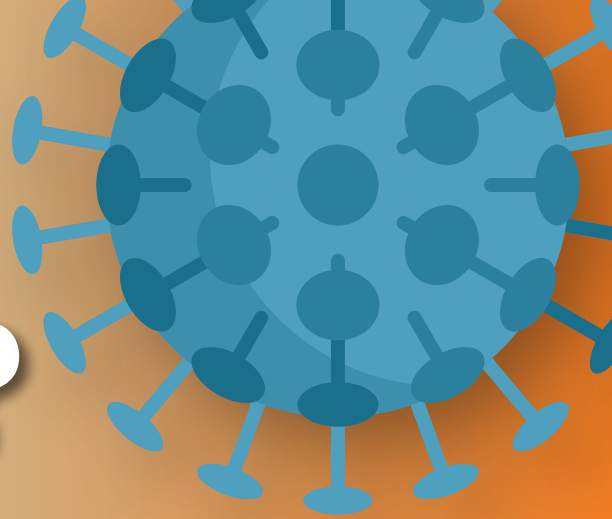


WHAT IS COVID-19?



COVID-19 is a novel (new) coronavirus that was first detected in Wuhan City, Hubei Province, China, in December 2019. People who get sick with **COVID-19** develop mild to severe respiratory illness with symptoms including *fever, cough and difficulty breathing*. Illness can begin 2 to 14 days after exposure.

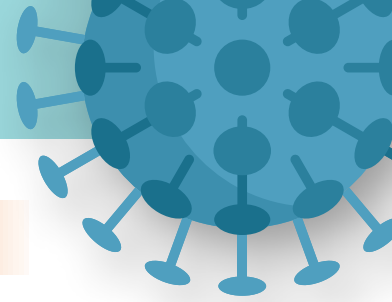
Although you may hear **COVID-19** referred to simply as “coronavirus,” this is not entirely accurate. There are many types of coronaviruses, including the common cold. **COVID-19** has caused concern among global health experts because it is new, and because its symptoms can become severe in some cases.

How are people infected with COVID-19?

COVID-19 can spread from person to person and is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes. As with most respiratory viruses, people are thought to be most contagious when they have the most symptoms.

What are the symptoms?

COVID-19 can cause mild symptoms, including a cough and a fever. In some cases, it can lead to pneumonia or breathing difficulties. Rarely, the disease can be fatal. Older people and people with pre-existing medical conditions can be more vulnerable to becoming severely ill with the virus.



What can I do to prevent COVID-19?

It's important to remember that we are also in the midst of a very severe flu season. The same prevention methods for the flu also apply to COVID-19. They include:

- Use proper handwashing technique. Wash for at least 20 seconds with soap and water before eating; after blowing your nose, coughing or sneezing; or after going to the bathroom. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Cover coughs and sneezes with a tissue and dispose of it immediately. You can also cough into the fold of your elbow.
- Avoid touching your face, particularly your nose, mouth and eyes.
- Stay home when you are sick, and avoid close contact with people who are sick.
- Exercise social distancing in accordance with CDC recommendations.
- Clean and disinfect frequently touched objects and surfaces.

Where can I find more information?

For the most up-to-date and trusted information, visit the COVID-19 online information centers established by the **Centers for Disease Control and Prevention** and the **Illinois Department of Public Health**. The Illinois Department of Public Health Hotline number is **800-889-3931**.



CLICK HERE OR SCAN THIS CODE to view additional COVID-19 information from HSHS Medical Group.



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KNOW THE DIFFERENCE

	SOCIAL DISTANCING	QUARANTINE	SELF ISOLATION
WHO IS IT FOR?	People who have not been exposed to the virus.	People who have been exposed to the virus and don't have symptoms.	People who think they have the virus or have tested positive for the virus.
WHO CAN YOU INTERACT WITH?	<ul style="list-style-type: none"> • Roommates • Small groups of friends and family 	<ul style="list-style-type: none"> • No direct contact • Stay in a room alone if you live with others • Have others deliver supplies but do not touch or talk to them 	
WHAT CAN YOU DO?	<ul style="list-style-type: none"> • Work from home if possible • Cancel any unnecessary gatherings/plans 	<ul style="list-style-type: none"> • Keep food and water stocked up by having supplies delivered, but do not have any direct interaction with those who are delivering. 	
HOW CAN YOU SOCIALIZE?	<ul style="list-style-type: none"> • You can hang out with small groups • Video chat or call friends and family members. 	<ul style="list-style-type: none"> • Don't leave the house aside from emergencies • No face-to-face interaction • Maintain a six foot distance from others • Video chat or call friends and family members • All virtual communication encouraged 	

Revised 3/20/2020



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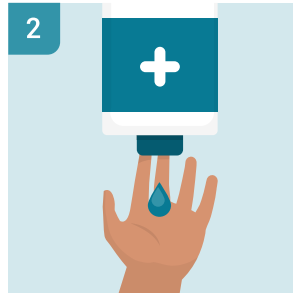


HOW TO WASH YOUR HANDS

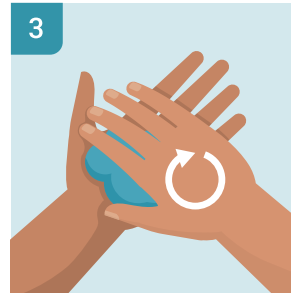
Protect yourself and others from infections



1 WET HANDS



2 APPLY SOAP



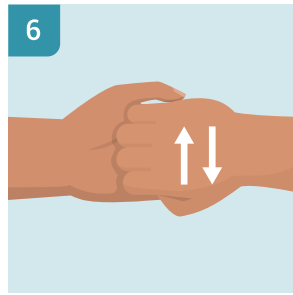
3 RUN HANDS PALM TO PALM



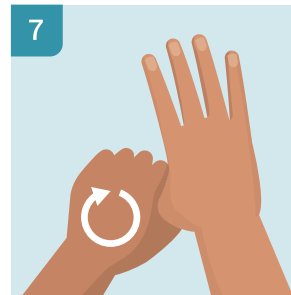
4 LATHER THE BACKS OF YOUR HANDS



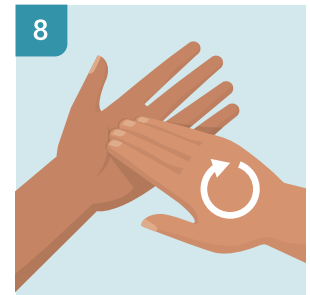
5 SCRUB BETWEEN YOUR FINGERS



6 RUB THE BACKS OF FINGERS ON THE OPPOSITE PALM



7 CLEAN THUMBS



8 SCRUB UNDER FINGERNAILS



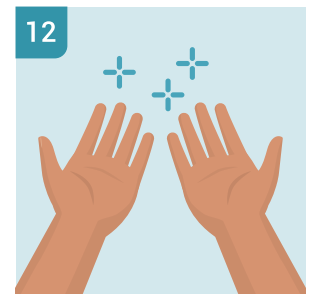
9 RINSE HANDS



10 DRY WITH A SINGLE USE TOWEL



11 USE THE TOWEL TO TURN OFF THE FAUCET



12 YOUR HANDS ARE CLEAN



HOW TO APPLY HAND SANITIZER

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1 APPLY THE PRODUCT ON THE PALM OF ONE HAND



2 RUB HANDS TOGETHER



3 COVER ALL SURFACES UNTIL HANDS FEEL DRY