



COVID-19 (Coronavirus) Key Information March 4, 2020

Main Key Points

- Cases in Ohio: 0
- COVID- 19 Risk Level in the US: Low
- Destinations with Community Spread: Hong Kong, China, Iran, Italy, Japan, Singapore, South Korea, Taiwan, and Thailand
- Signs and Symptoms: fever (100.4 or above), cough, shortness of breath, lower respiratory infection

What Can You Do

- Get your flu vaccine.
- Wash your hands with soap and water often!
- Use disposable paper towels to dry hands instead of reusable towels.
- Don't share toothbrushes.
- Stay away from people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your mouth and nose with your sleeve or a tissue when coughing or sneezing.
- Get enough sleep.
- Eat healthy foods to boost your immune system.
- Clean/disinfect objects daily that are high-touch items like the TV remote, door handles, computer keyboard, cell phones, sink handles and school desks.



Environmental

- To clean surfaces, use a bleach and water solution or a cleaning product that says EPA approved disinfectant.
- Clean all high-touch surfaces on a daily basis.
- Beware of cleaning supplies that claim to have advanced cleaning power. Any EPA approved disinfectant or a 10:1 bleach and water solution will work to disinfect against the COVID-19 virus.

Masks

- The CDC does not recommend wearing masks unless you are sick.
- Facemasks should be saved for people who are sick and healthcare staff taking care of patients.
- There is little benefit to wearing a facemask if you are not sick.
- Facemasks should be worn once then thrown away.

Community Planning

As part of our community preparedness planning process SCPH has been meeting with hospitals, schools, fire, police, EMS, Emergency Management, Summit County Agencies, The Summit County Healthcare Coalition and the Ohio Department of Health (ODH).

For More Information Visit

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Novel-Coronavirus>
- <https://www.scph.org/covid-19>