





Health Department Phone: (630) 208-3801 IDPH COVID-19 Hotline: 1-800-889-3931

Help prevent the spread of respiratory viruses like COVID-19 and flu.

## What are the symptoms?



Cough

How is it prevented?



Shortness of breath

## 20 SEC

Wash hands often



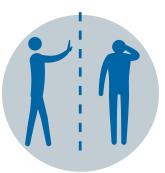
Stay home while you are sick; avoid others



Avoid touching eyes, nose or mouth with unwashed hands



Cover mouth/nose with a tissue or sleeve when coughing or sneezing



Avoid contact with sick people



Clean and disinfect frequently touched objects and surfaces

