



Today's Daily Press Conference for COVID-19 will begin at 2:30 pm Click Here to Watch Live  
 (<https://www.illinois.gov/livevideo>)

# Coronavirus Disease 2019 (COVID-19): Frequently Asked Questions

A: At this time, there is no evidence that pets or other animals can spread COVID-19 or that they might be a source of infection in the United States. The thousands of worldwide cases have been human-to-human transmission.

<a href="#"><u>English</u></a>	<a href="#"><u>Español</u></a>
--------------------------------	--------------------------------

**[Find More Information About Coronavirus Disease 2019 \(COVID-19\) Here](#)** (<http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>)

## Q: What is 2019 Novel Coronavirus (COVID-19)?

A: There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus not previously seen in humans. COVID-19 was identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China, that has spread around the world, including the United States and all 50 states. The latest situation summary updates are available on the Centers for Disease Control and Prevention web page [2019 Novel Coronavirus](https://www.cdc.gov/coronavirus/2019-ncov/index.html). (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>)

## Q: What is the source of the virus?

A: Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats and bats. Early on, many of the patients at the epicenter of the COVID-19 outbreak in China had some link to a large seafood and live animal market, suggesting animal-to-person spread. Later, a growing number of patients reportedly did not have exposure to animal markets, indicating person-to-person spread. Person-to-person spread was subsequently reported outside China, including the United States.

## Q. What does it mean that COVID-19 is a Global Pandemic?

A: A pandemic is a global outbreak of disease. Pandemics happen when a new virus emerges to infect people and can spread between people. Because there is little to no pre-existing immunity against the new virus, it spreads worldwide. The virus that causes COVID-19 is infecting people and spreading easily from person-to-person. Cases have been detected in most countries worldwide, including the United States, which has recorded cases in all 50 states.

## Q: What are the symptoms of COVID-2019?

A: People who are infected with COVID-19 have developed mild to severe respiratory illness with symptoms including fever, cough, shortness of breath, and potentially respiratory distress 2-14 days after exposure. Call your health care provider for medical advice if you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing.

## Q: How does COVID-19 spread?

A: COVID-19 has been shown to spread between people. Someone who is actively sick with COVID-19 can spread the illness to others, so CDC recommends these patients be isolated either in the hospital or at home (depending on the severity of their illness) until they are better and no longer pose a risk of infecting others. Human coronaviruses typically spread through the air by coughing and sneezing. How long someone is actively sick can vary so the decision on when to release someone from isolation is made on a case-by-case basis in consultation with doctors, infection prevention and control experts, and public health officials and involves considering specifics of each situation, including disease severity, illness signs and symptoms, and results of laboratory testing for that patient.

Current [CDC guidance for when it is OK to release someone from isolation](https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html) (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>) is made on a case by case basis and includes meeting all of the following requirements:

- The patient is free from fever without the use of fever-reducing medications for at least 72 hours.
- The patient is no longer showing symptoms, including cough.
- It has been at least 7 days since the onset of the patient's illness.

This recommendation is to help prevent most, but may not prevent all, instances of secondary spread. According to CDC, the risk of transmission after recovery is likely very substantially less than that during illness.

Someone who has been released from isolation is not considered to pose a risk of infection to others.

## **Q: How is COVID-19 diagnosed?**

A: Diagnosis occurs through laboratory testing of respiratory specimens. Some coronavirus strains cause the common cold and patients tested by their health care provider may test positive for these types.

## **Q: Can someone spread the virus without being sick?**

A: People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms. There have been reports of this occurring with COVID-19, but this is not thought to be the main way the virus spreads.

## **Q: Will warm weather stop the outbreak of COVID-19?**

It is not yet known whether weather and temperature impact the spread of COVID-19. Some other viruses, like the common cold and flu, spread more during cold weather months but that does not mean it is impossible to become sick with these viruses during other months. At this time it is not known whether the spread of COVID-19 will decrease when weather becomes warmer. There is much more to learn about the transmissibility, severity and other features associated with COVID-19 and investigations are ongoing.

