



## FOR IMMEDIATE RELEASE

March 16, 2020

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# Guidance for Residents Experiencing Symptoms of COVID-19

*A COUGH DOES NOT NECESSARILY MEAN COVID-19*

**WOODSTOCK** – McHenry County Department of Health (MCDH) urges all who think they are sick with the coronavirus to remain home and limit their movement in living spaces where others are present.

According to the Centers for Disease Control and Prevention (CDC) most healthy people who get the virus will have mild symptoms. For those whose symptoms become severe (shortness of breath), they should seek medical attention immediately.

To protect the elderly and others with chronic health problems, Dr. Laura Buthod, medical advisor for MCDH, suggests that anyone in McHenry County with cold symptoms should assume they have COVID-19. “That means staying home and monitoring your symptoms. Stay away from other people. Get rest and stay hydrated. Wash your hands and clean all common surfaces often.”

If symptoms worsen, Buthod added, call a healthcare provider. They will direct you where you should be evaluated and decide if testing is needed.”

County Board Chair Jack Franks said the health of McHenry County is a top priority, which is why MCDH has prepared and planned for their COVID-19 response.

“The county is supporting its residents and healthcare providers, but there are limits on available tests. We are following Illinois Department of Public Health guidelines to prioritize testing to those most vulnerable in our community” Franks said. “We do not want to overwhelm our healthcare system by sending patients with mild symptoms to doctors’ offices and emergency departments.”

Get the latest guidance for school, employers and community preparedness by visiting CDC’s - [Preventing COVID-19 Spread in Communities](#) or by visiting [www.mcdh.info](http://www.mcdh.info). For

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general questions about COVID-19, call the IDPH hotline at 1-800-889-3931 or email

[dph.sick@illinois.gov](mailto:dph.sick@illinois.gov)

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