

With growing concern over the global spread of the "coronavirus disease 2019" (COVID-19)-a respiratory disease first detected in China-AALC encourages its members to take steps now to protect against the spread of infectious diseases, including COVID-19.

Supportive Living (SL) communities can develop preparedness and response plans to protect against the spread of infectious diseases. Visit the [Centers for Disease Control and Prevention \(CDC\)](#) to learn more. SL communities may want to consider printing and displaying prominently in community common areas [print resources](#) developed by the CDC to inform and protect against infectious diseases, including the COVID-19.

Prevention?

SL operators should encourage everyone in their communities, including residents, staff, and visitors, to follow the CDC advice below to help prevent respiratory illness:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick with respiratory symptoms.
- 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.
- Discuss influenza vaccination with your health care provider to help protect you against seasonal influenza if you have not already done so.

For more information, visit the [Illinois Department of Public Health \(IDPH\)](#).

What are the symptoms?

According to the IDPH:

People who are infected with Coronavirus Disease 2019 (COVID-19) have developed mild to severe respiratory illness with symptoms including fever, cough, shortness of breath, and potentially respiratory distress. There are many types of illnesses that can cause these types of respiratory symptoms. Individuals who have these symptoms and have traveled to [an area of sustained or widespread transmission \(Level 2 or Level 3:](#)

[CDC Travel Notice](#)) in the last 14 days prior to symptom onset or have had close contact with someone with Coronavirus Disease 2019 (COVID-19) should call ahead to a healthcare professional and mention your recent travel or close contact. Your healthcare professional will work with the local health department to determine if testing is appropriate.

What should SL communities do if they suspect a COVID-19 case?

According to IDPH, SL communities that suspect coronavirus cases should immediately (within 3 hours) report them to the local health department. Learn more [here](#).

Additional Resources

Below you will find additional resources, links, and best practices to help your SL communities protect against COVID-19.

[**IDPH Coronavirus Page**](#)

[**CDC's web page 2019 Novel Coronavirus.**](#)

[**CDC Video Series, *Coronavirus Prevention for Individuals***](#)