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- **Recommendations for Indoor Settings** - from the CDC
- **Community Guidance from IDPH**

Travel Guidelines

Check out this site before you plan a vacation. Also check with your supervisor to see if you will need to quarantine from work when you return.

- **Travel Guidance** - From the CDC

If You Have Not Been Vaccinated: CDC Guidelines

- **If You Are Sick**
- **When You Can be Around Others After You Had or Likely Had COVID-19**
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- **Compsych Employee Assistance Plan (ID: NSL131)**

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Covid-19 Information



COVID-19 INFORMATION

- [ELA STAFF DAILY SELF CHECK \(/sites/default/files/staff/COVID-19%20Daily%20Self%20Checklist%20version%20%20%28002%29.pdf\)](/sites/default/files/staff/COVID-19%20Daily%20Self%20Checklist%20version%20%20%28002%29.pdf). [PDF]
- [Interim Public Health Recommendations for Fully Vaccinated People \(https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html) - from the CDC
- [Recommendations for Indoor Settings \(https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html#anchor_1619526673330\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html#anchor_1619526673330) - from the CDC
- [Community Guidance from IDPH \(https://www.dph.illinois.gov/covid19/community-guidance\)](https://www.dph.illinois.gov/covid19/community-guidance)

Travel Guidelines

Check out this site before you plan a vacation. Also check with your supervisor to see if you will need to quarantine from work when you return.

- [Travel Guidance \(https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html\)](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html) - From the CDC

If You Have Not Been Vaccinated: CDC Guidelines

- [If You Are Sick \(https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html)
[CDC AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fh2Fguidance-prevent-](https://www.cdc.gov/coronavirus/2019-ncov/2Fh2Fguidance-prevent-)

[spread.html](#)).

- [When You Can be Around Others After You Had or Likely Had COVID-19](#) (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
- [What Should I Do If I've Been in Close Contact - Flow Chart](#) (</sites/default/files/staff/Self-quarantine%20Decision%20Flow%20Chart%20edited%20%28002%29.pdf>), [PDF]

Testing Information

- [Lake County Testing Information](#) (<https://www.lakecountyil.gov/4435/COVID-19-Testing>).
- [Lake County Testing Site Locator](#) (<https://covid19response-lakecountyil.hub.arcgis.com/datasets/7b3aa3605e994fb881469cd9d2d2c034>).
- [Testing sites in Illinois](#) (<https://coronavirus.illinois.gov/s/testing-sites>).

Procedures: Glove, Mask, Handwashing, Cleaning

- Glove procedures
 - [How to Safely Remove Your Disposable Gloves](#) (<https://youtu.be/AmHzLAXHdRA>).
- Mask procedures
 - [How to Wear a Mask - WHO](#) (https://youtu.be/M4olt47pr_o?t=55).
 - [Removing Masks with Bands or Ties](#) (<https://youtu.be/1jJBn9M0iK4>).
 - [How to Safely Wear a Medical Mask Poster](#) (<https://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/general-public/protect-yourself/infographics/masks-infographic---final.tmb-1920v.png>).
 - [CDC guidelines for Cloth Masks](#) (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>).
 - [Face Coverings Do's & Don'ts](#) (<https://www.cdc.gov/coronavirus/2019-ncov/images/face-covering-checklist.jpg>).
- Handwashing
 - [Wash Your Hands! CDC](#) (<https://youtu.be/eZw4Ga3jg3E>).
 - [Hand Washing Steps Using the WHO Technique](#) (<https://youtu.be/lisgnbMfKvI>).
- Social Distancing at Work
 - [How to Practice Social Distancing at Work](#) (<https://www.youtube.com/watch?v=NhR2Nym7Pbo>).
- Cleaning and Disinfecting
 - [Facility Cleaning](#) (<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>).

Forms/Federal Information

- [OSHA Quick Card How to Protect Yourself at the Workplace During a Pandemic](#) (<http://www.osha.gov/Publications/protect-yourself-pandemic.pdf>).

Additional Resources

- [Compsych Employee Assistance Plan \(ID: NSL131\)](#) (<https://www.guidanceresources.com/groWeb/login/login.xhtml>).

ComPsych is available to all staff. ComPsych provides 24/7 emotional, legal, and financial guidance including through GuidanceResources® Online, which is the leading online provider of information, advice, services, tools and referrals.

