



## CONSULATE GENERAL OF THE REPUBLIC OF THE PHILIPPINES CHICAGO

PUBLIC ADVISORY NO. 08-2020

### UPDATES ON COVID-19 AND CONTACT INFORMATION OF HEALTH AUTHORITIES

As of 10 March 2020, eleven out of twelve Midwest States under the jurisdiction of the Philippine Consulate General in Chicago – Illinois (19), Nebraska (16), Iowa (13), Indiana (6), South Dakota (5), Minnesota (3), Ohio (3), Wisconsin (3), Michigan (2), Kansas (1), and Missouri (1) – have reported confirmed cases of COVID-19. Only North Dakota has yet to report cases. A state of public health emergency has been declared in Illinois, Indiana, Iowa, Michigan, and Ohio.

As policies and regulations have shifted from containment of COVID-19 to mitigation and control, with authorities anticipating an increase in cases as testing becomes more prevalent, the Consulate reminds the Filipino and Filipino-American communities to take the necessary precautions against COVID-19:

- Wash your hands with soap frequently and extensively for at least 20 seconds;
- Use hand sanitizers, rubbing alcohol or disinfectant wipes and bring them with you at all times.
- Use latex or similar gloves, and, bring a mask for use as needed in crowded places.
- Refrain from touching your face and shaking other people's hands and other body parts;
- Refrain from directly touching high-touch items in public places, e.g., doorknobs, elevator buttons, chairs, faucets, toilet/urinal flushes, pens for signing in logbooks. Use gloves, tissue paper, or your own pen;
- Avoid crowds and large public gatherings. Limit the number of face-to-face interactions. Whenever possible, maintain a distance of six (6) feet from others and limit face-to-face interactions to less than ten (10) minutes;
- As added protection, use antiseptic mouthwash and exercise proper hygiene;
- Limit food handling and sharing food in the workplace or other public places, and consider having lunch at your desk;
- Frequently disinfect your premises and work areas;
- Store enough food, water, medicine, and other essential supplies for 30 days;
- Cover your nose and mouth with a handkerchief or your shoulder and upper arm when sneezing or coughing;
- Wear a mask and stay at home when ill;
- Strengthen your immune system by having adequate sleep and eating proper food.
- Consult a doctor if experiencing symptoms (particularly after travel or by a family member);
- Avoid travelling to countries with significant cases of COVID-19.
- Avoid unnecessary travel either by air or land which will increase exposure to the virus.

For more information or requests for assistance, please contact the Consulate at (312) 582-0621 or [chicagopcg@att.net](mailto:chicagopcg@att.net). For emergencies and urgent concerns, please call (312) 800-3106. For updates on COVID-19 and travel restrictions to and from the Philippines, please visit <https://www.doh.gov.ph/2019-nCov> and <https://dfa.gov.ph/dfa-news/statements-and-advisoriesupdate>.

The US Centers for Disease Prevention and Control (CDC) is providing updated information and advisories through <https://www.cdc.gov/coronavirus/2019-ncov/index.html> (Tel: 1-800-232-4636). The Illinois COVID-19 hotline is 1-800-889-3931. **If you have a medical emergency, please call 911.**

Attached is a matrix containing the respective contact information and website of health authorities in Midwest States.

