ILLNESS PREVENTION

- Wash hands regularly with soap for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose when sneezing or coughing.
- Clean shared surfaces like keyboards, door knobs, phones, gym equipment, etc.
- Use hand sanitizer.
- Eat well and get adequate sleep and physical activity.
- Stay home if feeling ill.
- Only return to school or work after being fever-free for 24 hours.
- Stay hydrated by drinking water often.

IF SYMPTOMS PERSIST, CALL THE DIAL-A-NURSE PHONE LINE AT 217-333-2700 FOR FURTHER ASSESSMENT.