

Steps to Prevent the Spread of Viruses

The best way to prevent illness is to avoid being exposed to this virus. There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). 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). Some infected people may not yet be experiencing symptoms.

Do your part not to spread the illness. Take actions to prevent the spread including practicing social distancing.

What is Social Distancing?

- Maintain a distance of 6 feet with others in public
- Attempt to work from home and avoid public transportation
- Do not be near anyone who is sneezing or coughing
- Decline handshakes and direct contact.

All of us play an important role in preventing the spread of coronavirus. By following these commonsense steps, we can limit the spread.

- Wash your hands often with soap and water for at least 20 seconds
- Wash your hands before eating, after eating, after blowing your nose, after coughing or sneezing and especially when using a public lavatory and after commuting on public transit
- Stay home if you are sick and avoid close contact with people who are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and then wash your hands
- Don't share eating utensils, beverage glasses or cosmetics
- Clean and disinfect surfaces using a regular household cleaning spray or wipe
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol

Where can I find more information?

You can find more information about the symptoms and transmission of the virus, as well as at the following:

- [Center for Disease Control and Prevention \(CDC\)](#)
- [Illinois Department of Public Health \(IDPH\)](#)
- <https://www.chicago.gov/coronavirus>
- State of Illinois Coronavirus Page: <https://www2.illinois.gov/sites/coronavirus/Pages/default.aspx>
- [cdc.gov/Other/emailupdates/](https://www.cdc.gov/Other/emailupdates/)