

Greetings!

As leaders in your communities, the Illinois Department of Public Health would like you to also be a source of information to your communities. Each week, we will provide an update on Coronavirus, also known as COVID-19 and provide links to infographics you can readily share with others as well as written or interactive resources.

Everyone's Role Including YOU!

The Centers for Disease Control and Prevention (CDC) is dependent upon many people and organizations to spread the factual news on COVID-19, a pandemic virus.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/infographic-cdc-protects-508.pdf>

Symptoms of COVID-19

Fever, dry cough, and shortness of breath. If you experience these symptoms, contact your primary care giver for directions. Seek immediate care if you have these symptoms and are 60 years of age and have a chronic condition, including but not limited to heart, respiratory, diabetes; or you have an immunosuppressed condition, contact your healthcare provider quickly. Your medical provider will give you instructions as to what the next steps are for testing and if you are positive; they will provide you with a plan of care.

<https://www.cdc.gov/coronavirus/2019-ncov/communication/graphics.html>

Stop the Spread

Simply stopping the spread through hand hygiene, covering your mouth when coughing or sneezing, using elbow bumps instead of handshakes, and social distancing.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

Why Social Distancing is Tied to Flattening the COVID-19 Curve

As people are keeping a social distance from each other in order to risk the exposure of others to COVID-19, the ultimate goal is to slow down the spread of the virus so it can be manageable within the current healthcare environment, and in turn, save lives. By slowing down the spread, it allows healthcare providers to care for the patients in need of emergency care with the proper equipment. As COVID-19 emergency care patients are often times experiencing severe respiratory conditions, there is a limited supply of N95 respirators and ventilators available.

<https://www.npr.org/sections/health-shots/2020/03/13/815502262/flattening-a-pandemics-curve-why-staying-home-now-can-save-lives>

International Perspective

As many Rotarians are also involved in international relations and issues, a helpful way of keeping up with the incidence of COVID-19, is through an interactive website developed by Johns Hopkins University and Medicine's Coronavirus Resource Center.

<https://coronavirus.jhu.edu/map.html>

Many Rotarians may remember Dr. Aylward, World Health Organization Senior Adviser, physician and epidemiologist from Canada, that led Polio and Ebola prevention and containment initiatives. Dr. Aylward presented many times at Rotary meetings and events throughout the world. He recently returned from a two-week period in Wuhan, China and explains and shares

lessons on how China worked to contain the outbreak of COVID-19 -

<https://www.npr.org/sections/goatsandsoda/2020/03/08/813401722/who-official-says-coronavirus-containment-remains-possible>