## **Q: What does the Governor's stay at home order mean?**

A stay at home order directs Illinoisans to stop movements outside of their homes beyond essential needs. By limiting social interactions, the chance of spreading COVID-19 is greatly reduced.

## **Q: Why is this stay at home order necessary?**

The COVID-19 pandemic presents an unprecedented health threat. If Illinois took no action to combat the spread, current modeling indicates many thousands of people in our state could die.

## **Q: When is it okay for me to leave my home?**

You may leave your home **ONLY** to perform the following allowable activities:

- **Health and safety** – obtaining emergency services, visiting a healthcare professional, picking up medical supplies or medications
- **Outdoor activities** – walking, hiking, jogging, biking
- **Supplies and Services** – shopping for groceries, gasoline, take-out food, products necessary to maintain the safety, sanitation and essential operations of homes
- **Care of others** – travel to care for the elderly, family member, persons with disabilities or underlying health conditions, a friend or pet in another household
- **Essential businesses** – travel to perform work providing essential products and services, such as health care and public health, public safety, governmental functions, banks, food and agriculture, and media
- **Funerals** – permissible provided the gathering consists of no more than 10 attendees and the space utilized allows for social distancing (6 feet spacing between people). If possible, venues should make accommodations for remote attendance. If you do leave home, stay at least 6 feet apart for other people. Everyone is encouraged to stay active outside during this time, provided they practice safe social distancing.

## Q: What is social distancing?

A: Social distancing is deliberately increasing the physical space between people to avoid spreading illness. Staying at least 6 feet away from other people reduces the chances of catching COVID-19. Other examples of social distancing with the goal of avoiding crowds, crowded spaces and mass gatherings include working from home instead of the office, closing schools and switching to on-line classes, visiting loved ones by electronic devices instead of in person, suspending worship services, and canceling or postponing large meetings.

## Q: What is the state recommending for social distancing?

Gov. JB Pritzker has prohibited public and private gatherings of 10 or more people through April 30. This includes community, civic, public leisure, faith-based events, sporting events with spectators, concerts, conventions and any similar event or activity that brings together 10 or more people in a room or space at the same. The governor also, by Executive Order, closed schools, bars and restaurants through April 30. Restaurant kitchens can remain open and put in place drive-thru, curbside pickup and delivery options. The Illinois Gaming Board has suspended video gaming through April 30.

## Q: Can I go outdoors?

A: Yes, go outdoors for fresh air and exercise. Ride a bike, walk the dog, go for a hike, jog. Social distancing does not mean staying indoors, it means avoiding close contact with people. Remember to wash your hands any time you enter from outdoors and before you eat.

## Q: Can I go to the supermarket?

A: Yes. Buy as much as you need to lessen the number of trips and try and shop when the store is least likely to be crowded. Some grocery stores have designated special hours for the elderly (over age 60), pregnant women and those with compromised immune systems to lessen their exposure to large crowds and possible exposure to COVID-19.

## Q: How can I help protect myself?

A: Follow these tips to help prevent COVID-19:

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick with respiratory symptoms.
- 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.
- If you have not already done so, discuss influenza vaccination with your health care provider to help protect you against seasonal influenza.

## Q: Should I wear a facemask?

**A: If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a health care provider's office. If you are unable to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

**If you are not sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

## Q: What steps should parents take to protect children?

A; This is a new virus and we are still learning about it, but so far, there does not seem to be a lot of illness in children. Most illness, including serious illness, is happening in adults of working age and older adults. Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community. Encourage frequent handwashing and follow other prevention tips.

## Q: Who is at higher risk?

A: COVID-19 is a new disease and we are learning more about it every day. Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19. Based upon available information to date, the CDC has said those most at risk include:

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People who are pregnant
- People of any age with the following underlying medical conditions, particularly those that are not well controlled:
  - Chronic lung disease or asthma
  - Congestive heart failure or coronary artery disease
  - Diabetes
  - Neurologic conditions that weaken the ability to cough
  - Weakened immune system
  - Chemotherapy radiation for cancer (currently or in recent past)
  - Sickle cell anemia
  - Chronic kidney diseases requiring dialysis
  - Cirrhosis of the liver
  - Lack of spleen or a spleen that doesn't function correctly
  - Extreme obesity (body mass index (BMI) greater than or equal to 40)

## Q: Should I clean “high touch” surfaces?

A: Yes. Clean and disinfect frequently touched surfaces, such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection. To disinfect, most common EPA-registered household disinfectants will work.

