

# COVID-19 Coronavirus

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**What is Coronavirus?** The 2019 novel coronavirus (COVID-19) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China. There is currently no vaccine to help prevent the spread of this virus. We now have confirmed cases in Ohio, and the number is changing each day. For an up to date count of cases please visit [www.odh.ohio.gov/coronavirus](http://www.odh.ohio.gov/coronavirus) as this information is updated each day at 2pm.

The virus is thought to spread mainly from person-to-person, between people who are in close contact with one another (within about 6 feet) OR through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

**What are the symptoms of COVID-19?** Symptoms include Fever, Cough and Shortness of Breath.



**What should I do to prevent COVID-19?** Simple everyday preventative measures such as hand washing, cleaning shared surfaces, covering your cough, and avoiding those who are sick can help prevent respiratory illnesses such as COVID-19. Also, if you are ill, please stay home to prevent others from being exposed.



**What should I do if I think I have symptoms of COVID-19 or have been exposed?** If you believe you have symptoms of Coronavirus you should stay at home except to get medical care, separate yourself from others in your home, call before visiting your doctor, wear a face mask, cover your cough, avoid sharing personal items with others, clean shared surfaces frequently, wash your hands frequently, monitor your symptoms and speak with your physician before going out into public once your symptoms have ended.

**What to do if you get sick:**

If you get sick with a fever (100.4 F/ 38 C or higher), cough, or have trouble breathing you should:

- Seek medical care. Call ahead before you go to a doctor’s office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.

If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

**What should I do if I am returning from one of the high risk countries?** If you have recently returned from a “high risk country” we ask that you stay home for 14 days from the time you left the high risk area (ie if you left China on 03/01/2020 we would like you to stay home until 03/14/2020). Also, monitor yourself for symptoms, avoid public areas, and stay out of close contact with others, including those in your home.

(High risk countries include: China, Iran, Italy, Japan, and South Korea)

The infographic features a dark blue header with the COVID-19 logo on the left and the text 'Health Alert: Coronavirus Disease 2019 (COVID-19)' in white on the right. Below this is a white box with a red border containing the text: 'You have traveled to a country with an outbreak of COVID-19 and are at higher risk. COVID-19 is a respiratory illness that can spread from person to person.' The main body is split into two columns. The left column has a dark blue background with white text for 'Stay Home' and a white background with dark blue text for 'If you feel sick and have symptoms:'. The right column has a dark blue background with white text for 'Symptoms' and a white background with dark blue text for 'Symptoms can include:'. The bottom of the infographic is a dark blue bar with white text for a website visit and the CDC logo on the right.

**COVID-19**  
CORONAVIRUS DISEASE

**Health Alert:**  
**Coronavirus Disease 2019 (COVID-19)**

**You have traveled to a country with an outbreak of COVID-19 and are at higher risk.**  
**COVID-19 is a respiratory illness that can spread from person to person.**

**Stay Home**  
Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.

**If you feel sick and have symptoms:**

- Call ahead before you go to a doctor’s office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

**Symptoms**  
Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

**Symptoms can include:**

-  **Fever (100.4°F/38°C or higher)**
-  **Cough**
-  **Shortness of breath**

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: [www.cdc.gov/COVIDtravel](http://www.cdc.gov/COVIDtravel)



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