

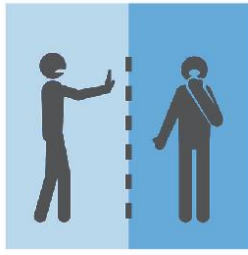
## COVID-19 and Protecting Against Panic

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends:

- Have cleaning and sanitation supplies on hand to keep your family safe, but be mindful against hoarding and continue to treat other shoppers with respect.
- Prepare your household for a possible two-week quarantine or isolation period, but again be mindful against hoarding. Remember that we are all in this together as a community and need to protecting and helping one another as we work through this crisis.
- Reserve surgical face masks for people who have or are suspected of having COVID-19 to prevent spread. They are not recommended for preventing respiratory illness in people who are not sick. Face piece respirators should be reserved for healthcare personnel. They are ineffective unless a user is fitted and they are properly worn.
- Remember that the majority of people who contract COVID-19 will have only minor symptoms and will not need to be hospitalized. People at higher risk of serious complications include the elderly, people with chronic health conditions, and people with compromised immune systems.
- People who have completed quarantine or been released from isolation do not pose a risk of passing infection to other people.
- Share accurate information about COVID-19 preparation and response with others to help reduce fear, anxiety, and stigma. Visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov) or contact the ODH COVID-19 call center at 1-833-4-ASK-ODH (1-833-4-275-634).



STAY HOME  
WHEN YOU ARE  
SICK



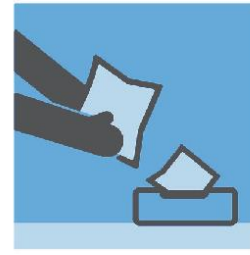
AVOID CONTACT  
WITH PEOPLE  
WHO ARE SICK



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