## Q: Is there a vaccine?

A: No. Currently, there is not a vaccine for COVID-19.

## Q: What are the treatments for COVID-19?

A: Currently, there are no specific treatments recommended for illnesses caused by COVID-19. Medical care is supportive to help relieve symptoms.

## **Q: Can I get COVID-19 from my pet?**

A: At this time, there is no evidence that pets or other animals can spread COVID-19 or that they might be a source of infection in the United States. The thousands of worldwide cases have been human-to-human transmission.

## **Q: Can I give COVID-19 to my pet?**

A: To date, there is no evidence of human-to-pet illness in pets. There have been no reports of pets or other animals becoming sick with COVID-19.

## **Q: Do I need to get my pet tested for COVID-19?**

A: No. At this time, routine testing of animals for COVID-19 is not recommended.

## **Q: Can animals carry the virus that causes COVID-19 on their skin or fur?**

A: At this time, there is no evidence that the virus that causes COVID-19 can spread to people from the skin or fur of pets. Talk to your veterinarian about the best ways to care for your pet.

## **Q: Should I avoid contact with pets or other animals if I am sick with COVID-19?**

A: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the new coronavirus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets.

## **Q: What should health care providers, laboratories and health departments do?**

A: Health care providers and laboratories should report suspect COVID-19 cases immediately (within 3 hours) to their local health department, who should report cases to IDPH within the same time frame. For recommendations and guidance, see the [IDPH Coronavirus Page \(http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus\)](http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus) or the CDC's web page [2019 Novel Coronavirus. \(https://www.cdc.gov/coronavirus/2019-ncov/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/index.html).

## Q: What are public health departments in Illinois doing about this situation?

A: IDPH and local health departments have implemented heightened surveillance to identify and test patients most likely to have COVID-19. Public health experts are communicating with and educating health care providers and other public health partners about the current situation. Measures are being developed to prevent the spread of illness in Illinois. Frequent communication with the public will be available through the [IDPH Coronavirus Page \(http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus\)](http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus).

Find [CDC Travel Information \(https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html) here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html> (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>)

*Page Last Reviewed: April 1, 2020*

*Protecting health, improving lives.*

© 2020 Illinois Department of Public Health.

[Privacy \(/content/privacy-policy\)](/content/privacy-policy)





Today's Daily Press Conference for COVID-19 will begin at 2:30 pm Click Here to Watch Live

(<https://www.illinois.gov/livevideo>)

## Coronavirus Disease 2019 (COVID-19): Frequently Asked Questions

A: At this time, there is no evidence that pets or other animals can spread COVID-19 or that they might be a source of infection in the United States. The thousands of worldwide cases have been human-to-human transmission.

[English](#)

[Español](#)

## ENFERMEDAD DEL CORONAVIRUS 2019 (COVID-19): Respuestas a las preguntas más frecuentes

### P: ¿Qué es el nuevo Coronavirus (COVID-19)?

R: Hay muchos tipos de coronavirus que afectan a los humanos incluyendo algunos que frecuentemente (<https://www.spanishdict.com/translate/frecuentemente>) causan enfermedades leves del tracto respiratorio superior. COVID-19 es una nueva enfermedad causada por un nuevo coronavirus no anteriormente visto en ser humanos. El virus COVID-19 detectado por primera vez en Wuhan, China donde fue identificado como la causa de un brote de enfermedades respiratorias y el virus se ha propagado al rededor del mundo, incluyendo los Estados Unidos y todos los 50 estados. Las actualizaciones más recientes del resumen de la situación están disponibles en la página web de Los Centros para el Control y la Prevención de Enfermedades (CDC por sus siglas en inglés) Enfermedad del coronavirus 2019 (COVID-19) (<https://www.cdc.gov/coronavirus/2019-ncov/index-sp.html>)

