



COVID-19: A Patient Journey

One: Symptoms begin. Common symptoms include fever, cough, and shortness of breath.

Two: Contact your doctor/healthcare provider for guidance on what to do next. Your healthcare provider may refer you to telehealth technology or assess you over the phone rather than seeing you in person. This is OK. It helps keep you and your healthcare provider safe by minimizing exposure.

Three: If your symptoms are mild, you'll likely stay home and be told to isolate from anyone else where you live. You may be directed to use an over-the-counter or prescription medicine. Call your local pharmacy about delivery or drive-thru options.

Four: If your symptoms are troubling, your doctor/healthcare provider may suggest a face-to-face visit. You may receive specific instructions for additional treatment or care at home or you could then be referred to regional or local hospital. If you are sent home, be sure to keep isolated from your family or roommates. Stay hydrated and self-monitor your symptoms. Contact your doctor if your symptoms don't improve.

Five: If you're referred to the hospital, you may be given specific directions on how to access care there and, if admitted, will receive continued care at your local hospital. After some observation or treatment, you may be referred home for recovery.

Six: If your symptoms intensify, your local hospital may transfer you to a larger hospital system for more intensive care.

Seven: After intensive treatment, you may be referred back to your local hospital or an alternative care site. It may not be a setting that you are used to, but you will still be cared for by hospital staff.

Eight: You will head home for recovery with or without extra health care support at home. Do your best to stay hydrated, maintain distance from family or roommates, and monitor your health.

Note: Every patient journey is different. This is only an example of what could happen. Remember, the most important thing you can do is to stay home whenever possible and take steps to avoid getting sick.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

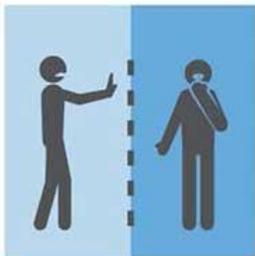
Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME



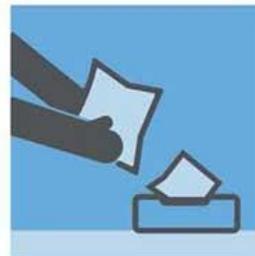
PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

For more information, visit: coronavirus.ohio.gov