

COVID-19 Checklist for Older Ohioans & Individuals with Chronic Health Conditions

Top 5 Things You Can Do to Prepare for COVID-19

Older Ohioans and people who have underlying chronic and/or severe medical conditions such as asthma; diabetes; or heart, lung, or kidney disease appear to be at higher risk for more serious illness from COVID-19.

Ohio Department of Health Director Amy Acton, MD, MPH, strongly recommends that all older Ohioans and people who have severe chronic medical conditions immediately take the following actions:

- ☒ Stay at home as much as possible:
 - a. When you go out in public, keep away from others who are sick, limit close contact, and wash your hands often.
 - b. Avoid crowds, especially in poorly ventilated spaces. Visit locations when people are less likely to be there.
- ☒ Have access to several weeks of medications and supplies if you need to stay home for a prolonged period of time. If you have to visit the pharmacy, use the drive-up window if available, or call the pharmacy to see if they have a process for picking up the prescription without waiting in line.
- ☒ Plan now for what you will do if you, or people you rely on for support, become ill.
- ☒ Take care of emotional health of yourself and your household members. Communicate with family members, friends, and neighbors through the phone or email at least weekly to create a support network. Discourage them from visiting in person.



Monitor your health for symptoms suggestive of COVID-19:

- a. Watch for symptoms and warning signs such as difficulty breathing, persistent pain, or pressure in chest; confusion or inability to arouse; bluish lips or face; fever; etc.
- b. Contact your health care provider if ill, prior to seeing them in person
- c. Consult with your healthcare provider for more information about [monitoring your health for symptoms suggestive of COVID-19](#).

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4ASKODH (1-833-427-5634).

Additional resources:

Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions>

Get Your Household Ready for Coronavirus Disease 2019:

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>

Environmental Cleaning and Disinfection Recommendations:

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

Administration for Community Living COVID-19:

<https://acl.gov/COVID-19>

Administration for Community Living Emergency Preparedness:

<https://acl.gov/programs/emergency-preparedness>

People at Risk for Serious Illness from COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Washington State Department of Health Senior Center Administrators and Employee Resources and

Recommendations: [https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/](https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/SeniorCenterRecommendationsandResources)

[SeniorCenterRecommendationsandResources](https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/SeniorCenterRecommendationsandResources)

Department of Homeland Security Pandemic:

<https://www.ready.gov/pandemic>

Strategies to Prevent the Spread of COVID-19 in Long-Term Care Facilities:

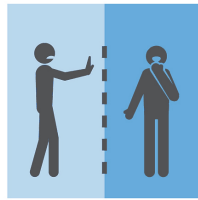
<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/prevent-spread-in-long-term-care-facilities.html>

COVID-19 FAQ:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html/#2019-nCoV-and-animals>



STAY HOME
WHEN YOU ARE
SICK



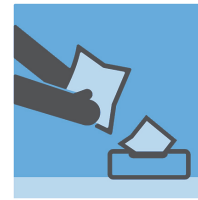
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



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