

COVID-19 Checklist for When to Contact Your Provider

Top Recommendations If You Get Sick

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that all Ohioans immediately take the following actions if they feel sick:

- Pay attention for potential COVID-19 symptoms including fever, cough, and shortness of breath. Call your doctor immediately (before seeking care) if you feel like you are developing these symptoms. If you have a medical appointment, call the healthcare provider and tell them that you have symptoms consistent with COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. Put on a facemask before you enter the facility.

- Seek prompt medical attention if you develop emergency warning signs for COVID-19. In adults, these can include:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in chest
 - New confusion or inability to arouse
 - Bluish lips or face.

This list is not all inclusive. Please consult your healthcare provider for any other severe or concerning symptoms.

- Call your doctor before seeking care if you have recently traveled from an area with widespread or ongoing community spread of COVID-19. Visit the [Coronavirus Disease 2019 Information for Travel](#) website for updates on areas of concern.



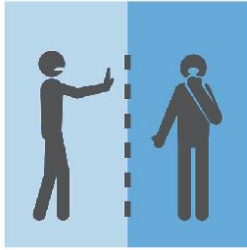
Ask your doctor to call the local health department or the Ohio Department of Health if COVID-19 is suspected. People who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4ASKODH (1-833-427-5634).



STAY HOME
WHEN YOU ARE
SICK



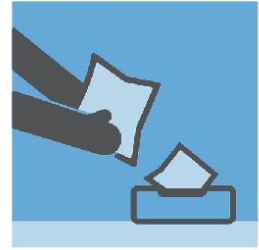
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



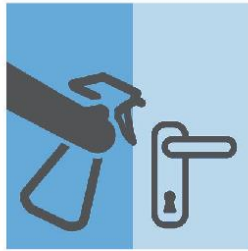
DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



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