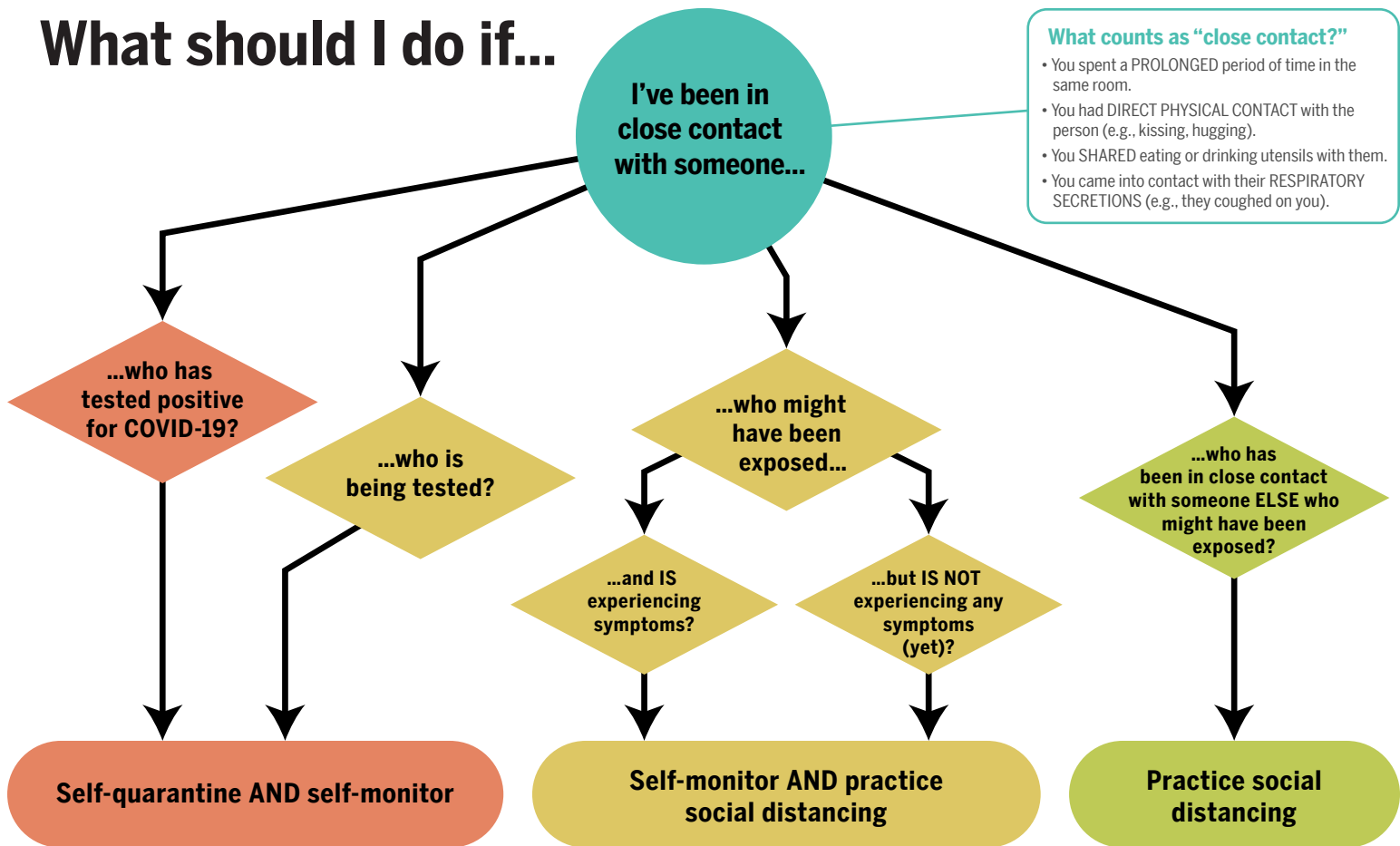
- [Coping with Stress](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html) (https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)(from the CDC) - Managing stress and anxiety
- [CDC \(Center for Disease Control and Prevention\)](https://www.cdc.gov/coronavirus/2019-nCoV/index.html) (https://www.cdc.gov/coronavirus/2019-nCoV/index.html).
- [LAKE COUNTY DEPT OF HEALTH](https://www.lakecountyil.gov/4377/Coronavirus-Disease-2019-COVID-19) (https://www.lakecountyil.gov/4377/Coronavirus-Disease-2019-COVID-19).
- [IDPH \(Illinois Department of Public Health\)](https://dph.illinois.gov/covid19) (https://dph.illinois.gov/covid19).

Vaccine Information

- [Lake County Vaccine Information](https://www.lakecountyil.gov/4521/COVID-19-Vaccine) (https://www.lakecountyil.gov/4521/COVID-19-Vaccine)for employees and residents
- **Need help making a vaccine appointment?** Use the IDPH Vaccine Appointment Call Center. Opening hours: seven days a week, 6am-midnight. Call **833-621-1284**.

Change Text Size

What should I do if...



How do I...

...self-quarantine?

STAY HOME for 14 days.
AVOID CONTACT with other people.
DON'T SHARE household items.

Learn more at
medical.mit.edu/HowTo#self-quarantine

...self-monitor?

BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath.

TAKE YOUR TEMPERATURE every morning and night, and write it down.

CALL your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).

DON'T seek medical treatment without calling first!

Learn more at
medical.mit.edu/HowTo#self-monitor

...practice social distancing?

STAY HOME as much as possible.

DON'T physically get close to people; try to stay at least 6 feet away.

DON'T hug or shake hands.

AVOID groups of people and frequently touched surfaces.

Learn more at
medical.mit.edu/HowTo#distance

And practice great hygiene!

WASH your hands frequently • **AVOID TOUCHING** your face • **WIPE DOWN** frequently touched surfaces regularly

Learn more at medical.mit.edu/HowTo#hand-hygiene

What if I have symptoms?

If you experience symptoms, such as fever, dry cough, or difficulty breathing,

call **1-800-889-3931**

or email: dph.sick@illinois.gov