

HELP STOP THE SPREAD OF COVID-19

A mandatory order is in effect that says

everyone in Illinois must stay at home,

with exceptions for essential activities, government offices, and certain businesses.

Going out to get food, medicine, and medical treatment **IS** allowed. Certain outdoor activities, including taking a walk or walking your dog, are also permitted.

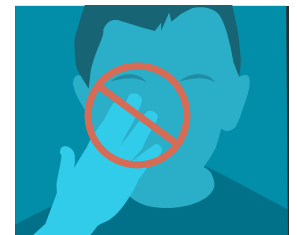
Whenever you leave your house, maintain a safe distance from others (at least 6 feet or about 2 meters).

DO NOT go out for any unnecessary activity. We must work together to keep each other safe.



What you need to do:

1. Follow the Stay At Home Order and **STAY AT HOME**.
2. **Isolate yourself:** Do not visit other people's houses or invite others to your house. Instead, call family and friends to check on them. Avoid crowds.
3. Avoid contact with people who are sick.
4. Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
5. Avoid touching your eyes, nose, and mouth.
6. **Clean and disinfect** frequently touched objects and surfaces.
7. **Wash your hands often** with soap and water for at least 20 seconds.
8. If you are experiencing symptoms of any illness, including COVID-19, the first thing you should do is **call a doctor**. But please, do not walk directly into an emergency room or a doctor's office.



For more information visit coronavirus.illinois.gov

Sources: CDC, cdc.gov/COVID19, <http://coronavirus.illinois.gov/>

National Domestic Violence Hotline: 1-800-799-7233
National Suicide Prevention Hotline: 1-800-273-8255