

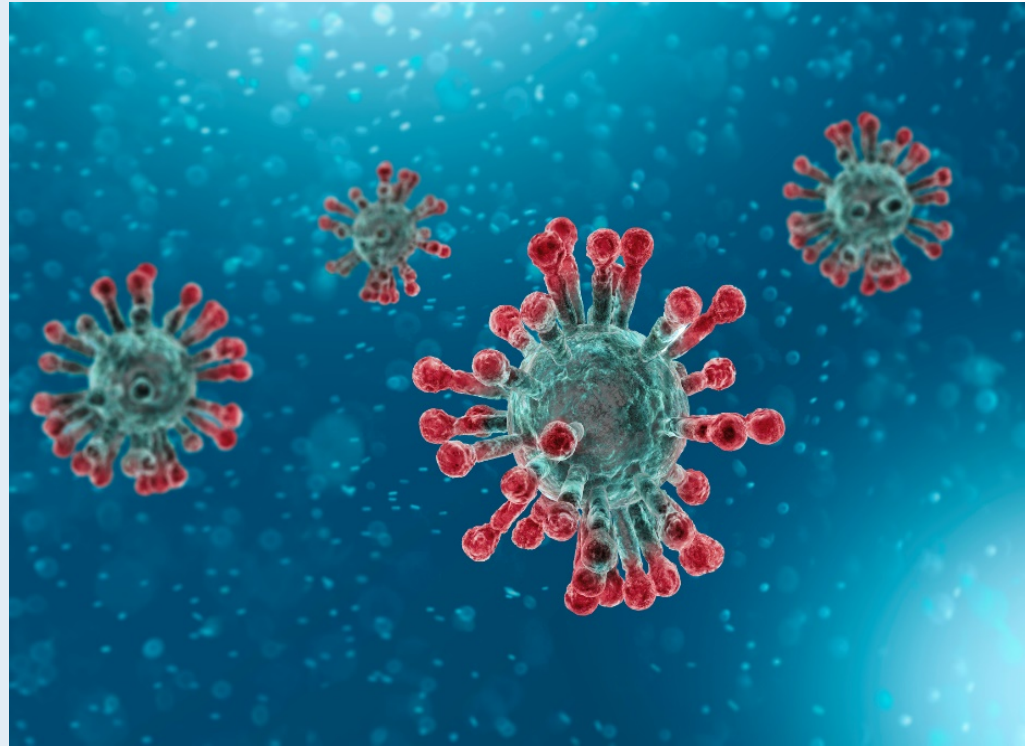
# COVID-19 (Coronavirus Disease 2019)



Updated March 13, 2020, with ODH, Centers for Disease Control and Prevention (CDC) and Virginia Department of Health materials.

# What is COVID-19?

- Respiratory tract disease; symptoms appear two to 14 days after exposure and usually includes fever, cough, and difficulty breathing.
- One of seven coronaviruses known to infect humans.
- First identified in humans in Wuhan, Hubei Province, China, in December 2019.





## Welcome to [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

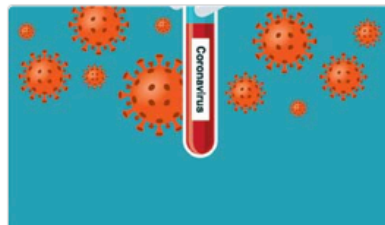
I'm Director of Health Amy Acton, and I hope you will use this site to arm yourself with the latest information about coronavirus disease 2019 and ways to protect yourselves, your families, and others in your communities. We will be updating information regularly, so please check back whenever you have questions about COVID-19.

## Top Resources



### How You Can Prevent and Prepare

Links and information on how to take action and prepare for COVID-19.



### Frequently Asked Questions

What you need to know about COVID-19 and your risk.



### How to Contact Your Local Health Department

Find contact information for all of the city and county local health districts in Ohio.



### Be Kind

Help guard against any COVID-19-associated stigma.

# Why the High Concern over COVID-19?

- It is new and unpredictable.
- There is no vaccine and no specific treatment.
- It has caused severe respiratory illness or death in thousands of people around the world.
- It spreads rapidly.
- Community spread is happening internationally and in parts of the U.S., including Ohio.
  - This means some people have become infected and it is not known how or where they became exposed.
  - This can quickly lead to widespread infection.

