



KENDALL COUNTY HEALTH DEPARTMENT

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Public Health
Prevent. Promote. Protect.

Public Service Announcement

WWW.KENDALLHEALTH.ORG

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Coronavirus: Prevention and Preparedness

The Kendall County Health Department, alongside the Illinois Department of Public Health and Centers for Disease Control and Prevention continues to monitor novel (new) coronavirus (COVID-19). Cases of COVID-19 infection in people continue to be detected in the United States, with two closed cases in Illinois. Thus far, there have been no positive cases of individuals with the Coronavirus (COVID-19) in Kendall County.

According to the Centers for Disease Control and Prevention (CDC), coronavirus (COVID-19) is a virus identified as the cause of an outbreak of respiratory illness first detected in Wuhan City, Hubei Province, China which continues to expand. Infections with COVID-19 also are being reported in a growing number of international locations, including the United States.

Symptoms can include; fever, cough and shortness of breath. CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. Importantly, experts explain that this virus may be transmitted by infected individuals who show no apparent symptoms. There is currently no vaccine to prevent COVID-19 infection. As a reminder, CDC always recommends everyday healthy behaviors to help prevent the spread of respiratory viruses, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- If you think you have been exposed to someone sick with COVID-19 in the last 14 days, you may face some limitations on your movement and activity. Please follow instructions during this time. Your cooperation is integral to the ongoing public health response to try to slow spread of this virus. If you develop COVID-19 symptoms, contact your healthcare provider, and tell them about your symptoms and your travel or exposure to a COVID-19 patient.
- Also, it's currently flu and respiratory disease season and CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.

These are everyday habits that can help prevent the spread of several viruses. People who think they may have been exposed to COVID-19 should promptly contact their healthcare provider.

Those who are traveling should consider all travel risks prior to following through on travel plans. There are ongoing investigations to learn more about the specificity of a coronavirus transmission. This is an evolving situation and fresh information will be available on our website. Community members are welcome to call the Kendall County Health Department at (630)553-9100 with questions.

Illinois Department of Public Health would like community members to know, “While efforts to contain the number of COVID-19 cases will continue, Illinois will also utilize community mitigation strategies. Community mitigation aims to slow the spread of a novel virus in communities using nonpharmaceutical interventions better known as “everyday preventive actions” including staying home when sick, covering coughs and sneezes, frequent handwashing, and routine cleaning of frequently touched surfaces and objects. In the absence of medications or vaccines, community mitigation measures are the first line of defense against highly transmissible infectious diseases. Preventative actions should be practiced by Illinoisans at all times, but especially as we continue to monitor potential spread of a new virus. For more information about how you can prepare for the spread of the virus and steps you can take to stay healthy, visit <https://www.cdc.gov/nonpharmaceutical-interventions/>. While these materials reference influenza, the information and actions you can take to prepare yourself and your community still apply, for [At Home](#), [At School](#), [At Work](#), and [At a Gathering](#).”

For more information on COVID-19, please visit our website at www.kendallhealth.org, [Coronavirus COVID-19 Global Cases by Johns Hopkins CSSE real time map](#) and [Coronavirus Prevention video](#).

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