

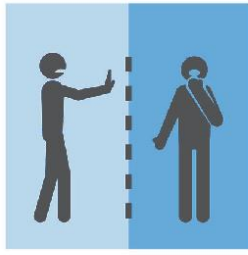
COVID-19 and Protecting Against Panic

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends:

- Have cleaning and sanitation supplies on hand to keep your family safe, but be mindful against hoarding and continue to treat other shoppers with respect.
- Prepare your household for a possible two-week quarantine or isolation period, but again be mindful against hoarding. Remember that we are all in this together as a community and need to protect and help one another as we work through this crisis.
- Reserve surgical face masks for people who have or are suspected of having COVID-19 to prevent spread. They are not recommended for preventing respiratory illness in people who are not sick. Face piece respirators should be reserved for healthcare personnel. They are ineffective unless a user is fitted and they are properly worn.
- Remember that the majority of people who contract COVID-19 will have only minor symptoms and will not need to be hospitalized. People at higher risk of serious complications include the elderly, people with chronic health conditions, and people with compromised immune systems.
- People who have completed quarantine or been released from isolation do not pose a risk of passing infection to other people.
- Share accurate information about COVID-19 preparation and response with others to help reduce fear, anxiety, and stigma. Visit coronavirus.ohio.gov or contact the ODH COVID-19 call center at 1-833-4-ASK-ODH (1-833-4-275-634).



STAY HOME
WHEN YOU ARE
SICK



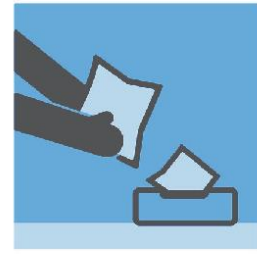
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



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