



SPRING GROVE FIRE PROTECTION DISTRICT

INFORMATIONAL RELEASE

CORONAVIRUS DISEASE / COVID-19 AND SEASONAL FLU

The Spring Grove Fire Protection District is here to answer any of your questions regarding the care of your loved ones. As we move through these difficult times, please practice social distancing; good hygiene habits will save lives. If we need to transport any of your family members to the hospital, we are unable to have family members ride with loved ones in the ambulance at this time (unless the patient is a minor). Please visit the links listed below for more information on COVID-19.

Coronavirus Disease 2019 (COVID-19) Resource links:

- [IDPH - Coronavirus Disease 2019 \(COVID-19\)](#)
- [IDPH - Coronavirus Disease 2019 \(COVID-19\): Press Releases / Briefings](#)
- [IDPH - Coronavirus Disease 2019 \(COVID-19\): Frequently Asked Questions](#)
- [Coronavirus COVID-19 Global Cases by Johns Hopkins CSSE](#)
- [CDC Homepage for Coronavirus Disease 2019 \(COVID-19\)](#)
- [CDC Travel Guidance](#)
- [CDC Guidance for Healthcare Professionals](#)
- [CDC Guidance for Laboratories](#)

The **single best way to prevent seasonal flu is to be vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. The tips and resources below will help you learn about steps you can take to protect yourself and others from the flu and help stop the spread of germs.

1. **Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by cough, sneezing or unclean hands.
4. **Clean your hands.**
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
6. **Practice other good health habits.**
Clean and disinfect frequently touched surfaces at home, work or school especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

KEEPING YOUR LOVED ONES SAFE NOW THAT YOU ARE HOME TOGETHER

DID YOU CHANGE YOUR BATTERIES IN YOUR SMOKE DETECTORS ON DAYLIGHT SAVINGS?

Daylight Savings Time began on Sunday, March 8th at 2 AM. The time change serves as a great reminder to test your smoke detector and change the batteries in them. This is also a good time to review your fire escape plan and hold a fire drill. It is important to teach children to recognize the sound of a smoke detector and upon hearing the alarm putting their fire escape plan into action.



It is important to check smoke detectors once a month. A chirping detector means it is time to replace the battery. Smoke detectors are the most important part of your fire-safety plan and a working detector can save your life.

What is the New Illinois Smoke Alarm Law?

- Since 1988, all dwellings in Illinois have been required to have smoke detectors.
- On January 1, 2023, single and multi-family homes that are still using smoke alarms with removable batteries will be required to install new alarms that feature 10-year sealed battery alarms.

Exemptions

- Homes built after 1988 that already have hardwired smoke alarms.
- Homes with wireless integrated alarms that use low-power radio frequency communications, Wi-Fi or other Wireless Local Area Networking capability.
- Homes within Chicago city limits.

Are You Protected?

3 of every 5 home fire deaths resulted from fires in homes with no working smoke alarms!

- Install smoke alarms on every level and in every bedroom.
- Test smoke alarms monthly.
- Alarms don't last forever, remember to replace your smoke alarms every 10 years.
- Plan and practice your escape route with your family at least twice a year.
- Have a meeting place on the street side of your residence.
- If your smoke alarm does sound, leave the home immediately and call 9-1-1.

The Spring Grove Fire Protection District is proud to be protecting and serving the citizens of our district as we move through these unprecedented times. Our fire service family will continue to serve and protect yours during the COVID-19 pandemic and beyond.

Paul Klicker
Fire Chief

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