



Most of us have heard Governor DeWine and Dr. Acton with the Ohio Department of Health say, “We are at war against an invisible enemy”. At present there have been no confirmed COVID-19 cases in Fairfield County, but I think this will change soon! So, I think it’s time for us to discuss our “Battle Plan” to fight this virus. It’s time for us to put our game face on and really get serious. First and foremost, you need to have a positive outlook and be confident we will get thru this. We will get to the other side, but we each need to do our part to keep ourselves, our loved ones and our community safe.

Starting tomorrow morning you need to ask yourself these two questions:

- 1) How do I feel? Do I feel like I have a temperature, cough or just not feel well? If the answer is **yes** to any of these, you need to stay home. If required communicate this information to your employer. If you are having a hard time breathing, you need to call 911 and tell them your symptoms.

- 2) Is it absolutely necessary for me to go anywhere? Yes or no? If your answer is **Yes**, examples may include work (unless you’re already working from home), the pharmacy to pick up medications or the grocery store. If your answer is **no, stay home**. Even small gatherings need to be avoided if non-essential. You must start practicing strict social distancing, immediately. There’s nothing wrong with outdoor activities such as walking or hiking or sitting on the front porch, just be sure to practice social distancing.

Remember some of the best things we can all do is to follow these precautions:

- Stay home if you are sick.
- Wash your hands often.
- Practice social distancing. Keep 6 feet between yourself and others.
- Cough or sneeze into your elbow.
- By phone, check on your elderly neighbor, they may be in need of groceries or medications.



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In the next few weeks, COVID-19 testing capability may be very limited. If you feel you are sick, you will need to do this:

- Persons with COVID-19 symptoms need to, isolate themselves at home. If your symptoms worsen, call your doctor, Urgent Care or ED (if your symptoms are life threatening).
You may return to work when at least 3 days have passed without a fever (without the use of fever reducing meds) and at least 7 days have passed since symptoms first appeared.

While we are all practicing social distancing, it is also important to stay connected. You can do this by talking on the phone, texting, or video chatting. This virus is very contagious, and we want to make sure everyone is protected as much as possible.

Remember it's okay to be afraid. Fear is perfectly normal. Take care of your mental health by finding ways to not focus on COVID-19 constantly. Watch a comedy at home, go for a walk or do some gardening, disconnect from electronics for a while so you are not on information overload, and get your information from reputable sources. If you are able, buy some take-out food. The local businesses will need our help.

Remember the world is going through this together. We will come out on the other side.