

What You Need to Know About

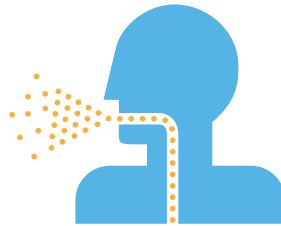
COVID-19

Coronavirus



COVID-19 (coronavirus disease 2019) is a respiratory illness caused by a novel (new) coronavirus that can spread from person to person.

The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.



Symptoms



Fever



Cough



Shortness of breath

Other symptoms could include difficulty breathing, chills, muscle pain, sore throat, and new loss of taste or smell.

Symptoms typically develop within 2-14 days of being exposed. Most people with COVID-19 will experience mild illness that does not require hospitalization, but some people who are at higher risk for serious illness can develop further medical complications.

Some people are at higher risk for illness from COVID-19.

Those who are at higher risk for serious illness from COVID-19 include people who:

- Are 65 and older.
- Live in a nursing home or long-term care facility.
- Have chronic lung disease or moderate to severe asthma.
- Have serious heart conditions.
- Have weakened immune systems.
- Are any age and have an underlying health condition (particularly if not well controlled), such as diabetes, obesity, kidney disease or liver disease.



If you are in one of these categories, come up with a plan with your health care provider to identify your health risks for COVID-19 and how to manage symptoms. Contact your doctor right away if you do have symptoms.

Stop the spread.

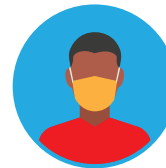
Protect yourself and others from COVID-19 by following these steps:



Wash your hands often with soap and water for at least 20 seconds.



Cover coughs and sneezes with your arm or inner elbow, and avoid touching your eyes, nose and mouth with your hands.



Wear a cloth mask or face covering when out in public.



Avoid close contact with people by staying 6 feet apart from others.



Stay home if you are sick or have symptoms of COVID-19.

What to Do if You Think You Are Sick

What do I do if I'm feeling sick?

If you are feeling sick and believe you have been exposed to COVID-19, call your health care provider to discuss your symptoms before going in. Your health care provider will determine your next steps for care. In the meantime, you should continue to follow steps that help to prevent the spread of illness and avoid being in contact with other people.

If you don't have a health care provider, call your local health care department to be connected to resources for care.

- For residents of **Columbus and Worthington**: Columbus Public Health* - (614) 645-1519
- For residents of **Bexley, Canal Winchester, Dublin, Gahanna, Grandview Heights, Grove City, Groveport, Hilliard, New Albany, Pickerington, Reynoldsburg, Upper Arlington and Westerville**: Franklin County Public Health - (614) 525-3160

**Please note: Columbus Public Health does not ask visitors for citizenship documentation.*

How do I get tested for COVID-19?

A health care provider can evaluate your symptoms for COVID-19 and order a test. For more information about testing sites, including locations, requirements for being tested, and locations that do not require an order to test within the City of Columbus, please call (614) 645-1519.

What do I do if I'm diagnosed with COVID-19?

Your health care provider will give you information on how to treat your symptoms. In addition to following care instructions, you should also self-isolate at this time – do not go to school, work or other places with large groups of people. **Isolation** separates sick people who are contagious from people who are not sick. During this time you should stay home (in a separate bedroom and ideally with a separate bathroom) except to get medical care, separate yourself from other people and animals in your home, avoid sharing personal items, monitor your symptoms, and call your provider if your illness is worsening or before ending your isolation.



Your family or household members who don't have symptoms should self-quarantine. **Quarantine** separates people believed to have been exposed to an illness from others who have not been exposed to prevent possible spread. During this time, your family should stay home except to get medical care, separate themselves from you while you isolate, frequently clean all "high-touch" surfaces, monitor themselves for symptoms, and seek medical attention if they develop fever or other respiratory symptoms.

Learn more. Stay informed.

Please use only credible and reliable sources for information and updates on COVID-19. To learn more – and for resources and tools that can help you stay safe – visit:

- www.cdc.gov/coronavirus
- www.coronavirus.ohio.gov
- www.columbus.gov/coronavirus
- <https://covid-19.mycph.org>