

COVID-19 and Community Spread

Public health experts have estimated up to 1% of the population could be infected after identifying multiple cases of community spread of coronavirus.

The estimates consider that:

- Testing is limited.
- Most individuals that have the disease are asymptomatic or have mild symptoms.
- The incubation period can be up to 14 days so people are incubating the illness and aren't showing symptoms.
- We know that this virus is highly transmissible.

Based on how quickly the virus multiplies and infects people and based on the modeling, we can extrapolate that there are thousands of Ohioans who may already have been infected.

We know that sounds extremely scary but please consider:

- The majority of people who have this illness will experience mild or moderate symptoms. They won't require testing. And they will be prescribed treatment to help ease their symptoms. For fever, we will give Tylenol or acetaminophen. For coughs, they likely will take cough medicine and cough drops.

A smaller number of cases will have severe infections that will require hospitalization. That's why individuals need to be vigilant in monitoring symptoms and reach out to a healthcare provider if symptoms worsen. Individuals with shortness of breath or a high fever should see a provider.

That healthcare provider will use clinical judgment combined with a medical evaluation and history to decide if testing is necessary. Testing requires a doctor's order.

Not everyone needs to be tested.

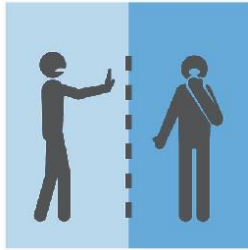
As part of efforts to stem the spread of the virus, the state of Ohio has implemented multiple preventive measures including: Closing schools, limiting mass gatherings, encouraging proper cleaning and handwashing, etc. to help reduce the impact of coronavirus. These measures will slow the spread of the virus and will reduce the impact on our healthcare system.

For additional information, visit coronavirus.ohio.gov.

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



STAY HOME
WHEN YOU ARE
SICK



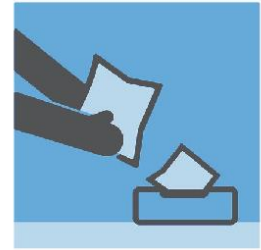
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



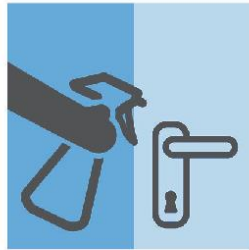
DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



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