicagoans to reduce their risk of getting sick, as with seasonal colds or the flu, still applies to prevent COVID-19:

Avoid close contact with people who are sick.

Stay home if you are sick, unless seeking medical care.

Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. Avoid touching your eyes, nose and mouth with unwashed hands.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

Try alternatives to shaking hands, like an elbow bump or wave.

Clean and disinfect frequently touched surfaces, such as doorknobs, countertops and phones.

If you have recently returned from a country, state or region with ongoing spread of COVID-19, monitor your health and follow the instructions of public health officials.

Do I need to wear a mask?

CDPH does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19. Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease



VILLAGE OF WINTHROP HARBOR

Village Administration
830 Sheridan Road
Winthrop Harbor, Illinois 60096
(847) 872-3846
www.winthropharbor.com

to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

What can travelers do to protect themselves and others?

CDPH strongly recommends avoiding travel to countries with **level 3 travel notices**, including layovers at airports, because there is widespread sustained transmission of COVID-19 in these countries and the risk of acquiring the virus is high. Because COVID-19 can be more serious in older adults and those with chronic medical conditions, people in these groups should also consider postponing travel to destinations with **level 2 travel notices**. CDPH does not recommend canceling or postponing travel to destinations with **level 1 travel notices** because the risk of COVID-19 is thought to be low. If you travel, take the following routine precautions:

Avoid contact with sick people.

Avoid touching your eyes, nose, or mouth with unwashed hands.

Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60%–95% alcohol. Soap and water should be used if hands are visibly dirty.

It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.

The latest travel updates are available on CDC's [COVID-19 web page for travelers](#).

What should travelers returning from countries with ongoing spread of COVID-19 do?

Travelers returning from any country with a [Travel Alert Level 3](#) should stay home and monitor their health for up to 14 days. Please follow instructions during this time. Your cooperation is integral to the ongoing public health response to try to slow the spread of this virus.



VILLAGE OF WINTHROP HARBOR

Village Administration
830 Sheridan Road
Winthrop Harbor, Illinois 60096
(847) 872-3846
www.winthropaharbor.com

Do not go to school or work. Absences for this purpose should be excused and alternate arrangements should be made for teleworking and online school assignments.

Take your temperature with a thermometer 2 times a day and watch your health.

If you develop a fever (100.4F/38C) or cough, seek medical care right away. Call ahead before going to a doctor's office or emergency room. Tell them your symptoms and that you were in an affected area. You could also call CDPH at 312-746-7425 (SICK) during business hours, after hours call 311 and request to speak to the Medical Director on call. In the case of a medical emergency, call 911.

Travelers returning from any country with a [Travel Alert Level 2](#) are also encouraged to monitor their health but do not need to limit their movement or activity. If you develop COVID-19 symptoms, contact your healthcare provider, and tell them about your symptoms and your recent travel to an area with community spread of COVID-19.

What if I recently traveled to an area affected by COVID-19 and got sick?

If you were in a country with a COVID-19 outbreak and feel sick with fever, cough, or difficulty breathing, within 14 days after you left, you should

Seek medical advice – Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.

Avoid contact with others.

Not travel on public transportation while sick.

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.

Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.



VILLAGE OF WINTHROP HARBOR

Village Administration
830 Sheridan Road
Winthrop Harbor, Illinois 60096
(847) 872-3846
www.winthropharbor.com

Wash your hands with soap and water immediately after coughing, sneezing or blowing your nose.

If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%–95% alcohol. Always wash hands with soap and water if hands are visibly dirty.

What are the recommendations for healthcare providers?

If you are a healthcare provider, be on the look-out for:

People who recently traveled from China or another [affected area](#) and who have symptoms associated with COVID-19, and

People who have been in close contact with someone with COVID-19 or pneumonia of unknown cause. (Consult the most recent [definition for patients under investigation \[PUIs\]](#).)

Report suspect COVID-19 cases to CDPH **immediately** (within 3 hours) by calling 312-746-SICK (7425) Monday through Friday during business hours or 311 during evenings, weekends, and holidays.

If you are a healthcare provider caring for a COVID-19 patient, please take care of yourself and follow recommended [infection control procedures](#). For more information, see CDC's [Interim Guidance for Healthcare Professionals](#).