Preventing

Colds, flu and other viruses:

Practice the 3 C's
Clean your hands • Cover your cough • Contain your illness

What is Coronavirus?

Human coronaviruses are common throughout the world and 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 include fever, cough and shortness of breath.

It is most commonly spread from an infected person to others through the air by coughing and sneezing; close personal contact, such as touching or shaking hands; touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

Clean your hands.
Washing your hands often will help protect you from germs.

Practice good health habits.
Get plenty of sleep, be physically active, manage your stress, eat nutritious food, and drink plenty of fluids.

Cover your cough.
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Avoid touching your eyes, nose or mouth.
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Contain your illness.
If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Avoid close contact.
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

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Visit dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus.