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What is Novel Coronavirus?

The disease called COVID-19 is caused by a novel (new) coronavirus this means the virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

Signs and Symptoms:

- Fever
- Cough
- Shortness of breath

Incubation period:

- Ranges from 2-14 days

Contagious Period and Spread

The virus is thought to spread mainly from person-to-person.

- between people who are in close contact with one another (within about 6 feet).
- through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

There is not enough information about the transmission of the virus to completely understand when a patient can spread the virus to others.

To protect yourself and others:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based (60% or more) hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people or maintain a distance of 6 feet from others. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, stay home from work or school and limit contact with others to avoid spreading germs.
- If you have flu-like symptoms, call your doctor AND contact your local health department.

If you have been exposed to an ill person with flu-like symptoms:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers (60% or more) are also effective.
- Avoid touching your eyes, nose or mouth.
- Monitor yourself for symptoms of fever, chills, nasal congestion, sore throat and/or cough.
- If you develop these symptoms, call your doctor.

Emergency Medical Services and Law Enforcement

The top priority at this time with COVID – 19 is to prevent the virus from disrupting your EMS and Law Enforcement operations. Actions taken early in outbreaks (such as following your employer’s plan for exposure and control, proper use of PPE and standard precautions) can significantly reduce the spread of the virus.

Please practice the following actions to help prevent the spread of COVID-19 amongst your responders.

- If possible, maintain a distance of at least 6 feet.
- Practice proper hand hygiene. Wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
 - Do not touch your face with unwashed hands.
- Have a trained Emergency Medical Service/ Emergency Medical Technician (EMS/EMT) assess and transport anyone you think might have COVID-19 to a healthcare facility.
- Ensure only trained personnel wearing appropriate personal protective equipment (PPE) have contact with individuals who have or may have COVID-19.
- Learn your employer’s plan for exposure control and participate in trainings on the use of PPE for respiratory protection, if available.

Resources for EMS and Law Enforcement

<https://www.cdc.gov/coronavirus/2019-ncov/community/first-responders.html>

What Law Enforcement Personnel Need to Know about Coronavirus Disease 2019 (COVID-19)

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-law-enforcement.html>

Interim Guidance for Emergency Medical Services (EMS) Systems and 911 Public Safety Answering Points (PSAPs) for COVID-19 in the United States

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-for-ems.html>

Strategies for Optimizing the Supply of N95 Respirators <https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/index.html>

Other resources:

Cook County Department of Public Health:

<https://www.cookcountypublichealth.org/communicable-diseases/novel-coronavirus/>

708.633.4000

Chicago Department of Public Health:

<https://www.chicago.gov/city/en/depts/cdph.html>

312-746-7425 or 312-746-4538

Illinois Department of Health:

<http://dph.illinois.gov/>

1-800-889-3931



Mitigation Strategies for Minimal/Moderate Community Transmission of COVID-19: Guidance for Community Partners in Suburban Cook County

Effective: 3/12/2020

Adapted from: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf>



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Individuals and Families at Home

- Cover your cough, wash your hands with soap and water or alcohol based hand sanitizer, and stay home when you are sick.
- Create a family preparedness plan.

- Continue to monitor local information about COVID-19 in your community.
- Continue to practice personal protective measures.
- Continue to put household plan into action.
- Individuals at increased risk of severe illness should consider staying at home and avoiding gatherings or other situations of potential exposures, including travel.

- Additional resources:
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html>



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Schools/childcare

- Review and update emergency operations plan (including implementation of social distancing measures, distance learning if feasible) or develop plan if one is not available.
- Evaluate whether there are students or staff who are at increased risk of severe illness and develop plans for them to continue to work or receive educational services if there is moderate levels of COVID-19 transmission or impact.
 - Parents of children at increased risk for severe illness should discuss with their health care provider whether those students should stay home in case of school or community spread.
 - Staff at increased risk for severe illness should have a plan to stay home if there are school-based cases or community spread.
- Encourage staff and students to stay home when sick and notify school administrators of illness (schools should provide non-punitive sick leave options to allow staff to stay home when ill).
- Encourage personal protective measures among staff/students (e.g., stay home when sick, handwashing, respiratory etiquette).
- Clean and disinfect frequently touched surfaces daily.
- Ensure hand hygiene supplies are readily available in buildings



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Schools/childcare

- Implement social distancing measures:
 - Reduce the frequency of large gatherings (e.g., assemblies), and limit the number of attendees per gathering.
 - Alter schedules to reduce mixing (e.g., stagger recess, entry/dismissal times)
 - Limit inter-school interactions
 - Consider distance or e-learning in some settings
- Consider regular health checks (e.g., temperature and respiratory symptom screening) of students, staff, and visitors (if feasible).
- Short-term dismissals for school and extracurricular activities as needed (e.g., if cases in staff/students) for cleaning and contact tracing.
- Students at increased risk of severe illness should consider implementing individual plans for distance learning, e-learning.
- Additional resources:
 - <https://www.isbe.net/Pages/School-Health-Issues.aspx>
 - <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/schools-guidance>



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Assisted living facilities, senior living facilities and adult day programs

- Review and update emergency operations plan (including implementation of social distancing measures) or develop a plan if one is not available.
- Encourage personal protective measures among staff, residents and clients who live elsewhere (e.g., stay home or in residences when sick, handwashing, respiratory etiquette).
- Clean frequently touched surfaces daily.
- Ensure hand hygiene supplies are readily available in all buildings.