# What is the Current Risk for Ohioans?

- People exposed to ill persons -- family members and healthcare workers caring for patients with COVID-19 -- are at greater risk of contracting COVID-19.
- People who have traveled to high-risk countries are more at risk of contracting COVID-19.
- Community spread has raised levels of concern about immediate threat to the general public.

# Illness Severity

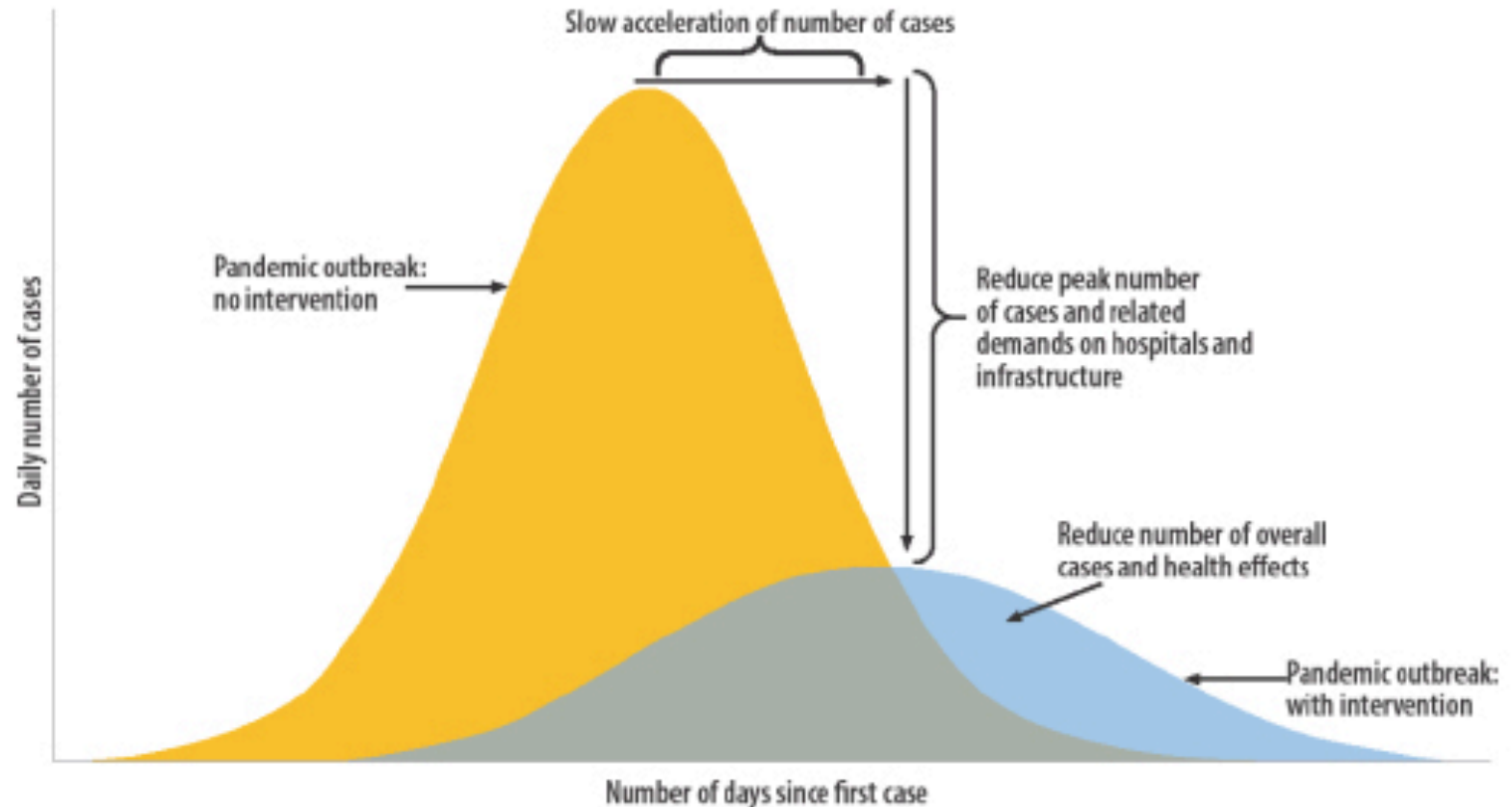
- Reported cases of COVID-19 have ranged from mild, with cold-like symptoms, to severe, resulting in pneumonia and sometimes death.
- Information so far suggests most COVID-19 cases are mild.
- Older people, people with underlying health conditions, and people with compromised immune systems are at higher risk of serious illness from COVID-19.

