



Illinois Thoroughbred Horsemen's Association, Inc.



Your Illinois Thoroughbred Horsemen's Association and Illinois Harness Horsemen's Association is reminding all horsemen living or racing at Hawthorne to be vigilant in regards to the Coronavirus. Hopefully we can all stay healthy during these difficult times however the reality is we must be prepared for disruption to our community and industry. Please carefully read the information below.

What is Coronavirus (COVID-19)? It is a new coronavirus that has not been previously identified. The virus causing coronavirus (COVID-19) is not the same as the virus strains that commonly circulate and cause mild illness like the common cold. Similar to measles, this virus appears to be highly contagious.

What are the Symptoms? They have ranged from mild symptoms like a fever, cough and shortness of breath to severe illness for confirmed coronavirus cases. These symptoms may appear two-to-14 days after exposure.

If you think you may be Sick: DO NOT GO TO WORK. We encourage all horsemen to err on the side of caution here and stay home if sick.

Travel: If you or a close family member or friend have traveled in the last 30 days to China, South Korea, Iran, Japan, France or Italy, please try and get tested.

Should I Use a Face Mask or Respirator to Prevent Illness from Coronavirus? The CDC does not recommend the use of faces masks or respirators unless you have the coronavirus. People who are sick should stay home and not go into crowded public places or visit people in hospitals. Workers who are sick should follow CDC guidelines and stay home when they are sick.

Prevention: Please follow these flu-prevention recommendations as specified by the CDC:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60-percent alcohol.

Procedures for Those who may be Sick:

Call your doctor if you think you have been exposed to COVID-19 and/or develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing.