

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.

- Call your doctor immediately (before seeking care) if you feel like you are developing these symptoms. If you have a medical appointment, call the healthcare provider and tell them that you have symptoms consistent with COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. Put on a cloth face covering before you enter the facility.
- Seek prompt medical attention if you develop emergency warning signs for COVID-19. In adults, these can include:
 - 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 coronavirus.ohio.gov.

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.

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