# What is a Pandemic?

- Worldwide spread of a new disease.
- Three criteria:
  - COVID-19 has caused illness, including illness resulting in death.
  - Sustained person-to-person spread is occurring.
  - Worldwide spread is occurring.

# GOALS OF COMMUNITY MITIGATION FOR PANDEMIC INFLUENZA

(MMWR, April 2017: Community Mitigation Guidelines to Prevent Pandemic Influenza)



Source: Adapted from: CDC. Interim pre-pandemic planning guidance: community strategy for pandemic influenza mitigation in the United States — early, targeted, layered use of nonpharmaceutical interventions. Atlanta, GA: US Department of Health and Human Services, CDC; 2007. <https://stacks.cdc.gov/view/cdc/11425>.



# Community Transmission

- Large numbers of people could need medical care, placing strain on our healthcare facilities and workers.
- There could be elevated hospitalization and death rates.
- Law enforcement, Emergency Medical Services and mass transportation systems could be affected.
- Schools, some workplaces, and other public and sites are closing.
- Large gatherings are prohibited.
- Preventive interventions are critical.

# CORONAVIRUS DISEASE 2019



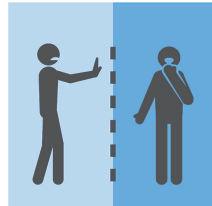
Please continue to protect yourself from all infectious diseases by using these precautions.

## PREVENTION

For additional information visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



STAY HOME  
WHEN YOU ARE  
SICK



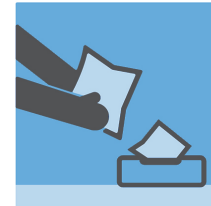
AVOID CONTACT  
WITH PEOPLE  
WHO ARE SICK



GET ADEQUATE SLEEP  
AND EAT WELL-  
BALANCED  
MEALS



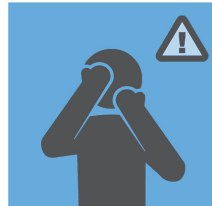
WASH HANDS OFTEN  
WITH WATER AND SOAP  
( 20 SECONDS  
OR LONGER)



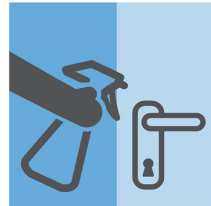
DRY HANDS WITH  
A CLEAN TOWEL  
OR AIR DRY  
YOUR HANDS



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

# STOP GERMS WASH YOUR HANDS

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.



# Who Should Be Tested for COVID-19?

- Clinicians should use their judgment. Decisions on which patients receive testing should be based on the local epidemiology of COVID-19, and the clinical course of illness.
- Clinicians are strongly encouraged to test for other causes of respiratory illness, including infections such as influenza.
- Refer to the CDC for most current testing protocol.

# Preparation and Planning

- Seek out accurate information from credible sources.
- Be kind, staying mindful of fear and anxiety that could lead to actions perpetuating discrimination or stigma associated with COVID-19.
- Help those who are sick by dropping off meals or assisting with other tasks and needs.

# In Your Household

- Keep a two-week supply of essentials, such as medications, water, food, and pet food.
- Have backup plans for disruptions to child or adult care, education, work schedules, or transportation.
- Identify community organizations that may be able to help if you need information, healthcare, or other support or resources.
- Consider canceling or postponing events.
- Be prepared to cancel travel plans.
- More at **[coronavirus.ohio.gov](https://coronavirus.ohio.gov)**.

# In Childcare Centers

- Encourage children/students and staff to stay home when sick and establish procedures to ensure children/students and staff who become or arrive sick are separated from others and sent home as soon as possible.
- Scale up routine environmental cleaning.
- Plan to provide critical support services, such as remote continuity of continuity of meal programs and social services if childcare facilities are closed.
- More at **[coronavirus.ohio.gov](https://coronavirus.ohio.gov)**.

