



## FOR IMMEDIATE RELEASE

Northern Illinois Rockford Region Public Information Officers  
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*This is a joint news release issued by the Northern Illinois Rockford Region Public Information Officers (NIR-PIO). NIR-PIO serves Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside, and Winnebago Counties.*

### REGIONAL HEALTH DEPARTMENTS URGE COMMUNITY TO TAKE ACTION AGAINST COVID-19

Northern Illinois Rockford Region – The Health Departments in the Northern Illinois Rockford Region (NIR-HDs) remind residents that **COVID-19 is still spreading in our communities**. The NIR-HDs urge the public to take simple steps to protect each other from COVID-19 and manage their risk. Together, we can move beyond this pandemic.

#### What The Public Can Do:

- **Protect Your Community:**  
Take the following action to prevent the spread and protect others
  - WEAR A FACE MASK: Cover your mouth and nose with a cloth to help prevent the spread of the virus to others, especially those with underlying health conditions
  - WATCH YOUR DISTANCE: Keep at least 6 feet apart from others
  - WASH YOUR HANDS: Wash your hands with soap and water for 20 seconds frequently to prevent spread.
  
- **Manage Your Risk:**  
Reduce the risk of becoming COVID-19 positive:
  - LIMIT YOUR TIME: When possible, limit your time with others not in your household to less than 15 minutes. The more time you spend around others, the greater your risk of exposure.
  - GO OUTSIDE: When getting together, outdoors is safer than inside to prevent the spread of COVID-19
  - LEAVE WHEN NEEDED: Leave if guidelines are not being followed, there are others around not masking or social distancing, or there are too many people around.
  
- **Answer The Call:**  
The NIR-HDs are working hard to help protect the community from COVID-19 and provide resources to those who have been infected by or exposed to the virus. **We need your help.** If you receive a call or text message from your local health department, answer or return the call. If you are positive for COVID-19, your local health department will provide information to support isolation at home and will ask for information on your recent activities and contacts.

#### For more information:

Go to IDPH and CDC websites.

- <http://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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

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