

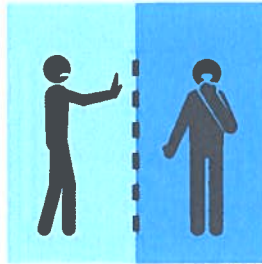
Please continue to protect yourself from all infectious diseases by using these precautions.

PREVENTION

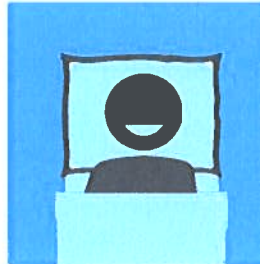
For additional information visit [coronavirus.ohio.gov](https://www.coronavirus.ohio.gov).



STAY HOME
WHEN YOU ARE
SICK



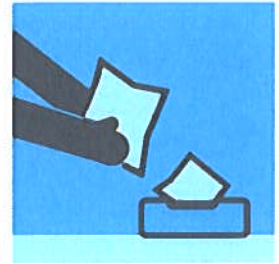
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



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

CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

03-04-2020

For additional information, please visit coronavirus.ohio.gov

FAQs

Q: What is coronavirus disease 2019 (COVID-19)?

A: COVID-19, or coronavirus disease 2019, is an upper respiratory tract disease caused by one of the seven coronaviruses known to infect humans. It was first identified in humans in Wuhan, Hubei Province, China, in December 2019. The virus that causes COVID-19 is called SARS-CoV-2.

Q: Who is at risk?

A: People who recently traveled to China, South Korea, Japan, Iran, or Italy, and people who care for patients with COVID-19 are at highest risk.

Q: What are the symptoms?

A: Symptoms, which generally appear two to 14 days after exposure, include fever, cough, and difficulty breathing. Most people who become sick do not require hospitalization, but older adults, people with chronic health conditions, and people with compromised immune systems are more likely to require more advanced care.

Q: How does it spread?

A: Coronaviruses are generally thought to be spread most often by respiratory droplets. The virus that causes coronavirus disease 2019 is spreading from person-to-person and someone who is actively sick with the disease can spread the illness to others. That is why CDC recommends that these patients be isolated either in the hospital or at home until they are better and no longer pose a risk of infecting others.

Q: What can I do to prevent it?

A: There are no vaccines to prevent COVID-19. Implement the personal prevention protection methods used to prevent flu and other infectious diseases:

- Wash hands often with soap and water for at least 20 seconds; dry hands with a clean towel or air dry hands.
- Use alcohol-based hand sanitizer when soap and water are unavailable.
- Cover your mouth with a tissue or sleeve when sneezing or coughing.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Stay home when you are sick.
- Avoid contact with people who are sick.

Also, clean high-touch areas – counters, tables, doorknobs, light switches, bathroom fixtures, toilets, phones, keyboards, tablets, nightstands – every day using household cleaning spray or wipes according to label directions.

Q: Where is it spreading?

A: While the COVID-19 outbreak began in China, it is now spreading worldwide, threatening to cause a pandemic. Sustained, ongoing person-to-person spread in the community is occurring in some international locations. In the U.S., several instances of infection with the virus that causes COVID-19 have occurred in people with no travel history and no known source of exposure in several states. This has raised the level of concern about the immediate threat of COVID-19 for certain communities.

Q: Should I wear a face mask?

A: The use of face masks by people who are not sick is not recommended to protect against respiratory diseases. Face masks should be used by people who show symptoms of COVID-19 to help prevent spread of the disease and by health care workers and others taking care of someone in a close setting.

Q: Is it still safe to travel internationally?

A: The U.S. Department of State is advising against travel to China and Iran due to COVID-19 outbreaks and advising that travelers reconsider plans to go to South Korea and Italy. Increased caution is advised in traveling to Japan (Level 2 advisory).

Q: What should I do if I had contact with someone diagnosed with COVID-19?

A: Detailed information for people who have had close contact with a person confirmed to have, or being evaluated for, COVID-19 are available from the Centers for Disease Control and Prevention [here](#).

Q: Should I get tested for COVID-19?