### P: ¿Cuál es la fuente del virus?

R: Los coronavirus son una familia grande de virus que son común en personas y en diferentes especies de animales, incluyendo los camellos, el ganado (vacas), los gatos y los *murciélagos*. *Al principio, muchos pacientes en el epicentro del brote de COVID-19 en China tenían una conexión a un mercado grande de mariscos y animales vivos, sugiriendo transmisión de animal a persona. Después, un creciente número de pacientes reportaron no tener contacto con mercados de animales, indicando transmisión de persona a persona. Posteriormente, la transmisión de persona a persona fue reportada afuera de China, incluyendo a los Estados Unidos.*

## P: ¿Qué significa que COVID-19 es una pandemia global?

R: Una pandemia es un brote global de una enfermedad. Las pandemias ocurren cuando aparece un virus nuevo que infecta a las personas y se puede transmitir de persona a persona. Por qué existe poquito a no inmunidad contra el nuevo virus, se propaga mundial. El virus que causa COVID-19 está infectando a las personas y se está propagando fácilmente de persona-a-persona. Se han detectado casos en la mayoría de los países del mundo, incluyendo los Estados Unidos, el cual ha documentado casos en todos los 50 estados.

## P: ¿Cuáles son los síntomas de COVID-19?

R: Las personas infectadas con COVID-19 han desarrollado enfermedad de nivel leve a grave con síntomas que incluyen fiebre, tos, dificultad para respirar, y **potencialmente** *agotamiento* respiratorio 2-14 días después de la exposición. *Si usted piensa que fue expuesto al virus COVID-19 y desarrolla fiebre y síntomas como tos o dificultad para respirar, llame a su doctor para recibir consejo médico.*

## P: ¿Cómo se propaga el COVID-19?

R: El COVID-19 ha demostrado propagarse entre personas. La persona que tiene la enfermedad activa (muestra síntomas) puede transmitir la enfermedad a otras personas. Por eso, los CDC recomiendan que estos pacientes sean aislados en el hospital o en casa (dependiendo de la gravedad de su enfermedad) hasta que estén mejor y ya no representen un riesgo de infección para los demás.

El coronavirus en ser humanos típicamente (<https://www.spanishdict.com/translate/t%C3%ADpicamente>) se propaga a través de las gotitas respiratorias que se producen cuando una persona infectada tose o estornuda. El tiempo que uno tiene la enfermedad activa (muestra síntomas) puede variar así que la decisión de cuándo se le puede permitir salir del aislamiento deberá tomarse según cada caso en particular y en consulta con médicos, expertos en la prevención y el control de infecciones, y funcionarios de salud pública. Esta decisión implicará tener en cuenta las características específicas de cada situación, lo cual incluye la gravedad de la enfermedad, sus señales de enfermedad y síntomas, y los resultados de las pruebas de laboratorio del paciente.

La [guía actual de los CDC acerca de cuándo está bien permitirle a alguien salir del aislamiento \(https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html\)](https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html) es de evaluar caso por caso y cumplir todos los requisitos mencionados a continuación:

- El paciente no tiene fiebre, sin el uso de medicamentos para bajar la fiebre.
- El paciente ya no muestra síntomas, incluida la tos.
- El paciente obtuvo dos resultados negativos en dos pruebas respiratorias consecutivas recolectadas con un mínimo de 24 horas entre ellas.

Cuando la persona sale del aislamiento ya no representa un riesgo de infección para los demás.

## **P: ¿Como se diagnostica el COVID-19?**

R: *El diagnóstico ocurre haciendo pruebas de especímenes respiratorios en un laboratorio. Algunas cepas de coronavirus causan el resfriado común y los pacientes evaluados por su doctor pueden tener resultados positivos para estos tipos de cepas.*

## **P: ¿Puede alguien transmitir el virus sin estar enfermo?**

R: Se cree que personas son más contagiosas cuando están sintomáticas (lo más enfermizo). La transmisión también es posible antes de demostrar síntomas. Hay reportes de que esto ha ocurrido con COVID-19, pero no se cree que ésta sea la manera principal de transmisión.

