Stop the Spread of CORONAVIRUS (COVID-19)

How does it spread?

<table>
<thead>
<tr>
<th>How does it spread?</th>
<th>What are the symptoms?</th>
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<tbody>
<tr>
<td>Cough or Sneeze</td>
<td>Fever</td>
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<tr>
<td>Shaking hands</td>
<td>Cough</td>
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<tr>
<td>Touching surfaces with the virus on it</td>
<td>Difficulty breathing</td>
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</tbody>
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How do I protect myself?

**YES.**

- Wash your hands with soap and water for 20 seconds.
- Avoid sick people.
- Stay home from work when you are sick.
- Stand 6 feet apart from other people.

**NO!**

- Cover your cough or sneeze with a tissue.
- Don’t touch your face.
- Clean objects and surfaces often.

Who do I Call or Text?

If you feel sick, call your doctor BEFORE going to the doctor’s office or hospital

Medical concerns, housing, Medicaid, food, community resources, general questions?

- Deborah (Burmese) 630.849.4115
- Jenn (French) 630.407.4211
- Emily 630.849.0237
- Durmomo (Arabic) 630.890.6862
- Jerome (Swahili) 630.849.4967
- Hannah 630.890.6861

Questions about your job?

- Barb 630.687.7003
- Dan 630.687.7007
- Rachel 630.687.7002
- David 630.456.0207
- Sasha 630.849.9720
- Mohammad 630.687.7006

Questions about school closings, school registration, meals for your children?

- Cyndi 630.965.2029
- Katie 630.534.0529

Mental health concerns or a family crisis?

- Laima (Russian) 630.399.9082

For more information: www.dph.illinois.gov
www.worldreliefdupageaurora.org/covid-19-resources