The Ohio Department of Health (ODH) is asking all Ohioans to continue following steps to protect themselves and others from COVID-19. Here are the best ways to protect against COVID-19.

**COVID-19 Vaccines**
A vaccine is a medicine that protects you from getting sick. For example, the flu shot is a vaccine that protects you from getting the flu.

Most people are fully vaccinated after their second dose of a two-dose COVID vaccine, or first dose of a one-dose COVID vaccine (such as J&J).

Ask your doctor if you should get a COVID-19 vaccine.

**Mask Wearing**
If you are not fully vaccinated, you should wear a mask to cover your nose, mouth, and chin when you:
- Are inside a building that is not your home.
- Cannot be six feet away from someone.
- Are in any car, truck, van, or bus with people you do not live with.

Sometimes you will be asked to wear a mask after you are fully vaccinated. You should wear a mask when you:
- Use public transportation.
- Go to a doctor’s office.
- Go to a hospital.
- Go where there are doctors and nurses.

You should not wear a mask if you:
- Are younger than two.
- Cannot take it off without help.
- Could choke while wearing it.
- Are sleeping.
- A doctor tells you it is unsafe to wear one.
- Are swimming.
- Work somewhere that is not safe to wear one.

**Groups and Cleaning**
If you are not vaccinated, you should:
- Stay at least six feet away from others.
- Stay away from crowds.
- If you must be in a crowd, it should be less than 10 people.
- Keep objects and surfaces clean, like doorknobs, counters, and TV remotes.
Wash your hands.
• Use lots of soap and water.
• Wash for at least 20 seconds.
• Wash after using the bathroom or being in public.
• If soap and water are not available, use hand sanitizer.

Check your health. Stay home if you have a:
• Fever.
• Cough.
• Hard time breathing.
• Fatigue.
• Muscle or body aches.
• Headache.
• Loss of taste or smell.
• Sore throat.
• Runny nose.
• Nausea or vomiting.
• Diarrhea.

COVID-19 Cases
If you are not vaccinated and were with a person with COVID-19:
• Stay home for 14 days.
• Watch for symptoms of COVID-19.
• See a doctor if you feel sick.

Steps if you have COVID-19:
• Stay at home.
• Stay away from others.
• Tell your doctor.
• Tell your health department.
• Get a COVID-19 test to know if you are better.

If you are vaccinated and were with a person with COVID-19 you:
• Do not need to stay home.
• Do not need a COVID-19 test.
• Should monitor your symptoms for 14 days and call your doctor if you have symptoms or concerns.

More Information
Visit coronavirus.ohio.gov/vaccine. Have questions? Call 888-677-1199 or send an email to DIAL@n4a.org for the Disability Information and Assistance Line (DIAL).