



# COOK COUNTY HEALTH

## COVID-19 Release from Jail: Isolation/Quarantine/General Information

Dear Patient,

We wanted to share some information with you about a new virus called COVID-19 that is spreading across the world, and throughout the United States including Cook County. You may or may not have been exposed to this virus in the community or within the jail. We want you to read this packet carefully for information that has been advised by our national and local health departments.

Please read the attached CDC Guidelines: *Stop the Spread of Germs, Share Facts About COVID-19*, and *Symptoms of Coronavirus Disease 2019* for additional information and advice to keep yourself and those around you healthy.

**If you have family/others at home, we advise you to self-quarantine by staying in a separate room for 14 days after release from custody. If you have a mask, please wear your mask in contact with others and follow instructions included to keep yourself and others around you healthy.**

If you have any concerns or symptoms of **fever, cough, or shortness of breath**, please seek medical advice for further instructions.

If you do not have a primary care provider, you may call or walk into any of the CCH Clinics. <https://cookcountyhealth.org/our-locations/> -see attached CCH Walk-In Clinics

**If you had a nose swab test and have not received your test results** or if you have any additional questions, you may email the Chicago Department of Public Health at [coronavirus@chicago.gov](mailto:coronavirus@chicago.gov) or call [312-746-4835](tel:312-746-4835).

(\*Turn over for Stay at Home order by Gov. Pritzker)

Revised: March 31, 2020 v1

## Stay at Home Order

Illinois Gov. J.B. Pritzker issued a **stay-at-home order** or “**shelter in place**” taking effect 5 p.m., Saturday, March 21, through April 7 for all of Illinois. Schools are to remain closed until April 7.

- Practice “**Social Distancing**” and stay away from large crowds or crowded spaces. Social distancing is paying attention to who is around you and putting more space between people to avoid spreading illness. Staying at least **six feet away from other people** lessens your chances of catching COVID-19. Examples of Social Distancing:
  - Working from home instead of at the office
  - Closing schools or switching to online classes
  - Visiting loved ones by electronic devices instead of in person
  - Cancelling or postponing conferences and large meetings
- What it comes down to: Travel only when you absolutely must, and only get the things you need. Otherwise, stay home to protect yourself and others.
- All gatherings of more than 10 people are banned.
- For private residents, trips to the grocery store and outdoor exercise are permitted when necessary.
- Only employees of "essential" businesses and infrastructure — such as food, healthcare and utilities — are free to travel, but only as required by their jobs.
- Non-essential business and operations must cease.

# CCH Walk-In Clinics

## Locations/Hours:

Monday – Friday

8:00am-4:00pm

Closed Saturday and Sundays

### **Arlington Heights Health Center**

3250 N. Arlington Heights Rd., Suite 300  
Arlington Heights, IL 60074  
(847) 934-7969

### **Austin Health Center**

4800 W. Chicago Ave  
Chicago, IL 60651  
(773) 826-9600

### **Cottage Grove Health Center**

1645 S. Cottage Grove Ave.  
Ford Heights, IL 60411  
(708) 753-5800

### **Dr. Jorge Prieto Health Center**

2424 S. Pulaski Ave  
Chicago, IL 60623  
(773) 521-0750

### **Englewood Health Center**

1135 W. 69th St.  
Chicago, IL 60621  
(773) 483-5011

### **John Sengstacke Health Center**

500 E. 51st St.  
Chicago, IL 60615  
(312) 572-2900

### **Logan Square Health Center**

2840 W. Fullerton Ave.  
Chicago, IL 60647  
(773) 395-7400

### **Morton East Adolescent Health Center**

2423 S. Austin Blvd.  
Cicero, IL 60804  
(708) 656-1130

### **Near South Health Center**

3525 S. Michigan Ave.  
Chicago, IL 60653  
(312) 945-4010

### **North Riverside Health Center – formerly Cicero**

1800 S. Harlem Ave., Suite A  
North Riverside, IL 60546  
(708) 783-9800

### **Near South Health Center**

3525 S. Michigan Ave.  
Chicago, IL 60653  
(312) 945-4010

### **Professional Building**

1950 W. Polk Street  
Chicago, IL 60612  
(312) 864-6000

### **Oak Forest Health Center**

15900 South Cicero Ave.  
Oak Forest, IL 60452  
(708) 633-4293

### **Robbins Health Center**

13450 S. Kedzie Ave.  
Robbins, IL 60472  
(708) 293-8100

### **Ruth M. Rothstein CORE Center**

2020 West Harrison Street  
Chicago, IL 60612  
(312) 572-4500

### **Woodlawn Health Center**

6337 S. Woodlawn Ave.  
Chicago, IL 60637  
(773) 753-5500

# What you need to know about

## coronavirus disease 2019 (COVID-19)

### What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

### Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

### Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

### How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

### What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

### What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

### How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

### If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

### What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

### Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

### Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



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[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

# Steps to help prevent the spread of COVID-19 if you are sick

**FOLLOW THE STEPS BELOW:** If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

## Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



## Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
  - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
  - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.



## Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



## Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



## Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



## Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



CS 216126-4 03/20/2020


[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

### Clean all "high-touch" surfaces everyday

Clean high-touch surfaces in your isolation area ("sick room" and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- **Clean and disinfect:** Routinely clean high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
  - If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#) .

### Monitor your symptoms

- **Seek medical attention, but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
  - **Call your doctor before going in:** Before going to the doctor's office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can't put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include\*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

### How to discontinue home isolation

- People with **COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
  - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
    - AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)
    - AND
    - at least 7 days have passed since your symptoms first appeared
  - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
    - You no longer have a fever (without the use medicine that reduces fevers)
    - AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)
    - AND
    - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available [here](#).

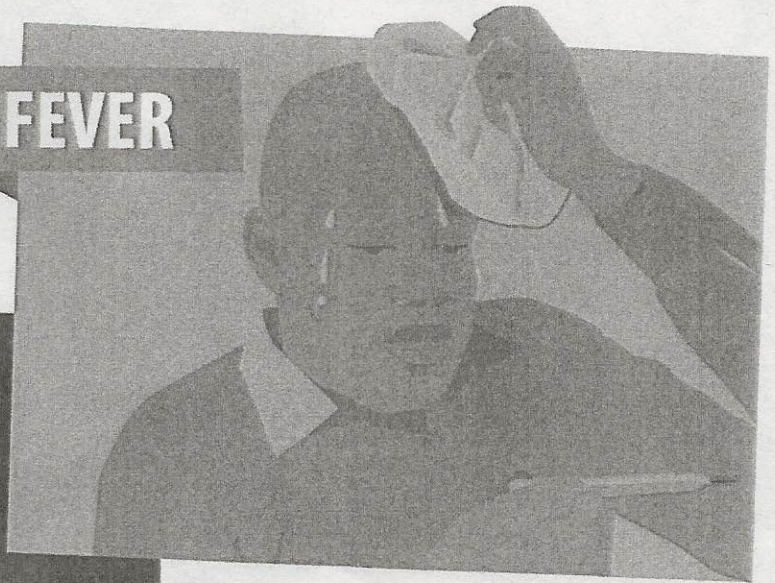
Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).

# SYMPTOMS OF CORONAVIRUS DISEASE 2019

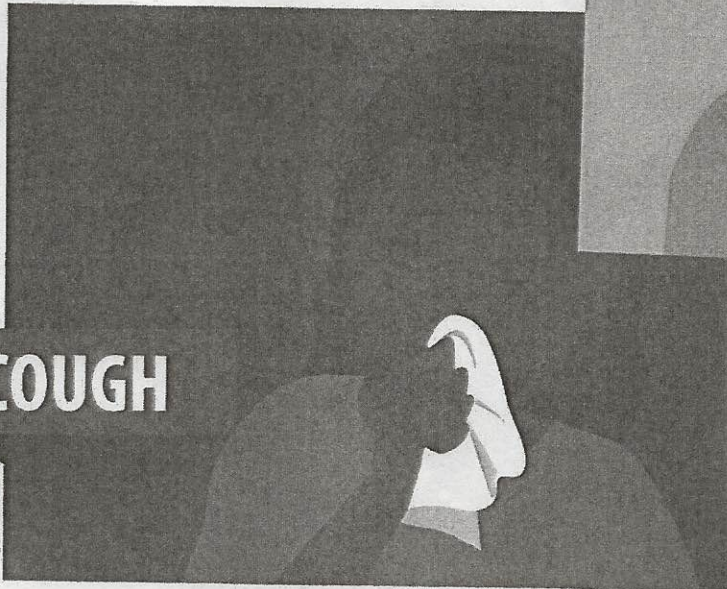
Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

