

COVID-19 Information for Families

COVID-19, also called coronavirus, is a respiratory disease that is mainly spread person-to-person. The best preventative strategy is to avoid exposure.



How to Stay Healthy

1. Use Great Hygiene Habits:

Use proper handwashing techniques.

Wash hands after touching items that have come into contact with a sick person, after using the toilet, after sneezing and coughing, and before eating or touching eyes or mouth.

Use an alcohol-based hand sanitizer when soap and water are not available.

Sneeze or cough into a tissue or into your sleeve or arm. Then wash or sanitize hands.

Wear gloves when caring for the sick.

Stay home when sick.



2. Clean Shared Devices:

Keyboard and mouse

Phone

Remote control

Sports equipment

Shopping carts

Knobs and handles



3. Make Healthy Lifestyle Choices:

Get plenty of rest.

Eat nutritious foods.

Drink eight glasses of water per day.

Regularly exercise, meditate, and make decisions that enhance physical and mental health.

Find ways to de-stress.



Plan and Prepare

Keep extra food and water at home, in case your usual routine must change.

Ensure medication refills are available. If not, contact your health care provider, pharmacist, or insurer to obtain them.

If possible, identify a room or area of the household that can be used to separate someone who is sick.

Make sure you have a backup plan in place in case a person's primary caregiver or support staff are unable to provide care. Talk to family, relatives, and friends about how they can help.

Create an emergency list with information from local health officials and community organizations. Also, keep a list of people, family members, and friends who may need to be reached in an emergency.

Plan for the possibility that events, services, and programs may be modified or canceled.

More Information
1-833-427-5634
coronavirus.ohio.gov

What To Do If You or A Family Member Are Sick

If you or a family member are sick with a fever, cough, and having difficulty breathing:

Call a doctor. Do not go to the office.

Stay 6 feet away from other people.

Do not touch surfaces, items, or food that the sick person has touched.

Keep washing your hands well.

Avoid contact with other people. No hugs, handshakes, or fist-bumps.

