

## Self-Monitor and Practice Social Distancing



Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.



Stay home and avoid contact with others. Do not go to work or school for this 14-day period.



Do not take public transportation, taxis, or ride-shares.



Avoid crowded places (such as shopping centers and movie theaters) and limit activities in public.



Keep your distance from others (about 6 feet or 2 meters).



A call center to answer questions regarding COVID-19 is open 7 days a week from 9 a.m.-8 p.m. and can be reached at **1-833-4-ASK-ODH (1-833-427-5634)**.

## TAKE EVERYDAY PRECAUTIONS



**WASH YOUR HANDS**



**DON'T TOUCH FACE**



**AVOID SICK PEOPLE**

**For more information and updates, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)  
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