

# STAY HOME SAVE LIVES

**ANYONE CAN GET  
AND SPREAD COVID-19.**  
EVEN PEOPLE WITH NO SYMPTOMS  
CAN SPREAD THE VIRUS.

## WHAT IS COVID-19?

The virus spreads from person to person through respiratory droplets when an infected person coughs, sneezes, or talks.



**You may be at higher risk for severe illness if you:**

- Are an older adult,
- Live in a long-term care facility,
- Have an underlying health condition, such as heart disease, diabetes, or asthma.



Common symptoms include **fever, cough, and shortness of breath.**

## PROTECT YOURSELF AND YOUR COMMUNITY

Stay 6 feet away from others and avoid anyone who is sick. Wear a cloth face covering if you must leave your home.



Have meals, groceries, and medicine delivered if possible, and limit your time in public.



**Stay home whenever possible.**

Cover your cough and sneeze with a tissue or your elbow, not your hands.



Wash your hands often with soap and water.



## WHEN TO ACT

Call your healthcare provider if you are sick. If you do not have a healthcare provider contact the Lake County Health Department at (847) 377-8800.



Make a plan for who will take care of you if you or your caregiver gets sick.



**Call 911 immediately if you have difficulty breathing, chest pain, confusion or blueness of the lips or face.**



Find information and resources:  
[lakecountyil.gov/coronavirus](https://lakecountyil.gov/coronavirus)