## **P: ¿El tiempo cálido detendrá el brote de COVID-19?**

R: Aún se desconoce si el tiempo y la temperatura afectarán la propagación del COVID-19. Algunos otros virus, como los del resfriado común o de la influenza (gripe), se propagan más durante los meses fríos, pero eso no significa que es imposible enfermarse a causa de uno de esos virus durante otros meses. En estos momentos, no se sabe si la propagación del COVID-19 se reducirá cuando el tiempo se ponga más cálido. Hay mucho más que aprender acerca de la transmisibilidad, gravedad y otras características asociadas al COVID-19 y las investigaciones están en curso.

## **P: ¿Que es distanciamiento social?**

A: Distanciamiento social es deliberadamente aumentar el *espacio físico entre personas para evitar la transmisión de enfermedad. Mantener una distancia de por lo menos 6 pies reduce el riesgo de contraer el virus COVID-19. Otros ejemplos de distancia social, con la meta de evitar grupos grandes de personas, espacios concurridos y reuniones grandes. Se recomienda trabajar desde su hogar en lugar de la oficina,*

*cerrar escuelas y cambiar a clases por internet, visitar a seres queridos por medio de aparatos electrónicos en vez de en persona, suspender servicios religiosos, y cancelar o posponer reuniones grandes.*

## **P: ¿Que está recomendando el estado sobre la distancia social?**

R: El Gobernador JB Pritzker ha prohibido reuniones públicas y privadas de 50 personas o más hasta el 1 de mayo. Esto incluye eventos comunitarios, cívicos, ocio público, eventos religiosos, eventos deportivos con espectadores, conciertos, *convenciones* y otros eventos similares o actividades que reúnen 50 o más personas en un sitio o espacio al mismo tiempo (asesoramientos por los CDC recomiendan que las personas eviten grupos de más de 10 personas)

## **P: ¿Puedo salir al aire libre?**

R: Si, salga al aire libre para respirar aire fresco y hacer ejercicio. Monte una bicicleta, camine con su perro, salga a correr. La distancia social no significa quedarse en su casa, significa evitar contacto cercano con otras personas. Recuerde lavarse las manos al volver al hogar y antes de comer.

## **P: ¿Puedo ir al supermercado?**

R: Si. Compre lo necesario para reducir el número de viajes y trate de ir de compras cuando la tienda tiene menos personas. Algunos supermercados tienen horas especiales designadas para personas mayores de edad (60 años o más), mujeres embarazadas y personas con defensas débiles, para reducir su exposición a grupos grandes y la posibilidad de exposición a COVID-19.

## **P: ¿Cómo puedo protegerme?**

R: Siga los siguientes consejos para prevenir COVID-19.

- Lávese las manos frecuentemente con agua y jabón por un mínimo de 20 segundos, especialmente después de soplarse la nariz, toser o estornudar, después de usar el baño y antes de comer y preparar comida. Si no tiene jabón y agua disponible, use un desinfectante que contenga por lo menos 60% de alcohol.
- No se toque los ojos, nariz, y boca sin lavarse las manos.
- Evite el contacto cercano con personas enfermas con síntomas respiratorios.
- Quédese en casa cuando esté enfermo.
- Cúbrase con un pañuelo de papel al toser o estornudar, y después tire el pañuelo a la basura.
- Limpie y desinfecte los objetos y las superficies que se tocan con frecuencia.
- Si no ha hablado con su médico sobre la vacuna contra la influenza, hágalo ahora para protegerse contra la gripe estacional.

## P: ¿Debo usar mascarilla?

**Si está enfermo:** Debe usar mascarilla cuando esté cerca de otras personas (por ejemplo, compartiendo un cuarto o un automóvil) y antes de entrar a la oficina de su médico. Si no le es posible usar mascarilla (porque le causa dificultad para respirar), entonces haga todo lo posible para cubrir su tos o estornudos, y las personas cuidándolo deben de usar mascarilla cuando entren a su cuarto.

**Si no está enfermo:** Si está cuidando a una persona enferma (y ellos no pueden usar mascarilla), entonces usted debe usar una mascarilla. Puede ser que haya cantidades limitadas de mascarillas y se deben guardar para las personas que cuidan de gente enferma.