**FEVER**



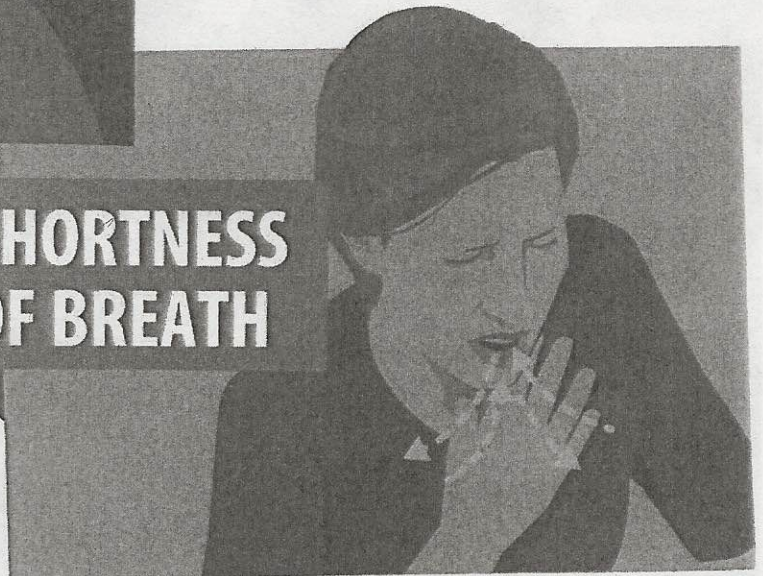
**COUGH**



\*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**SHORTNESS OF BREATH**

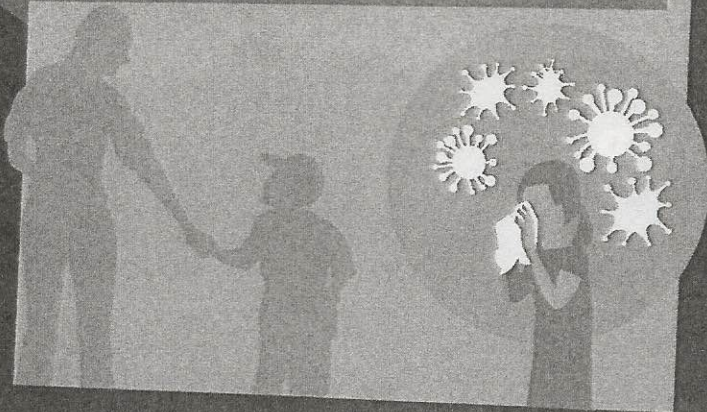


[cdc.gov/COVID19-symptoms](https://cdc.gov/COVID19-symptoms)

# STOP THE SPREAD OF COVID-19

Help prevent the spread of respiratory diseases like COVID-19.

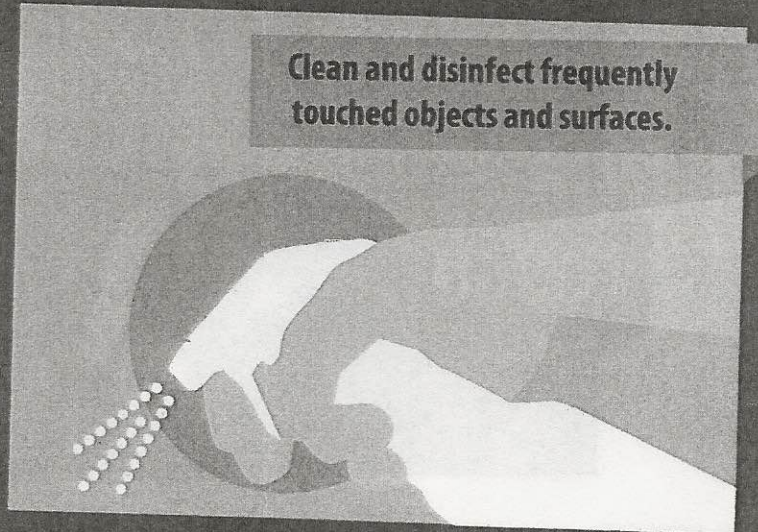
Avoid close contact with people who are sick.



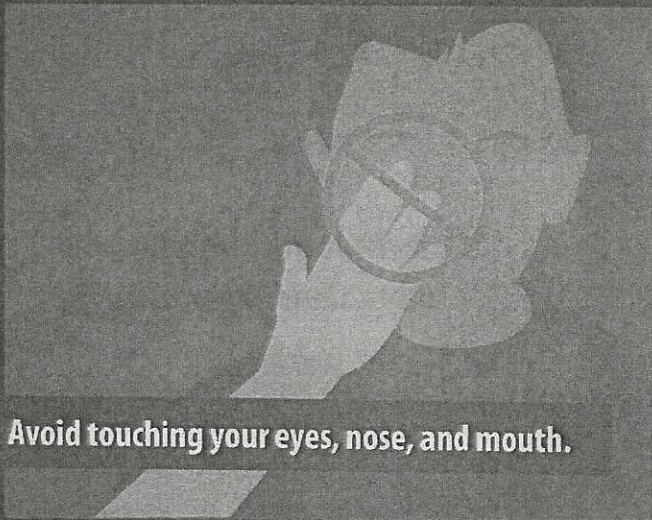
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



