

COVID-19 Checklist for When You Are Sick Responding to COVID-19

If you think you have been exposed to COVID-19 and develop the symptoms listed below, or other symptoms that are severe or concerning, call your healthcare provider for medical advice.

Call 911 if you have a medical emergency. Notify the operator that you have, or think you might have, COVID-19.

You may have COVID-19 if you have:

- Fever or chills.
- A cough.
- Shortness of breath or difficulty breathing.
- Fatigue
- Muscle or body aches.
- Headache.
- Sore throat.
- Loss of taste or smell.
- Congestion or runny nose.
- Nausea or vomiting.
- Diarrhea.

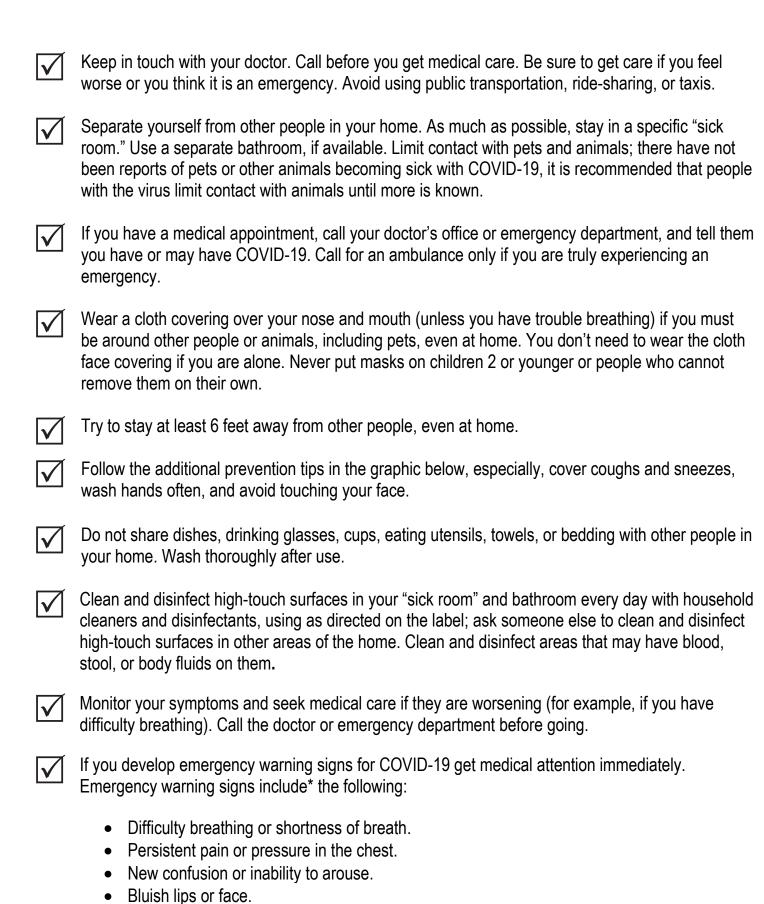
Symptoms may be mild or severe and may appear two to 14 days after exposure to the virus.

The Centers for Disease Control and Prevention has a "self-checker" tool to help you make decisions about seeking appropriate medical care. You can find it here: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html.

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends the following **if you are sick with COVID-19 or suspect you have COVID-19**:



Stay home except to get medical care. People who are mildly ill with COVID-19 are able to recover at home but should not leave or visit public areas. Ask a family member, friend, or neighbor to get your groceries, mail, and other essential needs and leave them outside your door.



*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

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If you **will not** have a test to determine if you are still contagious, you can leave home after **BOTH** of the following:

- Three full days (72 hours) have passed since recovery (no fever without use of feverreducing medications and improvement in symptoms).
- At least 10 days have passed since the onset of symptoms.

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If you will have a lab test to determine if you are still contagious, you can leave home after **ALL THREE** of the following:

- There is no fever without use of fever-reducing medications.
- There is improvement in symptoms.
- You received two negative tests in a row, at least 24 hours apart.

Always follow the guidance of your healthcare provider and local health department.

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



Department of Health

Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME EXCEPT FOR WORK AND OTHER NEEDS



WEAR A FACE COVERING WHEN GOING OUT



PRACTICE SOCIAL DISTANCING OF AT LEAST 6 FEET FROM OTHERS



SHOP AT NON-PEAK HOURS



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



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



DON'T WORK WHEN SICK



CALL BEFORE VISITING YOUR DOCTOR