**Chicago, 11 March 2020**



State	Health Agency	Contact Information	Website
<b>Illinois</b>	Illinois Department of Public Health	Call 1-800-889-3931 or email <a href="mailto:DPH.SICK@ILLINOIS.GOV">DPH.SICK@ILLINOIS.GOV</a>	<a href="http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus">http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus</a>
	Chicago Department of Public Health	Call 312-746-4835 or email <a href="mailto:coronavirus@chicago.gov">coronavirus@chicago.gov</a>  Report suspected cases: 312-746-SICK (7425) Monday through Friday during business hours or 311 during evenings, weekends, and holidays	<a href="https://www.chicago.gov/city/en/depts/cdph/provdrs/health_protection_and_response/svcs/2019-novel-coronavirus--2019-ncov-.html">https://www.chicago.gov/city/en/depts/cdph/provdrs/health_protection_and_response/svcs/2019-novel-coronavirus--2019-ncov-.html</a>
<b>Indiana</b>	State Department of Health	Call 317-233-7125 [317-233-1325 after hours] or e-mail <a href="mailto:epiresource@isdh.in.gov">epiresource@isdh.in.gov</a>	<a href="https://www.in.gov/isdh/28470.htm">https://www.in.gov/isdh/28470.htm</a>
<b>Iowa</b>	Department of Public Health	Call (515) 281-7689 Deaf Relay: (Hearing or Speech Impaired) 711 or 1-800-735-2942 If you have a medical emergency, please contact your health care provider or call 911	<a href="https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus">https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus</a>
<b>Kansas</b>	Department of Health and Environment	Call (785) 296-1086 or (785) 296-1500	<a href="http://www.kdheks.gov/coronavirus/">http://www.kdheks.gov/coronavirus/</a>  <a href="http://www.kdheks.gov/contact.html">http://www.kdheks.gov/contact.html</a> for other contact information
<b>Michigan</b>	Department of Health & Human Resources	1-855-275-6424 Elderly: 1-800-677-1116 Medicaid: 1-800-642-3195	<a href="https://www.michigan.gov/coronavirus/">https://www.michigan.gov/coronavirus/</a>  <a href="https://www.malph.org/resources/directory">https://www.malph.org/resources/directory</a> for directory of local health departments
	Michigan Association for Local Public Health	Phone: 517-485-0660 Fax: 517-485-6412	<a href="https://www.michigan.gov/mdhhs/0,5885,7-339-73970_8994---,00.html">https://www.michigan.gov/mdhhs/0,5885,7-339-73970_8994---,00.html</a> Michigan Department of Health & Human Resources hotlines
<b>Minnesota</b>	Department of Health	Call 651-201-5414	<a href="https://www.health.state.mn.us/diseases/coronavirus/index.html">https://www.health.state.mn.us/diseases/coronavirus/index.html</a>
<b>Missouri</b>	Department of	Telephone: 573-751-6113	<a href="https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/">https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/</a>

State	Health Agency	Contact Information	Website
	Health & Senior Services	Fax: 573-526-0235 Email: <a href="mailto:info@health.mo.gov">info@health.mo.gov</a>	
<b>Nebraska</b>	Department of Health and Human Resources	Call (402) 471-3121	<a href="http://dhhs.ne.gov/Pages/Coronavirus.aspx">http://dhhs.ne.gov/Pages/Coronavirus.aspx</a>  Contact info of local health departments: <a href="http://dhhs.ne.gov/Documents/LHD-List-for-Returning-NE-Residents.pdf">http://dhhs.ne.gov/Documents/LHD-List-for-Returning-NE-Residents.pdf</a>
<b>North Dakota</b>	Department of Health	Call 701-328-2372	<a href="https://www.health.nd.gov/diseases-conditions/coronavirus">https://www.health.nd.gov/diseases-conditions/coronavirus</a>
<b>Ohio</b>	Department of Health	Call (614) 466-3543 1-833-4ASKODH (1-833-427-5634)  Infectious Disease Sietske de Fijter 614-995-5599	<a href="https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Novel-Coronavirus/2019-nCoV">https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Novel-Coronavirus/2019-nCoV</a>
<b>South Dakota</b>	Department of Health	Call 1-800-997-2880 If symptoms suspected: 800-592-1861	<a href="https://doh.sd.gov/news/Coronavirus.aspx">https://doh.sd.gov/news/Coronavirus.aspx</a>
<b>Wisconsin</b>	Department of Health Services	General phone number: 608-266-1865 TTY phone number: 711 or 800-947-3529  Emergency Response: 608-267-6833 Hotline: 211  Division of Public Health Bureau of Communicable Diseases: <a href="mailto:DHSDPHBCD@dhs.wi.gov">DHSDPHBCD@dhs.wi.gov</a>	<a href="https://www.dhs.wisconsin.gov/disease/covid-19.htm">https://www.dhs.wisconsin.gov/disease/covid-19.htm</a>