# At Colleges/Universities

- Ohio Governor Mike DeWine has asked all colleges and universities to:
  - Offer online/remote learning opportunities.
  - Cancel or postpone university-sponsored international travel, non-essential travel, and large gatherings.
  - Assess students returning from international travel or cruises for symptoms/risk of COVID-19.



# At Workplaces

- Prepare policies and practices, such as telecommuting, web-based conferences, and flexible/staggered shifts, to distance employees each other.
- Cancel large meetings or events.
- Develop non-punitive, flexible sick leave policies to allow employees to remain home for their own or a family member's illness or to care for a child or sick parent.
- Separate employees who have acute respiratory illness symptoms at work from others and send them home immediately.
- If an employee is confirmed to have COVID-19, inform other employees of possible exposure but maintain confidentiality.

# At Workplaces

- Emphasize respiratory etiquette and hand hygiene.
- Provide tissues, no-touch disposal receptacles, soap and water, alcohol-based hand rubs, and disposable wipes.
- Routinely clean all frequently touched surfaces.
- Advise employees before traveling to check the CDC and U.S. Department of State travel advisories.
- More at **[coronavirus.ohio.gov](https://coronavirus.ohio.gov)**.

# At Long-Term Care Facilities

- Ohio Director of Health Amy Acton, MD, MPH, has ordered long-term care facilities to restrict visitation to one visitor per resident per day, to keep a log of all visitors, and to assess visitors for COVID-19 symptoms and other risk factors, denying entry to those who exhibit them. A ban on all visitors is expected soon.
- Other recommendations:
  - Offer alternative visitation means such as video communication, disinfecting equipment between uses.
  - Contact a local health department if you are concerned that someone is exhibiting symptoms of COVID-19.
  - Train and remind staff to be consistent with good hand washing and other preventive measures.
  - Use a consistent-assignment staffing model to reduce the number of different caregivers each resident encounters.

# For Health Care Facilities

- Prepare alternative staffing plans.
- Stay informed of public health emergency planning/response in your community, including plans to manage patients, accept transfers, and share supplies.
- Screen patients and visitors for symptoms of acute respiratory illness and keep up to date on CDC recommendations for preventing spread of COVID-19.
- Ensure that healthcare personnel who come in close contact with confirmed or possible COVID-19 patients wear appropriate personal protective equipment.
- Conduct an inventory of available personal protective equipment and explore strategies to optimize supplies.

# For Healthcare Facilities

- Instruct personnel to not report to work if they develop respiratory symptoms; ensure that sick leave policies are flexible.
- Separate patients with respiratory symptoms from other patients seeking care.
- Adjust hours to include telephone triage and follow-up of patients.
- Consider offering “curbside” services to reduce the number of patients in offices and hospitals.
- Leverage telemedicine technologies and self-assessment tools.

# How is Ohio Responding?

- Governor Mike DeWine signed an executive order declaring a state of emergency in Ohio, imposed restrictions on travel by state employees, and temporarily suspended visitation in prisons and state youth detention centers.
- Requirements for teacher/student ratios have been eased for day care providers and preschools.
- Ohio Department of Health Director Amy Acton, MD, MPH, has banned mass gatherings and ordered all K-12 school be closed for three weeks beginning March 16, 2020.
- Recommendations have been made for colleges and universities regarding remote/online classes and travel; new visitor requirements have been instituted at nursing homes.

# How is Ohio Responding?

- Ohio Secretary of State Frank LaRose ordered that certain polling locations at senior citizen living and nursing facilities be relocated.
- Working closely with healthcare providers, local health jurisdictions, and the CDC to monitor for infectious disease, identify suspected cases early, ensure that patients receive appropriate medical care, and help prevent spread of infection.
- Conducting testing at ODH lab.
- Monitoring travelers returning from high-risk areas.
- Addressing possible shortages of equipment to protect healthcare workers caring for infectious

# Resources

- Ohio Department of Health (ODH):
  - 113 Local Health Districts.
  - **[coronavirus.ohio.gov](https://coronavirus.ohio.gov)**.
- Centers for Disease Control and Prevention (CDC):
  - **[www.cdc.gov/coronavirus/2019-nCoV](https://www.cdc.gov/coronavirus/2019-nCoV)**.
- World Health Organization (WHO):
  - **[www.who.int/emergencies/diseases/novel-coronavirus-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)**.



# Thank you



[coronavirus.ohio.gov](https://coronavirus.ohio.gov)