## P: ¿Qué pasos deben tomar padres para proteger a sus hijos?

R: COVID-19 es un virus nuevo y aún estamos aprendiendo sobre él. Hasta el momento, no hay muchos niños afectados. La mayoría de los afectados, incluyendo enfermedades graves, han ocurrido en adultos en edad de trabajar y en ancianos. Recomendamos que los niños y jóvenes no se reúnan cuando salgan de la escuela para modo de prevenir la transmisión del virus en la comunidad. Recuérdeles que se laven sus manos frecuentemente y también sigan los otros consejos de prevención.

## P: ¿Quién son las personas en alto riesgo?

R: El virus COVID-19 es una nueva enfermedad y estamos aprendiendo más sobre ella todos los días. En los adultos mayores y personas con ciertas condiciones médicas, el riesgo es más alto y estas condiciones médicas pueden empeorar con el COVID-19. En acuerdo con la información disponible hasta las fecha, CDC dice que las siguientes condiciones son de más alto riesgo:

- Personas mayores de 65 años
- Personas que viven en asilos y hogares de ancianos y vida asistida
- Mujeres embarazadas
- Cualquier persona, sin importar la edad, con las siguientes condiciones médicas en particular si no están siendo controladas con tratamientos:
  - Enfermedad crónica pulmonar o asma
  - Insuficiencia cardiaca congestiva o enfermedad de la arteria coronaria
  - Diabetes
  - Condiciones neurológicas que debilitan la habilidad de toser
  - Sistema inmunológico débil
  - Anemia falciforme
  - Enfermedad renal crónica que requiere diálisis
  - Cirrosis del hígado
  - Falta de bazo o un bazo que no funciona correctamente
  - Sobrepeso extremo (el índice de masa corporal equivalente a 40 o más)

## **P: ¿Debo de limpiar las superficies que se tocan con frecuencia?**

R: Si. Limpiar y desinfectar a menudo objetos que tocan con frecuencia como mesas, manillas de puerta, interruptor de luz, encimeras, manijas, escritorios, teléfonos, teclados, la taza del inodoro, las llaves de agua y lavabos. Si las superficies están sucias, límpie con detergente o jabón y agua antes de desinfectar. Para desinfectar, los productos desinfectantes más comunes que están registrados en el EPA son eficaces.

## **P: ¿Existe una vacuna?**

R: No. En este momento, no hay vacuna para COVID-19.

## **P: ¿Que tratamiento existe para el COVID-19?**

R: En este momento, no existe un tratamiento específico recomendado para enfermedades causadas por el COVID-19. La atención médica ayuda a aliviar los síntomas.

## **P: ¿Que deben hacer los médicos o proveedores de salud, los laboratorios y los departamentos de salud?**

R: Los médicos o proveedores de salud y los laboratorios deben de reportar casos sospechosos de COVID-19 inmediatamente (dentro de 3 horas) al departamento de salud local, quienes notifican a IDPH inmediatamente (dentro de 3 horas) también. Para recomendaciones y guías, vea la página de [IDPH Coronavirus \(https://dph.illinois.gov/covid19\)](https://dph.illinois.gov/covid19) o la página web del CDC [2019 Novel Coronavirus. \(https://www.cdc.gov/coronavirus/2019-ncov/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

## **P: ¿Que están haciendo los departamentos de salud pública en Illinois al respecto de esta situación?**

R: IDPH y los departamentos locales de salud pública han implementado vigilancia intensificada para identificar y examinar pacientes más probables a tener COVID-19. Los expertos de salud pública están comunicándose y educando a los proveedores médicos y otros socios de salud pública acerca de la situación corriente. Se están desarrollando medidas para prevenir la propagación de la enfermedad en Illinois. Comunicaciones dirigidas al público se harán disponibles por la página de [IDPH Coronavirus. \(https://www.dph.illinois.gov/covid19\)](https://www.dph.illinois.gov/covid19)

