Re-Entry Reminders

HEALTH CHECK

Conduct a self-assessment of your health every morning using the following checklist.

Stay home if you don't feel well and contact your medical provider for any symptoms that are severe or concerning. Call 9-1-1 if emergency medical care is needed.

Daily Personal Health Checklist for COVID-19 Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

CLEAN HANDS

Wash hands frequently with soap and water for at least 20 seconds or use hand sanitizer if a hand washing isn't available.
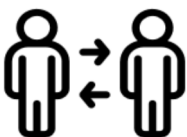
SANITIZATION

Clean and disinfect surfaces and equipment before and after touching them.

FACE COVERINGS

Wear a face covering unless you are physically isolated in a private space or room. If you have a medical condition that prevents me from wearing a cloth face covering make alternative arrangements.

SOCIAL DISTANCE

Maintain physical distancing as recommended by the CDC.

COVID-19 ETIQUETTE

Show kindness, compassion and patience in your community. Get tested and participate in contact tracing and exposure

PUBLIC HEALTH

Adhere to all orders and directives issued by the Centers for Disease Control and Prevention, the Illinois Department of Public Health and the Illinois Department of Human Services (IDHS) Early Intervention Bureau.