

**Have questions about  
COVID-19?  
Unsure what to do or  
where to turn?  
We're here to help!**

### What is COVID-19?

- COVID-19 is a new strain of coronavirus, which means we don't have any immunity against it. There is a lot to learn about this virus acts.
- There are seven kinds of coronaviruses that make humans sick; four cause mild cold-like symptoms. The other three cause more severe respiratory illnesses – historic examples include SARS, MERS; and now COVID-19, which emerged in December 2019 in Wuhan, China.

### How is COVID-19 spread?

- COVID-19 is a respiratory illness that spreads mainly from person to person. When a person with COVID-19 coughs or sneezes, droplets of the virus go into the air and can land in the mouths or noses of other nearby people.
- It may also be possible for a person to get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

### What are the symptoms of COVID-19? These symptoms may appear 2-14 days after exposure...



### What should I do if I've been exposed to someone with a confirmed case of COVID-19?

- Even if you currently feel fine, **you need to stay at home for 14 days** to see if you develop symptoms. Be sure to **follow the steps described on the next page.**

### What should I do if I've been exposed to COVID-19 and I develop a fever and symptoms?

- **First, don't panic.** For most people, COVID-19 causes only mild illness. However, senior citizens and persons with chronic health conditions or compromised immune systems are more vulnerable and may develop severe illness requiring hospital care.
- **Second, call your usual health care provider, student health center, or urgent care for medical advice.** ALWAYS CALL BEFORE GOING to see your provider so that they can be ready to prevent you from infecting others.
- **If you need a health care provider, Memorial Health Systems has offered their 24/7 nurse triage line to residents.** You can reach their licensed professionals at 844-474-6522 to be triaged or directed to a primary care provider.
- **Third, go to the emergency room if you have more severe symptoms (like shortness of breath or difficulty breathing).** You should be tested seasonal influenza and other respiratory illnesses to rule out any other cause of illness. If you test negative for all other respiratory illnesses, your healthcare provider will further determine if you need tested for COVID-19.
  - If you call for an ambulance, be sure to tell the dispatcher about your symptoms and your concern that you may have COVID-19. This allows the EMS crew to be prepared with personal protective equipment so you don't infect them.

### What should I do once I've been tested for COVID-19?

- While you're waiting for your test results . . .
  - **Stay home** except to get medical care. Avoid being in public areas or around other people. You should not go to work or school.
  - **Separate yourself from other people or animals in your home.** You need to stay in a specific room and use a separate bathroom to prevent infecting others.
  - **Call ahead before visiting your doctor.** If you have a medical appointment, call to tell them that you may have COVID-19. This will help them take steps to keep other people from getting infected or exposed.
  - **Wear a facemask when you are around other people or pets if you are sick** (for example, when sharing a room or vehicle) and before you enter a healthcare provider's office.
  - **Cover coughs and sneezes** by covering your mouth and nose with a tissue. Throw used tissues in a lined trash can, then immediately wash your hands (see the step below for instructions).
  - **Wash your hands often, using soap and water,** for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water aren't available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
  - **Avoid sharing personal household items** like dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After use, they should be washed thoroughly with soap and water.
  - **Clean all "high-touch" surfaces** like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables **every day.** Use a household cleaning spray or wipe according to the label instructions.
  - **Monitor your symptoms and promptly seek medical attention if your illness worsens (e.g., difficulty breathing).** Before seeking care, call your healthcare provider and tell them that you have, or are being tested for, COVID-19. Put on a facemask before you enter the facility so you don't infect or expose others.
  - **Ask your healthcare provider to call the local health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by the local health department.**
  - **Call 911 if you have a medical emergency. Notify dispatch personnel that you have, or are being tested for, COVID-19. If possible, put on a facemask before EMS arrives.**

### What should I do if my COVID-19 test is positive?

- **Stay at home until instructed to leave.** You need to remain under home isolation from others for 14 days from when your symptoms started, following all the steps outlined above.
- **Talk to your healthcare provider.** The decision to discontinue isolation precautions is made on a case-by-case basis in consultation with healthcare providers and state and local health departments.

### What should I do if my COVID-19 test is negative?

- **Follow your healthcare provider's guidance if your tests were positive for seasonal flu or another infectious disease.** You can otherwise return to your usual daily routines.

**Where can I get more information about COVID-19?** Visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov) or call the Ohio Department of Health Call Center 7 days a week at 1-833-4-ASK-ODH between 9 am and 8 pm.