Información para viajeros se encuentra en la página del CDC

aquí: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

(<https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Ftravelers%2Findex.html&data=02%7C01%7C%7Ca52d007f41824bb8f21e08d7cc5290f2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637202527300337525&sdata=AAOrCDPHj%2FOEcRec3zRZ0OwB%2BHTj%2Fn8SxF7jZCjBBPQ%3D&reserved=0>)

[url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Ftravelers%2Findex.html&data=02%7C01%7C%7Ca52d007f41824bb8f21e08d7cc5290f2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637202527300337525&sdata=AAOrCDPHj%2FOEcRec3zRZ0OwB%2BHTj%2Fn8SxF7jZCjBBPQ%3D&reserved=0](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Ftravelers%2Findex.html&data=02%7C01%7C%7Ca52d007f41824bb8f21e08d7cc5290f2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637202527300337525&sdata=AAOrCDPHj%2FOEcRec3zRZ0OwB%2BHTj%2Fn8SxF7jZCjBBPQ%3D&reserved=0)

[ncov%2Ftravelers%2Findex.html&data=02%7C01%7C%7Ca52d007f41824bb8f21e08d7cc5290f2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637202527300337525&sdata=AAOrCDPHj%2FOEcRec3zRZ0OwB%2BHTj%2Fn8SxF7jZCjBBPQ%3D&reserved=0](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Ftravelers%2Findex.html&data=02%7C01%7C%7Ca52d007f41824bb8f21e08d7cc5290f2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637202527300337525&sdata=AAOrCDPHj%2FOEcRec3zRZ0OwB%2BHTj%2Fn8SxF7jZCjBBPQ%3D&reserved=0)

[PHj%2FOEcRec3zRZ0OwB%2BHTj%2Fn8SxF7jZCjBBPQ%3D&reserved=0](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Ftravelers%2Findex.html&data=02%7C01%7C%7Ca52d007f41824bb8f21e08d7cc5290f2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637202527300337525&sdata=AAOrCDPHj%2FOEcRec3zRZ0OwB%2BHTj%2Fn8SxF7jZCjBBPQ%3D&reserved=0)

[PHj%2FOEcRec3zRZ0OwB%2BHTj%2Fn8SxF7jZCjBBPQ%3D&reserved=0](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Ftravelers%2Findex.html&data=02%7C01%7C%7Ca52d007f41824bb8f21e08d7cc5290f2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637202527300337525&sdata=AAOrCDPHj%2FOEcRec3zRZ0OwB%2BHTj%2Fn8SxF7jZCjBBPQ%3D&reserved=0)

*Page Last Reviewed: April 1, 2020*

*Protecting health, improving lives.*

© 2020 Illinois Department of Public Health.

[Privacy \(\(content/privacy-policy\)\)](#)



# Coronavirus Disease 2019 (COVID-19)

## Caring for Children

### Tips to keep children healthy while school's out

Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date.

## Children may have mild symptoms

The symptoms of COVID-19 are similar in children and adults. However, children with confirmed COVID-19 have generally shown mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported.

It's not known yet whether some children may be at higher risk for severe illness, for example, children with underlying medical conditions and special healthcare needs. There is more to learn about how the disease impacts children. You can learn more about who is most at risk for health problems if they have COVID-19 infection on [Are You at Higher Risk for Severe Illness](#).

## Help stop the spread of COVID-19

### Take steps to protect children and others from getting sick

Help stop the spread of COVID-19 by doing the same things everyone should do to stay healthy. Teach your children to do the same.

- **Clean hands often** using soap and water or alcohol-based hand sanitizer.
- **Avoid people who are sick** (coughing and sneezing).
- **Clean and disinfect high-touch surfaces daily** in household common areas (like tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, and sinks).
- **Launder items** including washable plush toys as needed. Follow the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

You can find additional information on preventing COVID-19 at [How to Protect Yourself](#) and at [Preventing COVID-19 Spread in Communities](#). Additional information on how COVID-19 is spread is available at [How COVID-19 Spreads](#).

**Related:** [Talking to Children About COVID-19](#)

## Limit time with other children

### Practice social distancing

The key to slowing the spread of COVID-19 is to limit contact as much as possible. While school is out, children should not have in-person playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not in their own household.

