



## **People Who May Be at Higher Risk for Severe Illness**

### **Older Adults**

COVID-19 is a new disease and we are learning more about it every day. Older adults are at higher risk for severe illness from COVID-19.

### **People with Asthma**

People with asthma may be at higher risk of getting very sick from COVID-19. COVID-19 can affect your respiratory tract (nose, throat, lungs), cause an asthma attack, and possibly lead to pneumonia and acute respiratory disease.



Countryside Fire  
Protection District

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CHUCK SMITH

Fire Chief

### **Station 1**

801 S. Midlothian Road  
Mundelein, IL 60060

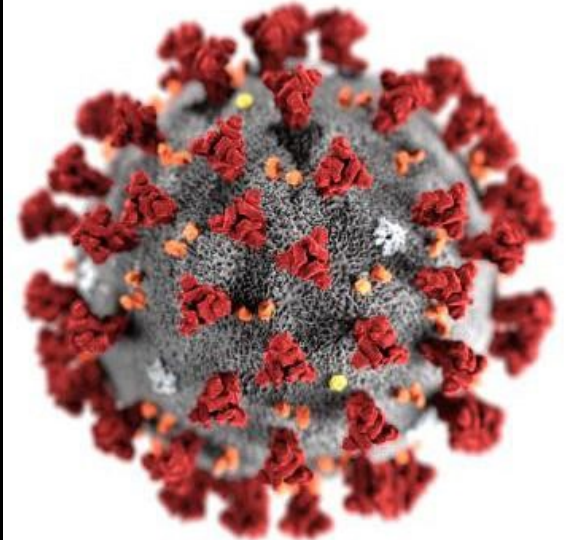
### **Station 2**

Headquarters

600 N. Deerpath Drive  
Vernon Hills, IL 60061  
Office: (847) 367-5511



## **HOW TO PROTECT YOURSELF FROM**



# **CORONAVIRUS**

## **COVID-19**

**Countryside Fire Protection District**

600 N. Deerpath Drive  
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Office: (847) 367-5511

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# Coronavirus

## COVID-19

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). **The best way to prevent illness is to avoid being exposed to this virus.**

### How is coronavirus spread?

- The virus is thought to spread mainly from person-to-person.
- 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.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

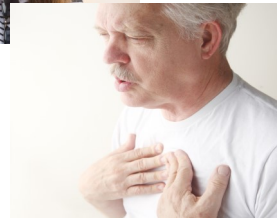
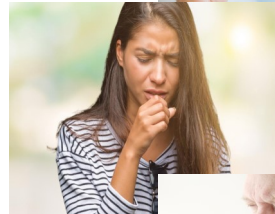
**SYMPTOMS MAY APPEAR  
2-14 DAYS  
AFTER EXPOSURE**



### What are the Symptoms?

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. The following symptoms may appear 2-14 days after exposure:

- **Fever**
- **Cough**
- **Shortness of breath or severe respiratory illness**



### Steps to help prevent the spread of COVID-19 if you are sick . . .

- Stay home except to get medical care.
- Separate yourself from other people in your home.
- Call ahead before visiting your doctor.
- Wear a facemask.

- Cover your coughs and sneezes.
- Wash your hands often for at least 20 seconds.
- Clean all “high-touch” surfaces (counters, tabletops, doorknobs, bathroom fixtures, phones, tablets every day.
- Monitor your symptoms. Seek medical attention if your illness is worsening.

Countryside would like to remind the public of the Illinois Department of Public Health’s recommendations: ***“If you are sick and have respiratory symptoms, such as fever, cough, and shortness of breath, stay home unless you need medical attention. Remain in your home until you feel better and have no symptoms. Keep in mind there is no treatment for COVID-19 and people who are mildly ill can isolate at home. While at home, as much as possible, stay in a specific room and away from other people. Those who need medical attention should contact their health care provider who will evaluate whether they can be cared for at home or need to be hospitalized.”*** Our greatest threat is the overwhelming of the healthcare systems. We need as many healthy medical providers available as possible to tend to the anticipated number of seriously ill patients we will be receiving.

### Questions:

Please call the Illinois COVID-19 hotline via phone 1-800-889-3931 or email: [DPH.SICK@ILLINOIS.GOV](mailto:DPH.SICK@ILLINOIS.GOV).