A: Call a health care professional if you develop a fever or symptoms of respiratory illness -- such as cough or shortness of breath -- within 14 days of travel from China, South Korea, Japan, Iran, or Italy, or within 14 days of close contact with a COVID-19 patient. Testing is also advised for people who have severe, acute lower respiratory illness requiring hospitalization, and no other diagnosis to explain the symptoms.

Q: Will warm weather stop the outbreak of COVID-19?

A: It is not yet known whether weather and temperature impact the spread of COVID-19. Some other viruses, like the common cold and flu, spread more during cold weather months, but that does not mean it is impossible to become sick with these viruses during other months. At this time, it is not known whether the spread of COVID-19 will decrease when weather becomes warmer.

Spring Break and Student Travel

For additional information, please visit coronavirus.ohio.gov.

TRAVEL ADVISORIES

The Centers for Disease Control and Prevention and the U.S. Department of State have been updating their travel advisories in response to the global coronavirus disease (COVID-19) outbreak. Current top-level advisories related to COVID-19 are summarized below. Note the State Department's most critical advisory level is 4, while the CDC's most critical advisory level is 3.

For additional information and updates about advisories related to COVID-19 and for advisories on other issues, please visit the [CDC](#) and [State Department](#) travel pages.

U.S. Department of State Advisories

- China, Level 4, Do Not Travel: Do not travel to China due to a COVID-19 outbreak.
- Iran, Level 4, Do Not Travel: The do-not-travel advisory is due to the risk of kidnapping and the arbitrary arrest and detention of U.S. citizens. The agency also recommends that Americans in Iran exercise increased caution due to a COVID-19 outbreak.
- South Korea, Level 3, Reconsider Travel: Reconsider travel to South Korea due to an outbreak of COVID-19. The agency has issued a Level 4, Do Not Travel, advisory for the city of Daegu due to the level of COVID-19 community transmission and imposition of local quarantine procedures.
- Italy, Level 3, Reconsider Travel: Due to an outbreak of COVID-19. The agency has issued a Level 4, Do Not Travel, advisory for the cities of Lombardy and Veneto due to the level of COVID-19 community transmission and imposition of local quarantine procedures.
- Mongolia, Level 3, Reconsider Travel: Due to travel and transport restrictions related to the country's response to the COVID-19 outbreak in neighboring China.
- Azerbaijan, Level 3, Reconsider Travel: Due to an outbreak of COVID-19 and responsive measures implemented.
- Turkmenistan, Level 3, Reconsider Travel: Due to travel restrictions and quarantine procedures instituted in response to COVID-19.
- Japan, Level 2, Exercise Increased Caution: Due to an outbreak of COVID-19.
- Hong Kong, Level 2, Exercise Increased Caution: Due to COVID-19.
- Macau, Level 2, Exercise Increased Caution: Due to COVID-19.

CDC Advisories

- China, Level 3, Avoid All Nonessential Travel: Due to widespread community transmission of COVID-19 and restrictions on entry to the United States.
- Iran, Level 3, Avoid All Nonessential Travel: Due to widespread community transmission of COVID-19 and restrictions on entry to the United States.
- South Korea, Level 3, Avoid All Nonessential Travel: Due to widespread community transmission of COVID-19.
- Italy, Level 3, Avoid All Nonessential Travel: Due to widespread community transmission of COVID-19.
- Japan, Level 2, Practice Enhanced Precautions: Due to sustained community spread of COVID-19. Older adults and those with chronic medical conditions should consider postponing nonessential travel.

ADDITIONAL INFORMATION

- The CDC recommends that travelers returning from China, Iran, Italy, and South Korea:
 - Stay home and monitor their health during travel and for 14 days after returning to the United States.
 - Seek medical advice if they feel sick with fever or cough or difficulty breathing. Call ahead before you go to a doctor's office or emergency room.
- The CDC also has [recommendations for foreign exchange and study abroad programs](#).
- Also see: CDC's [FAQs for travelers](#).

Updated March 9, 2020, with information from the Centers for Disease Control and Prevention and the U.S. Department of State.



