

# COVID-19 Resources

## CDC: WWW.CORONAVIRUS.GOV

- **FAQ's**
  - [cdc.gov/coronavirus/2019-ncov/faq.html](https://cdc.gov/coronavirus/2019-ncov/faq.html)
- **Steps to Prevent Illness**
  - [cdc.gov/coronavirus/2019-ncov/about/prevention.html](https://cdc.gov/coronavirus/2019-ncov/about/prevention.html)
- **What to Do If You Are Sick**
  - [cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html](https://cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html)
- **Preventing Community Spread**
  - [cdc.gov/coronavirus/2019-ncov/community/index.html](https://cdc.gov/coronavirus/2019-ncov/community/index.html)
- **Travel Information**
  - [cdc.gov/coronavirus/2019-ncov/travelers/index.html](https://cdc.gov/coronavirus/2019-ncov/travelers/index.html)

## LOCAL COVID-19 INFORMATION

- **Lake County Health Department**
  - [lakecountyl.gov/4377/Coronavirus-Disease-2019-COVID-19](https://lakecountyl.gov/4377/Coronavirus-Disease-2019-COVID-19)
- **Cook County Public Health Department**
  - [cookcountypublichealth.org/communicable-diseases/novel-coronavirus/](https://cookcountypublichealth.org/communicable-diseases/novel-coronavirus/)
- **Chicago Public Health Department**
  - [chicago.gov/city/en/depts/cdph.html](https://chicago.gov/city/en/depts/cdph.html)
- **IL Department of Public Health**
  - [dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus](https://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus)

## OTHER INFORMATION

- **Johns Hopkins University Interactive Map**
  - [coronavirus.jhu.edu/](https://coronavirus.jhu.edu/)
- **"Flattening the Curve"**
  - [nbcnews.com/science/science-news/what-flatten-curve-chart-shows-how-critical-it-everyone-fight-n1155636](https://nbcnews.com/science/science-news/what-flatten-curve-chart-shows-how-critical-it-everyone-fight-n1155636)
- **Debunking COVID-19 Myths**
  - [snopes.com/collections/new-coronavirus-collection/](https://snopes.com/collections/new-coronavirus-collection/)
  - [cnn.com/2020/03/04/health/debunking-coronavirus-myths-trnd/index.html](https://cnn.com/2020/03/04/health/debunking-coronavirus-myths-trnd/index.html)

**NOTE:** Recent news reports indicate that the CDC has removed certain data from their website and may not have the most up-to-date information about the number of tested or reported cases. ([cnn.com/2020/03/04/health/cdc-website-coronavirus-testing/index.html](https://cnn.com/2020/03/04/health/cdc-website-coronavirus-testing/index.html))

# Steps to Prevent Illness

1

Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, coughing, or sneezing.

2

Avoid touching your eyes, nose, and mouth.

3

Clean and disinfect frequently-used surfaces on a daily basis, including counters, doorknobs, light switches, faucets, etc.)

4

Cover your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing. Wash your hands afterwards.

5

Avoid public gatherings and other public areas if possible.

6

Stay home if you are sick, and avoid close contact with other people who are sick.

Visit [cdc.gov/coronavirus/2019-ncov/about/prevention](https://www.cdc.gov/coronavirus/2019-ncov/about/prevention) for more detailed information