COVID-19 Checklist

Ohio | Department of Health

COVID-19 Checklist for Helping the Isolated or Quarantined
Things You Can Do to Help Someone Who Is Isolated or Quarantined due to COVID-19

Isolation separates sick people with a contagious disease from people who are not sick.
Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Ohio Department of Health Director Amy Acton, M.D., MPH, suggests the following activities to help show kindness to any friends, family, or others who may be isolated or quarantined due to COVID-19:

- ☑ Call, text, or video chat with them to let them know you are there to support them. They may be scared or lonely. Seeing or hearing a friend this way can show them kindness while still practicing social distancing.

- ☑ Drop off food or drinks at their door since they may not have had a chance to prepare and might be running low on important items. Reach out to see what they need or want and try to drop it off at their door.

- ☑ Offer to do their yard work, to take their trash or recycling to the curb, or to drop their mail at their door.

- ☑ Offer to run errands to pharmacies or stores for essentials if they need anything to support themselves or household members through an extended period. Consider supplies for their four-legged companions too, like food, treats, or indoor absorbent pads if their owners are unable to take them outside without exposing others.

- ☑ Think about what you would like if you were sick or concerned about exposure to COVID-19. Would you want books, games, other comfort measures? Treat those around you like you'd want to be treated, and consider outside-the-box ways to help those in your life.

For additional information, visit coronavirus.ohio.gov.

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

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster

For more information, visit: coronavirus.ohio.gov

Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.
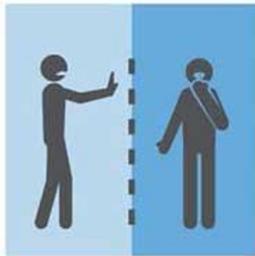
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PREVENTION

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

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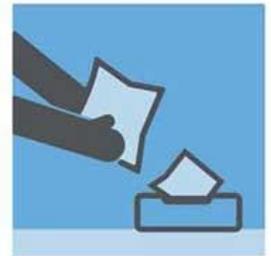
STAY HOME

PRACTICE SOCIAL DISTANCING

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

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