Top 5 Things You Can Do to Prepare for COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH strongly recommends that all faith-based and community organizations immediately take the following actions:

- Implement a plan to hold remote meetings for regular gatherings, including weekly services. Review religious practices and consider ways they could occur to reduce the transmission of illness, especially practices that involve the sharing of common items or close contact with other individuals.

- Establish a process for temporarily postponing or canceling events, programs, and services—especially for groups at greater risk, such as older adults or people with chronic health conditions.

- Engage other community leaders and establish a process to help with grocery delivery, other household tasks, and reduce the feelings of isolation and loneliness of people who are staying home while sick or to avoid exposure to COVID-19.

- Share messages only from credible sources.

- Engage with stigmatized groups and speak out against negative behaviors to help counter discrimination against people who are sick. Also watch out for potential language, cultural, and disability barriers when communicating with members or congregants.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4ASKODH (1-833-427-5634).
STAY HOME WHEN YOU ARE SICK

AVOID CONTACT WITH PEOPLE WHO ARE SICK

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

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