WHAT YOU SHOULD KNOW
ABOUT COVID-19

WHAT ARE CORONAVIRUSES?

Coronaviruses are a large family of viruses. Some cause illness in people, and others circulate among animals, including camels, cats and bats.

COVID-19 is thought to spread mainly between people in close contact or when an infected person coughs or sneezes.

HOW DO I PREVENT COVID-19?

Simple ways to reduce your risk of infection include frequent hand washing with soap and water, sanitizing frequently touched surfaces, maintaining a safe social distance (6 feet) from other people – especially those who are sick – and not touching your face.

IF YOU HAVE SYMPTOMS

If you suspect you have COVID-19 and it is not an emergency, DO NOT go to a hospital or doctor's office.

Visit our chatbot, Clare, at osfhealthcare.org. Clare, a digital assistant, can provide general information, answer questions and initiate screening.

You can also call the COVID-19 Nurse Hotline at 833-OSF-KNOW (833-673-5669) for information and guidance about what to do next.

Note: Clare is not currently available in Internet Explorer; please use Mozilla Firefox, Google Chrome or Apple Safari. Please be sure to turn off any pop-up blocker(s) as well.

HOW IS COVID-19 TREATED?

Most people infected with COVID-19 will recover without any major complications.

With a viral infection such as flu or COVID-19, you should:
- Take pain and fever medications
- Drink plenty of liquids
- Stay home and rest and avoid close contact with others

More severe cases in which pneumonia or bronchitis develops might require more intensive care.

GET DAILY UPDATES

Text OSF to 67634 for more information about COVID-19 and links to additional resources.

To learn more and stay updated on COVID-19, please visit **osfhealthcare.org/covid19.**

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