

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.



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



Lake County
Health Department and
Community Health Center