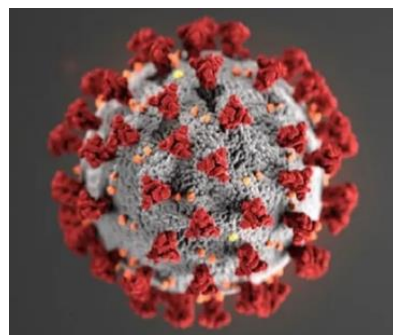


COVID 19 and Flu Resources

The spread of COVID-19 is a rapidly evolving situation. Continue to check the [CDC website](#) for up-to-date information and guidance.

See a list of COVID-19 resources specifically for faith communities in [Illinois](#) and [Wisconsin](#), including resiliency resources, mental health resources, guidance on safely reopening your house of worship and more.



The Advocate Aurora Health COVID-19 hotline at **1-866-4-HEALTH** is staffed by clinicians who can answer questions about symptoms and determine the next steps in care.

Our online [COVID-19 Symptom Checker](#) is the best way for patients to find the care they need. By answering a few simple questions, they'll quickly learn what they need to do next – from seeing a provider with a video visit – 24/7 – to contacting their doctor.

The Advocate Aurora Health [LiveWell app](#) offers virtual appointments and virtual visits with physicians 24-hours a day.

The Advocate Aurora Health COVID-19 Resource Center in [English](#) and [Spanish](#) provides the most up-to-date information, tools and resources, including the policies for visiting patients in our hospitals, CDC resources, ways you can donate, volunteer and help—and more.

Flyers to Download and Share

- Mental Health Reactions to COVID-19 Recovery in [English](#) and [Spanish](#)
- Coping with Pandemic Stress in [English](#) and [Spanish](#)
- Learn the Difference Between COVID-19, Flu and Cold in [English](#) and [Spanish](#)
- 6 Tips to Avoid Catching the Flu in [English](#) and [Spanish](#)
- Flu Myths vs. Flu Facts in [English](#) and [Spanish](#)
- Protect Yourself in [English](#)
- 5 Tips for Choosing Your Primary Care Provider in [English](#) and [Spanish](#)
- 5 Tips to Manage Your Child's Fear of Needles in [English](#) and [Spanish](#)
- **[Show Love. Stay Home.](#)**
- Tips for Remote Education Success in [English](#) and [Spanish](#)
- How to Stay Safe Dining at a Restaurant [English version](#)
- How to Stay Safe at Gatherings and Cookouts [English version](#)
- How to Stay Safe at the Gym in [English](#) and [Spanish](#)
- How to be Safe at Home in [Spanish](#)
- How to Stay Safe at Work in [Spanish](#)

COVID 19 and Flu Resources

- How to Stay Safe on Public Transportation in [Spanish](#)
- Phase 4 Reminders [English version](#) and [Spanish version](#)
- How to Protect Yourself and Others While Traveling in [English](#)
- Mask Educational Flyer in [English](#) and [Spanish](#)
- Correct and Incorrect Ways to Wear a Mask in [Spanish](#).
- How to Prevent Foggy Glasses While Safely Masking in [English](#)
- What Activities are the Safest? in [English](#) and [Spanish](#)
- For Your Health Shopping List in [English and Spanish](#)
- The Power of Social Distancing Flyer: [English version](#) and [Spanish version](#)
- COVID-19 Symptom Checker Information [English version](#) and [Spanish version](#)
- COVID-19 Handout [English version](#) and [Spanish version](#)
- COVID-19 Handout #2 [English version](#) and [Spanish version](#)
- Learn the Difference Between Coronavirus, Flu and Allergies [English version](#) and [Spanish version](#)

E-Newsletters to Share

- A [COVID-19 resource in Spanish](#) that shares important tips to stay safe, flyers you can share with your community, links to the Advocate Aurora Health COVID-19 Resource Center and more.
- [A resource on safely preparing and sharing food](#) includes information on how to avoid food or food packaging contamination and how to deliver food safely.

Spanish Resources from CDC

- Website for all CDC COVID-19 Communication Resources [here](#)
- Public Service Announcements [here](#)
- Resources to Print [here](#)
- COVID-19 Videos [here](#)

Spanish Resources from Ad Council

- [Sneezing and Coughing](#): Spanish Language for Kids
- [Time to Wash Your Hands](#): Spanish Language for Kids
- [Washy, Washy](#): Spanish for Kids
- [Protégete a Ti Mismo – Consejos Básicos :60](#): Basic Tips
- [Protégete a Ti Mismo – Consejos Básicos :30](#): Basic Tips
- [Protégete a Ti Mismo – Distanciamiento Social :60](#): Protect Yourself/Socially Distance
- [Protégete a Ti Mismo – Distanciamiento Social :30](#): Protect Yourself/Socially Distance
- [Protégete a Ti Mismo – Distanciamiento Social :15](#): Protect Yourself/Socially Distance