Where do I find reliable sources of information about COVID-19?

News reports about the new coronavirus have flooded your social media feeds and your TVs, and the numbers and headlines seem to be changing every hour. It can be scary and confusing, even when coming from trustworthy mainstream media reports.

But there also are national and local public resources available online where you can keep track of the latest COVID-19 advice and reports for yourself, whether you're trying to plan travel, inform your relatives or just get through the day. The Centers for Disease Control and Prevention is a trustworthy public source. The CDC updates its website regularly, using clear language to give you the latest information known by public health experts. Here are a few key pages:

- What to do when you think you have COVID-19
- The known symptoms of COVID-19
- Common questions about coronavirus answered
- How to prevent illness
- A summary of the situation
- The latest U.S. cases

In addition, states update their own public health pages that have more local data and guidance.

- Illinois Department of Public Health

If you have a cough and fever or have been in contact with someone who has contracted COVID-19, you should stay home and call ahead to your doctor.

Adapted from health eNews, AdvocateAurora Health, 3/16/20.

Please Note: In conjunction with Archdiocese measures to prevent spread of communicable disease, blood pressure readings will be suspended until infection control restrictions are lifted. Thank you for your understanding.

Wishing you joy and good health,
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