

Persons with confirmed or suspected COVID – 19 Steps for Care at Home

- **Stay home, except to get medical care**
 - Do not go to work, school, or public places
 - Avoid public transportation, ride sharing services (like Uber or Lyft) or taxis
- **Separate yourself from other people and animals in your home as much as possible**
 - Stay in a specific room with a separate bathroom, if possible, and away from others in your home
 - Restrict contact with pets and other animals just like you would people
- **Call ahead before visiting your doctor**
 - Tell the healthcare provider you may have or do have COVID-19
- **Wear a face mask**
 - Put on facemask before entering healthcare providers office
- **Cover your cough and sneeze**
 - Throw tissues in the garbage can immediately
 - Wash hands with soap and water for 20 seconds or hand sanitizer with 60-90% alcohol
- **Clean your hands often**
 - Use soap and water or hand sanitizer with 60% - 90% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry
- **Avoid sharing personal household items**
 - Do not share dishes, drinking glasses, utensils, towels, or bedding with other people or pets in your home. After using these items, wash thoroughly with soap and water. Whenever possible wash laundry with hot water
- **Clean all high touch surfaces every day**
 - This includes counters, tabletops, doorknobs, fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe according to label instructions
- **Monitor your symptoms**
 - Seek medical attention if you feel worse. Call office or hospital before leaving home

Please contact your personal physician and/or your local Health Department for further guidance and instruction for your care at home.

The Illinois Department of Health can be reached 24/7 by calling [1-800-889-3931](tel:1-800-889-3931) or email DPH.SICK@ILLINOIS.GOV to have all your COVID-19 questions answered.

Additional Resources:

“Clare” Online Screening Tool - <https://www.osfhealthcare.org/covid19/>

Preventing the Spread of Coronavirus - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Peoria City/County Health Department – (309) 679-6000 - <https://www.pcchd.org/>

Tazewell County Health Department – (309) 925-5511- <https://www.tazewellhealth.org/>

Woodford County Health Department – (309) 467-3064 - <http://www.woodfordhealth.org/>

Fulton County Health Department – (309) 647-1134 - <https://fultoncountyhealth.com/>

Marshall County Health Department – (309) 246-8074 - <https://www.bchealthdepartment.org/>