Coronavirus Disease 2019

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, those with underlying chronic and/or severe medical conditions such as asthma, diabetes, or heart, lung, liver, or kidney disease; those who are immunocompromised and those who are obese.

Ohio Department of Health Director Amy Acton, MD, MPH, strongly recommends that people in these categories take the following actions:

- Monitor your health for symptoms suggestive of COVID-19:
  - Cough.
  - Shortness of breath/difficulty breathing.
  - Any two or more of the following:
    - Fever.
    - Chills.
    - Repeated shaking with chills.
    - Muscle pain.
    - Headache.
    - Sore throat.
    - Loss of taste or smell.

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 your healthcare provider for guidance on any other symptoms to look out for and when to call for help.

For more information, visit: coronavirus.ohio.gov
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, 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.

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.
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

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