COVID-19
STOP THE SPREAD

In the past year, nearly 500,000 Cook County residents have been infected with COVID-19 and over 20,000 have lost their lives as a result of the virus. At its peak, there were over 15,000 confirmed cases per day, disproportionately affecting minority communities and our most vulnerable.

After months of hard work by community members, efforts to reduce the spread of the virus are working. But it is not over yet. COVID-19 continues to spread in our community, causing serious and life-threatening complications for many each day.

We must continue to work to prevent the spread of the virus.

HERE'S HOW YOU CAN HELP:

Wear a Mask

#MASKUP when you cannot safely maintain a distance of 6 feet from others.

Watch your Distance

#MASKUP and back up. Stay at least 6 feet away from others who do not live in your household.

Wash your Hands

Wash your hands often with soap and water for at least 20 seconds, or use hand sanitizer with at least 60% alcohol.

Get Tested

Getting tested is one of the most important steps to help stop the spread of COVID-19. If you are experiencing COVID-19 symptoms or have been exposed to a confirmed case of COVID-19, visit **www.dph.illinois.gov/testing** to find a comprehensive list of testing sites.

Answer the Call from Contact Tracers

If you tested positive for COVID-19, or were in close contact with someone who tested positive, one of our public health workers may reach out to you from IL COVID HELP or 312-777-1999. By answering the call, you can protect yourself, your close contacts and your entire community from further spreading the virus.

Get Vaccinated When You Are Eligible

Vaccination in Cook County is available to everyone 16+; minors must be accompanied by a parent or guardian. Vaccinations are effective, safe, and free for everyone in Cook County. For more information visit **www.vaccine.cookcountyil.gov.**

For the most recent information on testing locations, contact tracing, or the development and distribution of the COVID-19 vaccine, visit: www.cookcountypublichealth.org.

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COVID-19
PREVENTION

Fact: You can still be infected with COVID-19.

COVID-19 remains a real and present threat, and it is important to continue to take steps to protect yourself and others in your community.

Fact: You can still unknowingly spread COVID-19 to others who may be at a higher risk of complication or death.

A community is only as strong as its most vulnerable members. It is up to us to protect the most vulnerable among us.

Fact: You can still make a difference.

There are still small, everyday decisions that we can each make to protect the health and well-being of our community. What we knew worked a year ago still works today.

Wear a Mask

#MASKUP when you cannot safely maintain a distance of 6 feet from others. When worn properly, over the nose and mouth, masks remain one of the most effective ways to prevent the spread of COVID-19. It is important to remember to wash your hands before putting on your mask and ensuring the mask fits securely against the side of your face.

Watch your Distance

#MASKUP and back up. Stay at least 6 feet away from others who do not live in your household. We know that COVID-19 spreads mostly from person-to-person contact. For this reason, it is important to maintain a 6-foot distance between you and others when outside of your home. If you feel sick, or suspect you may be getting sick, it is important to stay home and away from others.

Wash your Hands

Wash your hands with soap and water for at least 20 seconds, after you have been in a public place. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol. If you have unwashed hands, avoid touching your eyes, nose and mouth.

For the most recent information on testing locations, contact tracing, or the development and distribution of the COVID-19 vaccine, visit: **www.cookcountypublichealth.org**.

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COVID-19
TESTING

Prevention is key, but it is inevitable that many members of our community will come in contact with someone who has COVID-19. If you have symptoms such as a fever, chills, cough, shortness of breath, loss of taste or smell or suspect that you have been in contact with a positive case, get tested immediately.

Fact: Testing is free of charge regardless of insurance or immigration status.

Who should get tested?

- Anyone who has symptoms of COVID-19
- Anyone who has been within 6 feet of a person testing positive for COVID-19 for at least 15 minutes
- Anyone who has been recommended by a medical professional for testing

Where should you go for testing?

- Cook County Health Sites, Pharmacies, such as CVS and Walgreens
- IDPH Mobile and Community Based Testing Sites

For a comprehensive list of testing sites, visit **www.dph.illinois.gov/testing.**

What if you test positive?

- **Remain calm.** Most people have mild COVID-19 cases and recover at home without seeking medical care. Continue to monitor your symptoms and contact your healthcare provider if you have any questions, or if your symptoms worsen.
- Visit **www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/** for information and guidance.
- Stay home, except to get medical care, and continue to separate yourself from other people, while being careful to avoid sharing any personal items.
- Answer the call from a Cook County Contact Tracer (312-777-1999).

