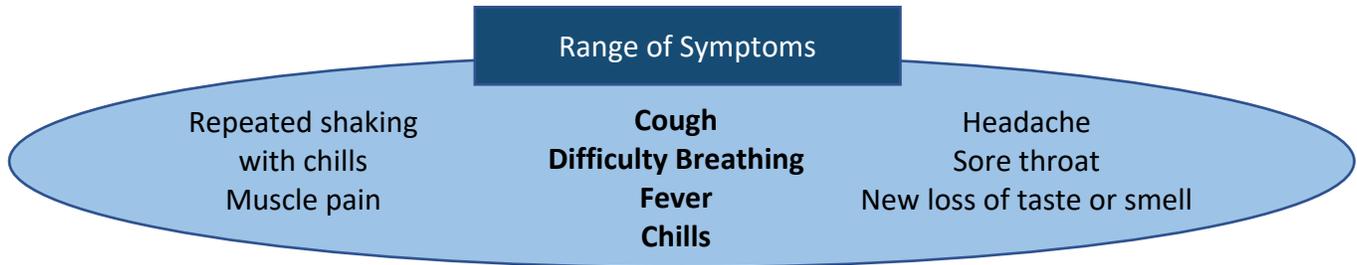




What is COVID-19?

COVID-19 is a respiratory disease that spreads easily from person-to-person. People over 60 years of age and with underlying medical conditions are at higher risk of serious illness.



Symptoms may appear 2-14 days after exposure to the virus.

If you have ANY symptoms, practice social distancing and frequent handwashing to help stop the spread of the virus. If you experience trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face, please call 911 or seek immediate medical attention.

How can I protect myself, my crew, friends and family from COVID-19?



WASH YOUR HANDS with soap and water for at least 20 seconds prior to eating, during breaks, when you return home from work. Wash hands throughout the day when convenient.



COVER YOUR MOUTH when you cough or sneeze at the elbow, with your sleeve or a disposable tissue.



USE A MASK at work and in public if social distancing of 6 feet or more can't be maintained. When at home, use a mask if you share housing with others and cannot maintain 6 feet (2 meters) of distance. Do not touch the front of the mask. Wash a cloth mask each day after using it.



DO NOT TOUCH YOUR FACE. Avoid touching your eyes, nose, or mouth if you have not washed your hands.



MAINTAIN YOUR DISTANCE (2 meters or 6 feet). Avoid close contact with people at work and in public, and at home if you live in shared housing.



STAY HOME. Only go out for essential needs, such as to buy food or go to work.



WASH SURFACES YOU TOUCH Using soap and water or disinfectant, frequently wash door handles, light switches, tables, television remotes, bathrooms and showers. Wash your cell phone daily. Wash commonly touched surfaces daily, especially if you live in shared housing.

I have symptoms of COVID-19, what should I do?

CALL A HEALTHCARE PROVIDER and NOTIFY YOUR SUPERVISOR.

You can get COVID-19 diagnostic testing and testing-related services free of charge⁽¹⁾.

CONTACT A HEALTH CARE PROVIDER

You can get a free COVID-19 testing and testing-related services from the clinics listed below. You can have a telehealth appointment, which will be a phone call with a nurse or doctor, or you can go to the clinic and see a nurse or doctor in person.

SOUTHERN ILLINOIS	SHAWNEE HEALTH SERVICE	Telephone: (618) 519-9200
Locations: Carbondale, Carterville, Marion, Murphysboro		
NORTH/CENTRAL ILLINOIS	COMMUNITY HEALTH PARTNERSHIP OF ILLINOIS	
Locations:		
Aurora (630) 859-0015	Harvard (815) 943-4339	Kankakee (815) 932-6045
Mendota (815) 539-6124	Princeville (309) 363-5089	Champaign (217) 893-3052

If you do not live near these clinics, they will help you find a [Federally Qualified Health Center](#).

Who else can help me get medical assistance? If you can't, contact these facilities:

- Call your [local public health department](#)
- Call 911 if you have a medical emergency

If you feel sick:

NOTIFY YOUR SUPERVISOR. They should have a policy about who needs to stay at home, and they may direct you for care.

STOP WORKING. If you are sick, you should rest. You should get tested. And you should not infect your co-workers or others at home.

ISOLATE YOURSELF. This means you should stay separated from people you live with and from co-workers. After you get tested for COVID-19, you will get advice about how to stay healthy and lower your risk.

REST UNTIL YOU FEEL BETTER.

(1) Illinois Health Care and Family Services (IHFS) <https://www.illinois.gov/hfs/MedicalProviders/notices/Pages/prn200518a.aspx>