What you need to know

WHAT IS COVID-19, ALSO KNOWN AS THE CORONAVIRUS?
It is an illness spreading around the world.
How do you get it? Someone who already has it gives you their germs.
This means that when they cough or sneeze their germs get in the air, on you and on things. These germs get into your body through your mouth, nose and eyes.

How can I stay healthy?

Wash your hands often, especially before eating or after being in public, like going to the store. Use soap and water, and wash for at least twenty (20) seconds. Sing the ABC song or count to twenty (20). If you wash your hands at a sink used by other people, turn off the faucet using a paper towel and use that to open the door also. If soap and water are not available, use hand sanitizer.

Limit visitors or being in public spaces. Plan ahead and only do so when necessary.

Don't touch your face. Do not rub your eyes, or touch your mouth or nose. Remember, this is how germs get into your body. If you need to touch your face, do it with a tissue and then toss it in the trash.

Avoid sharing household items such as dishes, cups, silverware, towels or food.

Clean surfaces such as counters, doorknobs and handles at least every day.

How do I know if I get it?

You will have a fever of 100.4° or higher. You may have a sore throat or be coughing also. This only means that you might have it.
You could just have a cold.

See other side for important information if you become ill.

CORONAVIRUS DISEASE (COVID-19)

What to do if you or someone at home becomes sick.
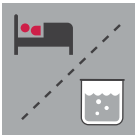
DO NOT go to a hospital or urgent care.

If you are ill, stay home and call your doctor.

Avoid contact with others. Stay at least 6 feet away.

Cover your mouth and nose with your elbow or a tissue
when you sneeze or cough.
Throw away your tissue after one use.

Drinks lots of water & get plenty of rest.
Call your doctor if you are getting more sick.

Make a plan in case you have to stay home

- Who can go food shopping for you?
- Who will call and check on you?
- Make sure you know your doctor's phone number.

What to do if you are scared, nervous or stressed?

Talk to someone you trust, like your family, friends or support staff
about your worries and concerns.

Where to go for information

go.osu.edu/coronavirus

cdc.gov

coronavirus.ohio.gov

**Ohio Department of Health COVID-19 Hotline:
1-833-4-ASK-ODH (1-833-427-5634)**

THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER