Coronavirus Disease 2019



COVID-19 Checklist for When to Contact Your Provider Top Recommendations If You Feel Sick

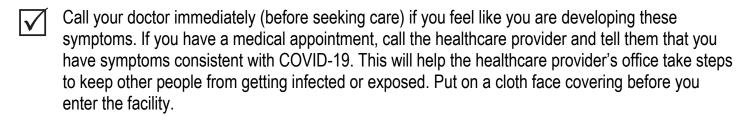
Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that all Ohioans take the following actions:

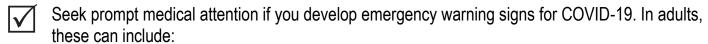


Pay attention for these signs that you may have COVID-19:

- Cough.
- Shortness of breath/difficulty breathing.
- Two or more of these symptoms:
 - Fever.
 - Chills.
 - Repeated shaking with chills.
 - Muscle pain.
 - Headache.
 - Sore throat.
 - Loss of taste or smell

Symptoms may be mild or severe and may appear two to 14 days after exposure to the virus.





- Difficulty breathing or shortness of breath
- Persistent pain or pressure in chest
- New confusion or inability to arouse
- Bluish lips or face.

This list is not all inclusive. Please consult your healthcare provider for any other severe or concerning symptoms.



Ask your doctor to call the local health department or the Ohio Department of Health if COVID-19 is suspected. People who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by the local health department.

For additional information, visit <u>coronavirus.ohio.gov</u>.

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

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

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 ORAIR 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