Hands that look clean can still have icky germs!

WASH YOUR HANDS!

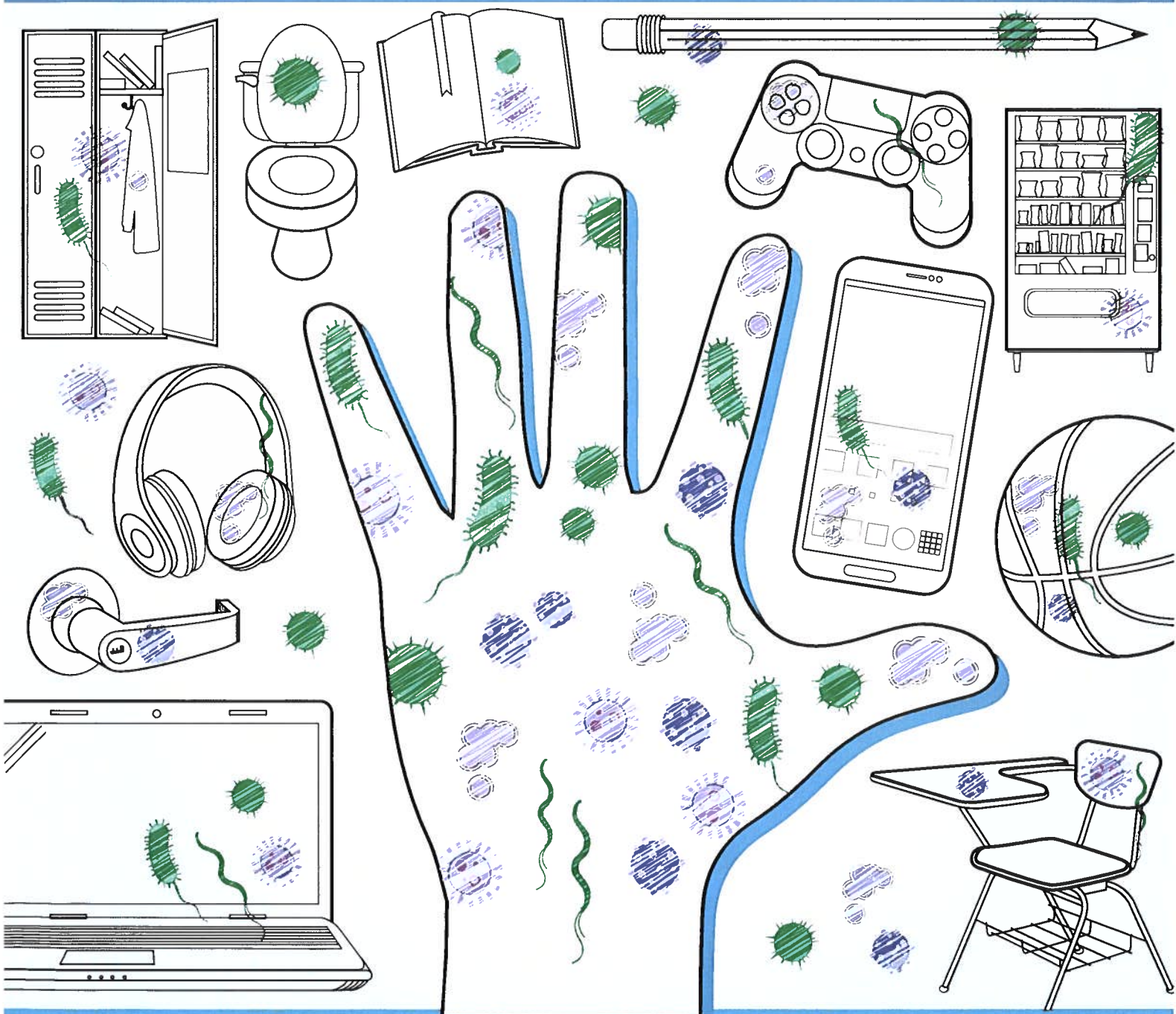


U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

GERMS

are all around you.



Stay healthy.
Wash your hands.