

Facts About COVID-19



LAWNDALE CHRISTIAN
HEALTH CENTER
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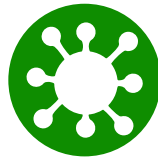
What is COVID-19?

COVID-19 is the infection caused by the new coronavirus (CoronaVirus Disease of 2019)

Most people will develop only mild symptoms and can recover at home but some people may develop severe illness and pneumonia

Who's at risk for more severe infection?

- Older adults (over 60)
- Lung disease, hypertension, diabetes, heart disease
- Immunocompromised people



How is COVID-19 Spread?

The virus spreads mainly from person to person.

When an infected person coughs or sneezes, they can infect others within 6 feet of them.

It is possible to get COVID-19 by touching a surface or object that the virus is on and then touching your mouth, nose, or eyes

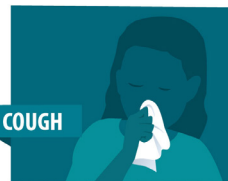
Why did I screen positive for COVID-19?

Symptoms of COVID-19 include:

- Cough
- Fever
- Shortness of breath

Having these symptoms, or exposure to someone diagnosed with COVID-19, increases your likelihood of having the infection.

For these reasons, it is recommended that you enter quarantine given your symptoms and/or exposure risks. We want to keep you, and those around you, safe and healthy.



Why quarantine?

"Quarantine" means isolating to limit exposure and spread of the virus.

Since the virus mainly spreads from person to person, this means limiting contact with other people.



The goal is to decrease the number of people who contract the virus, especially for people who are at higher risk for more severe infection. That way, there are enough medical staff and supplies to help those who do become sick.

While in quarantine, you will also get the medical care you need to help fight the COVID-19 virus.

If your symptoms worsen...

If you have these emergency symptoms go to the Emergency Room immediately

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to wake up
- Bluish lips or face

**This list is not all-inclusive*

Useful Phone Numbers

Emergency: 911

Mental Health:

Disaster Distress Helpline: 1-800-985-5990
or text "TalkWithUs" to 66746
Suicide Hotline: 1-800-273-8255

Health Questions:

Your primary doctor
Rush triage: 888-352-RUSH
LCHC triage: 872-588-3000

General Questions/Accessing Care:

Chicago Public Health Department
312-746-7425