

Protect Yourself & Loved Ones from COVID-19



The new coronavirus that causes COVID-19 is spreading in Ohio.

There is no medicine or treatment for the disease.

Watch for symptoms.

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

Wash your hands.

- Wash your hands often with soap and water for at least 20 seconds then dry completely with a clean towel.
- Use hand sanitizer when you can't wash with soap and water. Rub hands together until dry.
- Always clean your hands before you prepare food or eat, and after using the restroom.
- Avoid touching your eyes, nose or mouth.

If you have symptoms.

- Stay home and away from other people in your house.
- You may leave your home when you haven't had a fever for 3 days AND your symptoms have improved AND it has been at least 7 days since your symptoms started.
- If you have questions, call your doctor or local health department.

If you have a medical emergency, dial 9-1-1 immediately.

Wear a cloth face covering.

You can spread COVID-19 even when you are not sick. Cloth face coverings are meant to protect yourself and others.

- It is recommended that you wear cloth face coverings in public places at all times.
- Some businesses may require that you wear cloth face coverings.
- Cloth face coverings should not be placed on young children under age 2.
- You can make cloth face coverings out of homemade materials such as a handkerchief.

Stay away from animals if you are sick.

Until more is known about COVID-19, limit contact with animals if you are sick. If you must care for your animals while you are sick, wash your hands before and after you interact with animals and cover your nose and mouth with a cloth face covering.

Practice social distancing.

Social distancing helps slow the spread of disease.

- Stay at home as much as possible.
- Limit gatherings to 10 people or less until further notice unless your household is more than 10.*
- Do not share meals with more than 10 people unless your household is more than 10.
- Send one person to shop or run errands.
- Do not shop with people who are not in your household.
- Keep at least 6 feet between yourself and others when out in public.
- Do not hug, kiss, or shake hands with people who are not in your household.
- Activities such as softball and baseball are still not allowed, even among neighbors, cousins and friends.

*Household meaning all those who live in your home including Dawdy haus.

Clean and disinfect daily.

Clean AND disinfect frequently touched surfaces daily. If surfaces are dirty, clean them with soap or detergent. After cleaning, use a disinfectant.

Local Health Departments:

Ashland County Health Department (419) 282-4231
Coshocton County Health Department (740) 622-1426
Gauga Public Health (440) 279-1900
Holmes County General Health District (330) 674-5035

Knox Public Health (740) 392-2200
Medina County Health Department (330) 723-9688
Tuscarawas County Health Department (330) 343-5555
Wayne County Health Department (330) 264-9590

Coshocton County
Health Department



Knox Public Health
Prevent. Promote. Protect.



Holmes County
General Health District
Prevent. Promote. Protect.



Wayne County
Health Department



Public Health
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Tuscarawas County Health Department

MEDINA COUNTY
HEALTH
DEPARTMENT
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