

CORONAVIRUS PREVENTION

TIPS FROM THE CDC

CORONAVIRUS: THE FACTS

With recent concerns over the spread of Coronavirus, COVID-19, the Buffalo Grove Park District would like to remind everyone that the safety and wellness of our staff and patrons is our highest priority. As there is no vaccine for Coronavirus, it is essential that we all take precautions to help prevent the spread of the virus. Here are a few facts to keep in mind.

How COVID-19 Spreads

- The virus is believed to be spread mostly from person-to-person through respiratory droplets, produced when a nearby infected person (within about 6 feet) coughs and sneezes.
- It may be possible to develop COVID-19 by touching a surface that has the virus on it, and then touching your own mouth, nose, or possibly eyes.

Prevention

For now, the Center For Disease Control (CDC) recommends following measures similar to those used to prevent the spread of influenza and other respiratory illnesses.

- Stay home when you are sick. Symptoms of COVID-19 include fever, cough, shortness of breath, and may not appear until 2-14 days after exposure. If you suspect you are infected with the virus, call your healthcare provider for further directions.
- Cough or sneeze into your elbow or a tissue.
- Wash your hands regularly with soap and water (for at least 20 seconds), especially before eating, and after going to the bathroom, coughing and/or sneezing.
- Avoid touching your eyes, nose, and mouth.
- Clean surfaces regularly.

The Park District is taking extra precautions to clean “high-touch” surfaces, like doorknobs, bathroom fixtures, and counters, periodically throughout the day. You can further protect yourself by using a paper towel to open doors, taking a disinfectant wipe to common area surfaces prior to use, and using an alcohol-based hand sanitizer with at least 60% alcohol. As developments occur with the containment and spread of Coronavirus, we will continue to inform all stakeholders of our response plans in preparation of possible absences of staff and patrons, cancellation of programming, or the closing of facilities. We will continue to receive guidance from the CDC, in addition to working with the local agencies and the Illinois Department of Public Health. Thank you for your cooperation, as we work to secure the safety of all patrons and staff of the Buffalo Grove Park District.

CDC Continues to Investigate

As more data about the transmission of COVID-19 becomes available, the CDC continues to modify its recommendations. For the most up-to-date information and recommendations, please visit the CDC website at [cdc.gov](https://www.cdc.gov), or the Illinois Department of Public Health website at [dph.illinois.gov](https://www.dph.illinois.gov).



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