

# CORONAVIRUS: SAFETY TIPS

The Illinois Department of Public Health and the Centers for Disease Control advise specific measures to help prevent the spread of coronaviruses. Please review these as a family.

## Dear Community Member,

The health and well-being of our participants, staff and families are of the utmost priority. As you may have heard, the Centers for Disease Controls (CDC) released a statement regarding the Coronavirus (COVID-19) in the United States. We want to make you aware of some important information about prevention and symptoms of the Coronavirus.

## Coronavirus Prevention Safety

**Follow these easy steps to help prevent the spread of COVID-19**

- Wash your hands for at least 20 seconds. If no soap, use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth with a tissue when sneezing or coughing, then throw the tissue away. If no tissue, use your arm or elbow.
- Disinfect surfaces around your home and work.

## Coronavirus Update:

**What NEDSRA Families Need to Know**

## COVID-19 Symptoms

**In order to limit prevention of all communicable diseases, we need your cooperation. It is imperative that participants and staff showing any symptoms of illness stay home.**

Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. These illnesses usually only last for a short amount of time.

### Symptoms may appear 2-14 days after exposure:

- Runny nose
- Headache
- Cough
- Sore throat
- Fever
- General feeling of being unwell

## Planning & Preparation

It is advisable that parents and guardians think about alternate plans should their loved one need to stay home from programs due to illness or possible program cancellations. Please be assured that we will continue to seek guidance from the appropriate agencies and will communicate their recommendations as we work together in the days ahead. For more information and answers to frequently asked questions visit the Illinois Department of Public Health page; [dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/faq](https://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/faq).

Sincerely,

**Rick Poole**  
Executive Director