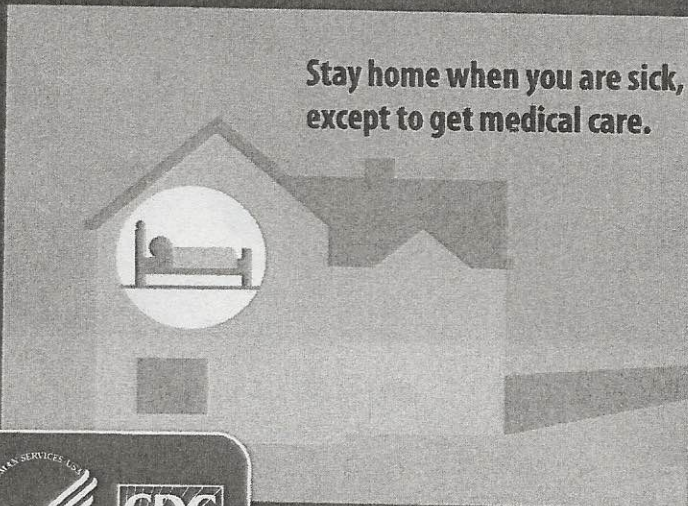
Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)



# SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT

1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT

2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT

3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT

4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT

5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



# 10 ways to manage

## respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

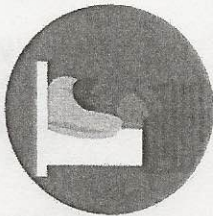
1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



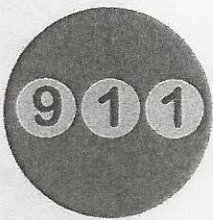
3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



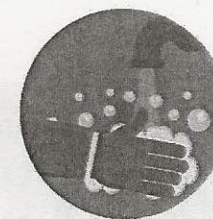
5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



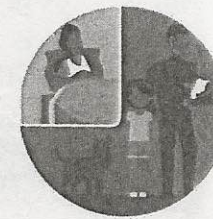
6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



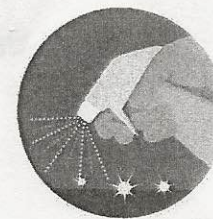
8. As much as possible, **stay in a specific room and away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Dear Patient:

**NEED HELP WITH HEROIN OR PAIN PILLS?** We are always here for you, but clinic processes are changing in response to COVID-19. Cook County Health will continue to offer rapid start on buprenorphine (Suboxone) when possible.

**Please call Diane at 312-802-8572 M-F 8am-4pm to schedule an appointment**

Walk-in appointments are discouraged at this time. BUT, if you have no phone and must walk-in:

- *Tuesdays (8:30am – 11am)* at CORE CENTER (2020 W Harrison St Chicago, IL 60612)
- *Thursday (7:30am- 10am)* at General Medicine Clinic (GMC) (1950 W Polk St Chicago, IL 60612)

(CTA Access: Pink Line: Polk Stop then one block east on Polk; Blue Line: Medical District Stop, then two blocks south on Damen)

**\*Please let the front desk know you're here for MAT Bridge Clinic\***

**PLEASE NOTE:** This availability will change over time. Please call Diane for updates.

**Please remember to have your Narcan with you and educate others about its use.**

Sincerely,

The MAT Team at Cermak Health Services

Dear Patient:

If you are in our MAT (medication assisted treatment) program or have expressed interest due to your history of substance abuse (opioids and/or alcohol).

**If you are currently on methadone/Suboxone/Vivitrol:**

Please **contact** either Tondalaya Henry (773-674-0639) or Monica Puente (312-835-7234) upon your release to coordinate a follow-up appointment.

**Vivitrol:** you will receive your next dose at that appointment.

**Buprenorphine (Suboxone):** a prescription will be sent for enough medication until your follow-up appointment when you contact either Tondalaya or Monica.

**Methadone:** Please have your clinic call Cermak Pharmacy at 773-674-5622 or 773-674-5623 to confirm your last dose.

**If you are interested in starting MAT:**

**Methadone:** Please call the Behavioral Health Access Line to be connected to a methadone clinic at 844-433-8793.

**Suboxone or Vivitrol:** Please contact Tondalaya Henry at 773-674-0639 or Monica Puente at 312-835-7234.

**For other substance abuse resources:** Please call the Behavioral Health Access Line at 844-433-8793 or the Illinois Helpline for Opioids and Other Substances at 1-800-833-2FINDHELP.

**Please remember to have your Narcan with you and educate others about its use.**

Sincerely,  
The MAT Team at Cermak Health Services