To help children maintain social connections while social distancing, help your children have supervised phone calls or video chats with their friends.

### Clean hands often



## Clean hands often

Make sure children practice [everyday preventive behaviors](#), such as washing their hands often with soap and water for at least 20 seconds. **This is especially important if you have been in a public place.**

## Change spring break & travel plans

Revise spring break and travel plans if they included non-essential travel.

**If children meet in groups, it can put everyone at risk.** Children with COVID-19 may only have mild symptoms, but they can still pass this virus onto others who may be at higher risk, including [older adults and people who have serious underlying medical conditions](#).

## Limit time with older adults and people with serious underlying medical conditions

[Older adults and people who have serious underlying medical conditions](#) are at highest risk of severe illness from COVID-19.

- If others in your home are at particularly [high risk for severe illness from COVID-19](#), consider extra precautions to **separate your child from those people**.
- If you are unable to stay home with your child while school is out, carefully consider who might be best positioned to provide child care. If someone at higher risk for COVID-19 will be providing care (older adult, such as a grandparent or someone with a chronic medical condition), **limit your children's contact with other people**.
- Consider **postponing visits or trip to see older family members and grandparents**. Connect virtually or by writing letters and sending via mail.

## Children 2 years and older should wear a cloth face covering

Children 2 years and older should wear a [cloth face covering](#) their nose and mouth when in the community setting. This is an additional public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning and other [everyday preventive actions](#). A cloth face covering is not intended to protect the wearer, but may prevent the spread of virus from the wearer to others. This would be especially important in the event that someone is infected but does not have symptoms. Medical masks and N-95 respirators are still reserved for healthcare workers and other first responders, as recommended by current CDC guidance.

## Keep children healthy

### Watch your child for any signs of illness

- If you see any sign of illness consistent with [symptoms of COVID-19](#), particularly fever, cough, or shortness of breath, call your healthcare provider and keep your child at home and away from others as much as possible. Follow CDC's guidance on [what to do if you are sick](#).

### Watch for signs of stress in your child

- Some common changes to watch for include excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration. For more information, see the "For Parents" section of CDC's [Stress and Coping](#).
- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- Go to CDC's [Helping Children Cope with Emergencies](#) or [Talking with Children About COVID-19](#) for more information.

### Teach and reinforce everyday preventive actions

- Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.
- Be a good role model—if you wash your hands often, they're more likely to do the same.
- Make [handwashing a family activity](#).

- Learn more about handwashing and other [everyday preventive actions](#).

## Help your child stay active

- Encourage your child to play outdoors—it's great for physical and mental health. Take a walk with your child or go on a bike ride.
- Use indoor activity breaks (like stretch breaks or dance breaks) throughout the day to help your child stay healthy and focused.

## Help your child stay socially connected

- Reach out to friends and family via phone or video chats.
- Write cards or letters to family members they may not be able to visit.
- Some schools and non-profits, such as the [Collaborative for Academic, Social, and Emotional Learning](#) and [The Yale Center for Emotional Intelligence](#), have resources for social and emotional learning. Check to see if your school has tips and guidelines to help support social and emotional needs of your child.

## Ask about school meal services

Check with your school on plans to continue meal services during the school dismissal. Many schools are keeping school facilities open to allow families to pick up meals or are providing grab-and-go meals at a central location.

## Help children continue learning

### Stay in touch with your child's school

- Many schools are offering lessons online (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work. You may need to assist your child with turning on devices, reading instructions, and typing answers.
- Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the school know.

### Create a flexible schedule and routine for learning at home

- Have consistent bedtimes and get up at the same time, Monday through Friday.
- Structure the day for learning, free time, healthy meals and snacks, and physical activity.
- Allow flexibility in the schedule—it's okay to adapt based on your day.

### Consider the needs and adjustment required for your child's age group

- The transition to being at home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.
- Consider ways your child can stay connected with their friends without spending time in person.

### Look for ways to make learning fun

- Have hands-on activities, like puzzles, painting, drawing, and making things.
- Independent play can also be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking blocks.
- Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.
- Start a journal with your child to document this time and discuss the shared experience.
- Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.