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Assisted living facilities, senior living facilities and adult day programs

- Implement social distancing measures:
 - Reduce large gatherings (e.g., group social events)
 - Alter schedules to reduce mixing (e.g., stagger meal, activity, arrival/departure times)
 - Limit programs with external staff
 - Consider having residents stay in facility and limit exposure to the general community
 - Limit visitors, implement screening
- Temperature and respiratory symptom screening of attendees, staff, and visitors.
- Short-term closures as needed (e.g., if cases in staff, residents or clients who live elsewhere) for cleaning and contact tracing.



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Workplaces

- Review, update, or develop workplace plans to include:
 - Liberal leave and telework policies
 - Consider 7-day leave policies for people with COVID-19 symptoms
 - Consider alternate team approaches for work schedules.
- Encourage employees to stay home and notify workplace administrators when sick (workplaces should provide non-punitive sick leave options to allow staff to stay home when ill).
- Encourage personal protective measures among staff (e.g., stay home when sick, handwashing, respiratory etiquette).
- Clean and disinfect frequently touched surfaces daily.
- Ensure hand hygiene supplies are readily available in building.



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Workplaces

- Encourage staff to telework (when feasible), particularly individuals at increased risk of severe illness.
- Implement social distancing measures:
 - Increasing physical space between workers at the worksite
 - Staggering work schedules
 - Decreasing social contacts in the workplace (e.g., limit in-person meetings, meeting for lunch in a break room, etc.)
- Limit large work-related gatherings (e.g., staff meetings, after-work functions).
- Limit non-essential work travel.
- Consider regular health checks (e.g., temperature and respiratory symptom screening) of staff and visitors entering buildings (if feasible).



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Community and Faith Based Organizations

- Identify safe ways to serve those that are at high risk or vulnerable (outreach, assistance, etc.).
- Review, update, or develop emergency plans for the organization, especially consideration for individuals at increased risk of severe illness.
- Encourage staff and members to stay home and notify organization administrators of illness when sick.
- Encourage personal protective measures among organization/members and staff (e.g., stay home when sick, handwashing, respiratory etiquette).
- Clean frequently touched surfaces at organization gathering points daily.
- Ensure hand hygiene supplies are readily available in building.



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Community and Faith Based Organizations

- Implement social distancing measures:
 - Reduce activities (e.g., group congregation, religious services), especially for organizations with individuals at increased risk of severe illness.
 - Consider offering video/audio of events.
- Determine ways to continue providing support services to individuals at increased risk of severe disease (services, meals, checking in) while limiting group settings and exposures.
- Cancel large gatherings (e.g., >250 people, though threshold is at the discretion of the community) or move to smaller groupings.
- For organizations that serve high-risk populations (see next slide), cancel gatherings of more than 10 people.
- Additional resources:
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/homeless-shelters/plan-prepare-respond.html>
 - <https://files.hudexchange.info/public/resources/documents/Specific-Considerations-for-Public-Health-Authorities-to-Limit-Infection-Risk-Among-People-Experiencing-Homelessness.pdf>



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High Risk Populations

- Adults who are 60 years of age or older.
- Blood disorders (e.g., sickle cell disease or on blood thinners).
- Chronic kidney disease as defined by your doctor.
- Chronic liver disease as defined by your doctor (e.g., cirrhosis, chronic hepatitis).
- Compromised immune system (immunosuppression) (e.g., seeing a doctor for cancer and treatment such as chemotherapy or radiation, received an organ or bone marrow transplant, taking high doses of corticosteroids or other immunosuppressant medications, HIV or AIDS).
- Current or recent pregnancy in the last two weeks.
- Endocrine disorders (e.g., diabetes mellitus).
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders).
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease).
- Lung disease including asthma or chronic obstructive pulmonary disease (chronic bronchitis or emphysema) or other chronic conditions associated with impaired lung function or that require home oxygen.
- Neurological and neurologic and neurodevelopment conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].



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Local Health Departments in Suburban Cook County

For most of suburban Cook County	For residents and institutions in Evanston	For residents and institutions in Oak Park	For residents and institutions in Skokie	For residents and institutions in Stickney Township
Cook County Department of Public Health	Evanston Health & Human Services Department	Oak Park Department of Public Health	Skokie Public Health Department	Stickney Public Health District
708-633-4000	847-448-4311	708-358-5480	847-933-8252	708-424-9200

ccdph.covid19
@cookcountyhhs.org



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