

## COVID-19 – INFORMATION FOR OHIOANS

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Updates to this document will occur as new developments arise. Please refer to the [CDC website](#) for latest updates.

### What is this virus?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

### What are the symptoms?

The reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

### What should I do if I have these symptoms?

- It is important not to arrive at a physician office, urgent care, emergency care, hospital, minute clinic, etc. without first calling.

### CALL YOUR DOCTOR IF YOU:

- Develop **symptoms, and have been in close contact** with a person known to have COVID-19, or
- Have **recently traveled from an area** with [widespread or ongoing community spread of COVID-19](#).

### How can I prevent COVID-19?

There is currently no vaccine to prevent coronavirus disease 2019. The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
  - For information about handwashing, see [CDC's Handwashing](#) website
  - For information specific to healthcare, see [CDC's Hand Hygiene in Healthcare Settings](#)
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).

### **What to Do If You Are Sick With Coronavirus Disease 2019 (COVID-19)?**

Call ahead to a healthcare professional if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, and have been in close contact with a person known to have COVID-19 or if you live in or have recently traveled to an area with ongoing spread. Tell your healthcare professional about your recent travel or contact. Your healthcare professional will work with your state’s public health department and CDC to determine if you need to be tested for COVID-19.

### **What can I do to protect myself and my family?**

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

### **Where can I get more information?**

For the latest information on Ohio’s response to COVID-19, [click here](#) or call the Ohio Department of Health’s call center all center. The call center will be open 7 days a week from 9:00 a.m. to 8:00 p.m. and can be reached at 1-833-4-ASK-ODH (1-833-427-5634).

## **RESOURCES**

- Ohio Department of Health COVID-19: [Coronavirus.ohio.gov](https://coronavirus.ohio.gov)
- CDC Fact Sheet – COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>