

# Coronavirus COVID-19

## What you need to know

### **What is COVID-19?**

It's a respiratory virus that was initially found in humans in China and has since spread to other countries, including the United States. This is a newly identified strain of the virus so we don't know as much as but easily it spreads or how many people will become really sick. CMH is closely following all the recommendations of the Illinois Department of Public Health and the Centers for Disease Control.

### **How do you treat coronaviruses?**

You treat the symptoms. Most people will recover with rest and hydration.

### **Is there a vaccine?**

There is no vaccine currently available.

### **What are the symptoms?**

Fever, dry cough and trouble breathing or shortness of breath.

### **What should I do if I'm experiencing these symptoms?**

If you have concerns about your health, you should always see your healthcare providers. You should always seek care if your symptoms persist for more than 7 days, have a fever over 100, have stomach or chest pain or have difficulty breathing. If you need immediate help call 911. If you have traveled to an affected area or have been exposed to a known case of COVID-10, we ask that you call your healthcare provider or facility before your arrival (544-3131).

### **Who is most at risk?**

As of today, the risk to most people in our area appears to be low. People with travel to affected areas or exposure to a confirmed case are more at risk. Older and younger patients, as well as those with underlying health problems, may be more intensely affected.

### **How do I protect myself and my loved ones?**

The best way to prevent the spread of COVID-19 are the same everyday healthy practices you already use. Wash your hands thoroughly (use CDC-recommended hand sanitizer gel if soap and water aren't available), cover your cough, stay home if you're sick, don't touch your face and avoid contact with people who are ill.

### **Should I wear a mask in public?**

The CDC does not recommend the uses of facemasks for the general public.

### **Will CMH tell me if they are treating a patient with COVID-19?**

As with all potentially infectious viruses, all hospitals in the state of Illinois are required to publicly report suspected cases of the disease to our local health department. Our team is in regular communication with the local health department, as well as the Illinois Department of Public Health.

### **Where can I find more information?**

The community should only trust information online if it comes from reputable sites. The best are the Centers for Disease Control ([cdc.gov](https://www.cdc.gov)), the World Health Organization ([who.int](https://www.who.int)) or the Illinois Department of Public Health ([dph.illinois.gov](https://dph.illinois.gov)).



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