Coronavirus Disease 2019

COVID-19 Checklist for When to Contact Your Provider
Top Recommendations If You Feel Sick

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

☑ Pay attention for these signs that you may have COVID-19:
  • Cough.
  • Shortness of breath/difficulty breathing.
  • Two or more of these symptoms:
    ▪ Fever.
    ▪ Chills.
    ▪ Repeated shaking with chills.
    ▪ Muscle pain.
    ▪ Headache.
    ▪ Sore throat.
    ▪ Loss of taste or smell.

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

☑ 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 cloth face covering 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.

For more information, visit: coronavirus.ohio.gov
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 the 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 Ohio Department of Health

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.

1. Stay home
2. Practice social distancing
3. Get adequate sleep and eat well-balanced meals
4. Wash hands often with water and soap (20 seconds or longer)
5. Dry hands with a clean towel or air dry your hands
6. Cover your mouth with a tissue or sleeve when coughing or sneezing
7. Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces
8. Clean and disinfect "high-touch" surfaces often
9. Call before visiting your doctor
10. Practice good hygiene habits

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