

## 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.

- ☒ Keep in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency. Avoid using public transportation, ride-sharing, or taxis.
- ☒ Separate yourself from other people in your home. As much as possible, stay in a specific “sick room.” Use a separate bathroom, if available. Limit contact with pets and animals; there have not been reports of pets or other animals becoming sick with COVID-19, it is recommended that people with the virus limit contact with animals until more is known.
- ☒ If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. Call for an ambulance only if you are truly experiencing an emergency.
- ☒ Wear a cloth covering over your nose and mouth (unless you have trouble breathing) if you must be around other people or animals, including pets, even at home. You don’t need to wear the cloth face covering if you are alone. Never put masks on children 2 or younger or people who cannot remove them on their own.
- ☒ Try to stay at least 6 feet away from other people, even at home.
- ☒ Follow the additional prevention tips in the graphic below, especially, cover coughs and sneezes, wash hands often, and avoid touching your face.
- ☒ Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. Wash thoroughly after use.
- ☒ Clean and disinfect high-touch surfaces in your “sick room” and bathroom every day with household cleaners and disinfectants, using as directed on the label; ask someone else to clean and disinfect high-touch surfaces in other areas of the home. Clean and disinfect areas that may have blood, stool, or body fluids on them.
- ☒ Monitor your symptoms and seek medical care if they are worsening (for example, if you have difficulty breathing). Call the doctor or emergency department before going.
- ☒ If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include\* the following:
  - Difficulty breathing or shortness of breath.
  - Persistent pain or pressure in the chest.
  - New confusion or inability to arouse.
  - Bluish lips or face.

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



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 fever-reducing medications and improvement in symptoms).
- At least 10 days have passed since the onset of symptoms.



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](https://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](https://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

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