PREVENTION

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

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

CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Additional information from the Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus

03-19-2020