



Be Prepared for **COVID-19**: Checklists

In Case COVID-19 Hits Your Home

✓ Have a COVID-19 emergency toolkit with the following items:

- Thermometer.
- Face masks.
- Hand sanitizer.
- Cold medicine and other fever-reducing medications.
- COVID-19 at-home tests.
- Cleaning wipes for frequently touched surfaces.

Rapid tests are available at your local pharmacy, select libraries, and local health departments.

✓ Make a family plan:

- Know where everyone in your household will isolate to avoid spread.
- Have work and school phone numbers easily accessible for all members of the family.
- Have a back-up childcare plan and a plan should children need to stay home from school.
- Have readily accessible the contact information for all healthcare providers and plan ahead to immediately contact them if someone does test positive and needs access to treatment.

Anyone in your household who has COVID-19 symptoms should stay home until they test for COVID-19 using either an at-home rapid test or a test through their healthcare provider.

If you cannot easily get to a provider should you test positive, the Ohio Department of Health is partnering with eMed and many local health departments to offer a virtual "test-to-treat" option that can quickly connect you to testing and a prescription to secure COVID-19 treatment.

✓ Stay up-to-date on vaccinations:

- If you haven't already, get your primary series COVID-19 vaccine.
- Make sure you have received your Updated COVID-19 booster.
- Get your annual flu shot.

Anyone older than 6 months may receive an approved COVID-19 primary vaccine series including Pfizer-BioNTech, Moderna, Janssen, or Novavax. Persons older than age 5 who have completed a COVID-19 primary vaccine series or received the Original COVID-19 Booster are eligible for the Updated COVID-19 Booster at least two months after their last shot. Children who received the Moderna primary series, must be 6 to receive the Updated COVID-19 Booster. **Visit coronavirus.ohio.gov for more information.**

If You Have COVID-19

✓ Practice proper health measures :

- Get plenty of fluids and rest.
- Cover your cough.
- Wear a mask around others.
- Take cold medicine or other fever-reducing medications.
- Isolate from other members of your household.
- Talk to your doctor about treatment options or visit a test-to-treat location near you.

Most people with COVID-19 have mild illness and can recover at home. You can treat symptoms with over-the-counter medicines. Contact your healthcare provider if you have severe symptoms.

✓ Anyone who is immunocompromised or at high-risk for COVID-19 should do the following:

- Life-saving COVID-19 medications and treatments are available. Talk to your doctor to learn more or visit a test-to-treat location near you.
- Ask your healthcare provider about COVID-19 treatments such as antiviral medication and monoclonal antibody treatments, to determine if treatment is right for you.
- Start treatment as soon as possible or as prescribed by your healthcare provider.
- Seek emergency medical care if you develop severe symptoms.

If you are 50 years old or older, 12 years old or older with a weakened immune system or medical condition, or unvaccinated, consult with your healthcare provider as soon as you test positive for COVID-19.

The U.S. Food and Drug Administration has authorized certain treatments that must be prescribed by a healthcare provider to treat COVID-19. Medications to treat COVID-19 must be prescribed by a healthcare provider and started as soon as possible after diagnosis to be effective.

Stay home for the five days following a positive test and follow isolation guidance.