What if you test negative?

- **Remain cautious.** A negative test result only means that the test did not detect COVID-19 at the time of testing or that your sample was collected too early in your infection.
- If you develop symptoms, you may need another test to determine if you are actually positive for COVID-19.

For the most recent information on testing locations, contact tracing, or the development and distribution of the COVID-19 vaccine, visit: www.cookcountypublichealth.org.

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COVID-19
CONTACT TRACING

Contact Tracing is a critically important tool in the fight against COVID-19, and most effective when used in combination with other mitigation strategies like masking, physical distancing and hand washing.

If you tested positive for COVID-19 or were in close contact with someone who tested positive, one of our public health workers may reach out to you from IL COVID HELP or 312-777-1999. Contact tracers can connect you to support resources and answer any questions you may have.

By answering the call, you can protect yourself, your close contact, and your entire community.

Fact: Contact tracers will not ask for your private health information or immigration status.

What is contact tracing?

Contact tracing is a long-established and highly effective health practice routinely used to investigate disease outbreaks, protect at risk individuals, and stop the spread of disease in its tracks.

How does it work?

Contact tracing works by reaching out to those with COVID-19 and identifying each person and location they may have visited during the contagious period. Contact tracers inform those at risk of potential exposure, encourage health monitoring and provide resources about testing.

What do you do if you've been exposed to a confirmed COVID-19 case?

Get Tested

Getting tested is one of the most important steps you can take to help stop the spread of COVID-19. Combined with contact tracing and proper isolation, it protects you and those closest to you.

Retrace Steps

Write down your travels and close contacts prior to finding out you were exposed to someone who tested positive for COVID-19. Notify your close contacts right away, so they can take the proper precautions.

Stay Home

Quarantine keeps someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick.

For the most recent information on testing locations, contact tracing, or the development and distribution of the COVID-19 vaccine, visit: www.cookcountypublichealth.org.

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COVID-19
VACCINATION

COVID-19 can have serious, life-threatening complications. If you get sick, you might spread the disease to friends, family, coworkers, and everyone around you.

If you've had the virus, you may have some natural protection, known as immunity, but we don't know how long this protection lasts. The COVID-19 vaccinations will help protect you by creating an antibody response without having to experience sickness.

Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.

Cook County Department of Public Health (CCDPH) is making the COVID-19 vaccine available as soon as possible to people living and working in CCDPH's jurisdiction of suburban Cook County. The Cook County Department of Public Health is committed to an equitable distribution of the vaccine, with an emphasis on communities that have been most dramatically impacted by COVID-19 as well as traditionally underserved populations.

The vaccine will always be offered at no cost to all Cook County residents who want it.

For the most recent information on the development and distribution of the COVID-19 vaccine, please visit www.cookcountypublichealth.org.

Fact: The vaccine is safe and effective.

- No steps were skipped during the clinical trial process for a COVID-19 vaccine.
- The U.S. Food and Drug Administration authorizes vaccines after they pass three phases of clinical trials, each requiring thousands of people and months of data.
- COVID-19 vaccines have been proven to be up to 95% effective against the virus.

Fact: Vaccine safety checks will continue as long as vaccines are available.

- After vaccines are authorized, the FDA and CDC continue to monitor them using three federal safety systems.

Fact: The COVID-19 vaccine will help keep you from getting COVID-19 and may also help protect those around you.

- Even if you do get COVID-19, the vaccine may help keep you from getting seriously ill. Getting vaccinated yourself may also protect those around you, particularly individuals with an increased risk for severe illness or death.

For the most recent information on testing locations, contact tracing, or the development and distribution of the COVID-19 vaccine, visit: www.cookcountypublichealth.org.

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COVID-19

STOP THE SPREAD

Communications Toolkit

After months of hard work and diligence, efforts to reduce the spread of COVID-19 are working – but it is not over yet. COVID-19 continues to spread in our community, causing serious and life-threatening complications. The Cook County Department of Public Health is providing this updated toolkit to help communicate the importance of continuing to stop the spread of COVID-19.

Community partners are encouraged to use this content for community emails, newsletters, text alerts or social media posts. We encourage all to share this information widely, as we work to stress the importance of remaining diligent and focused on stopping the spread of COVID-19.

Email/Newsletter Copy

Throughout the last year, over 500,000 Cook County residents have been infected with COVID-19 and over 20,000 have lost their lives as a result of the virus. We have come together to wear masks and remain socially distant, working hard and adjusting our daily lives to keep ourselves and those around us safe. Efforts to reduce the spread of the virus are working, but it is not over yet. COVID-19 remains in our communities and we must keep working to stop the spread.

Know the facts and the everyday steps you can take to protect the health and well-being of our community. Wear masks, watch your distance, wash your hands, get tested when appropriate and remain home when feeling sick. What worked a year ago still works today. Keep it up and we will get there, together.

Social Media Posts/Text Alerts (Short)

- COVID-19 is still here, and still spreading. Efforts to slow the spread are working, but we can't stop now. #KeepItUp

- COVID-19 is still spreading. What worked a year ago, still works today. Wear a mask. Watch your distance. Wash your hands. #KeepItUp

- You can still be infected with COVID-19, and you can still spread the virus to others. Wear a mask. Watch your distance. Wash your hands. #KeepItUp

- Prevention is key, but testing is still one of the best ways we can slow the spread of COVID-19 once and for all. Feeling sick? Get a test. #KeepItUp

- See a call from IL COVID HELP or 312-777-1999? Answer the call. You may have contacted a positive case. #KeepItUp

- Vaccinations are here, but it is still important to make everyday choices that protect us and our loved ones. COVID-19 is still here. #KeepItUp

For the most recent information on testing locations, contact tracing, or the development and distribution of the COVID-19 vaccine, visit: www.cookcountypublichealth.org.

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Social Media Posts *(Long)*

General:

- COVID-19 is still here, and it is important to continue protect yourself and others. Wear a mask, wash your hands, watch your distance, get tested, and answer the phone if a contact tracer calls. Our efforts are working – but we can't stop now! #KeepItUp

- COVID-19 is still here, and many are still at risk. What worked a year ago still works today. Wear a mask, wash your hands, watch your distance, get tested when appropriate and answer the phone if a contact tracer calls. #KeepItUp

- Our efforts to slow the spread of the virus have been working, but it is not over yet. We must continue wear masks, wash our hands, watch our distance, get tested and answer the phone if a contact tracer calls. #KeepItUp

Prevention:

- Until we are all vaccinated, masks are still one of the most effective ways to slow the spread of COVID-19. #MaskUp #KeepItUp

- COVID-19 is still here and many of our community members are still at risk. We know that COVID-19 spreads by person-to-person contact. Keep watching our distance and you can help slow the spread once and for all. #KeepItUp

- You can still be infected, or unknowingly spread COVID-19 to others. Remember to continue to wash your hands often for at least 20 seconds. Don't have soap or water? Use hand sanitizer with at least 60% alcohol. #KeepItUp

Testing:

- Testing is still one of the most important tools we have to slow the spread of COVID-19. If you experience symptoms, or are exposed to a positive case, visit www.dph.illinois.gov/testing to find a testing site near you. #KeepItUp

- Are you experiencing a fever or chills? A cough or shortness of breath? If this happens, it is important to get tested right away in order to stop the spread. #KeepItUp

- Covid testing is easy and free and results are quick. It is the easiest way to be sure you are keeping your family safe. Visit www.dph.illinois.gov/testing to find a testing site near you. #KeepItUp

Contact Tracing:

- COVID-19 is still here and spreading. By answering the call from a Cook County contact tracer, you can protect yourself, your close contacts, and your entire community. #KeepItUpCook

- Contact Tracing is an important tool in the fight against COVID-19. Contact Tracers will not ask for your private health information or immigration status. By answering the call, you can help to slow the spread once and for all. #KeepItUp

- See a call from IL COVID HELP or 312-777-1999? It is a Cook County Contact Tracer reaching out to let you know you have been in close contact with someone who tested positive. Answer the call and continue to slow the spread. #KeepItUp

Vaccination:

- The Covid-19 vaccine is free to everyone. Learn when it will be available to you. Visit www.myshotcookcounty.com. #KeepItUp

- The Covid-19 vaccine is safe and effective. It is free for everyone, regardless of immigration status. Learn more about when it will be available to you. Visit www.myshotcookcounty.com. #KeepItUp

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