

COVID-19 Checklist for Older Ohioans and People with Chronic Health Conditions

Protecting Against COVID-19

Among people at higher risk of serious illness from COVID-19 are those 65 or older, women who are pregnant, people who smoke, and people with underlying chronic and/or severe medical conditions such as cancer, kidney disease, chronic obstructive pulmonary disease, heart disease, obesity, sickle cell disease, or diabetes. Click [here](#) for a full list of conditions that could place you at increased risk.

The Ohio Department of Health strongly recommends that people in these categories take the following actions:

- Monitor your health for symptoms suggestive of COVID-19:
 - Fever or chills.
 - Cough.
 - Shortness of breath or difficulty breathing.
 - Fatigue.
 - Muscle or body aches.
 - Headache.
 - New loss of taste or smell.
 - Sore throat.
 - Congestion or runny nose.
 - Nausea or vomiting.
 - Diarrhea.

If you develop these or other concerning symptoms, contact your healthcare provider right away. It is important that you are evaluated as soon as possible.

- Call for help immediately if you have signs of serious illness, such as difficulty breathing or shortness of breath, persistent pain or pressure in the chest, confusion or inability to arouse, bluish lips or face, or any other severe or concerning symptom.
- Consult with to your healthcare provider for guidance on any other symptoms to look out for and

when to call for help.

- Stay at home as much as possible and do not have visitors. Try to get outdoors for a walk or other recreation if possible.
- When you go out, wear a cloth face covering, keep at least 6 feet from others, and clean your hands often.
- Ask others to run essential errands, such as grocery shopping or picking up medications.
- If you have to go out yourself, wear a cloth face covering and visit locations when people are less likely to be there. Some grocery stores, pharmacies, and other locations have specific hours set aside for at-risk people.
- Have access to several weeks of medications and supplies. If someone cannot get them for you, ask the pharmacy if the prescriptions can be mailed or if you can pick them up without waiting in line or use a drive-up window if available.
- Plan for what you will do if you, or people you rely on for support, become ill.
- Take care of the emotional health of yourself and your household members. Communicate with family members, friends, and neighbors through the videoconferencing, phone or email at least weekly to create a support network.

Updated Nov. 3, 2020.

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

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STAY HOME



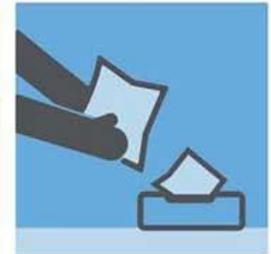
PRACTICE
SOCIAL
DISTANCING



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