

Together Ohio

Ohio's Response to COVID-19

Ohio officials are developing strategies to respond to the COVID-19 pandemic and the concerns and uncertainties it brings, but they cannot flatten the curve on their own. **Every Ohioan has a part to play in helping to save lives.** For many, this will mean staying at home. For others it will mean taking care of the most vulnerable among us or providing healthcare, food, education, information, or the things we need to stay safe at home.

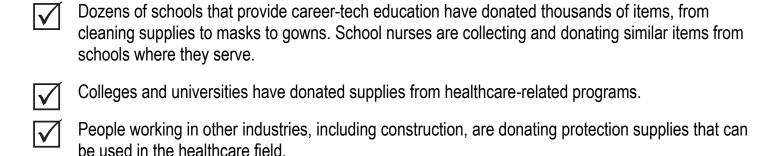
We are all in this together, Ohio.

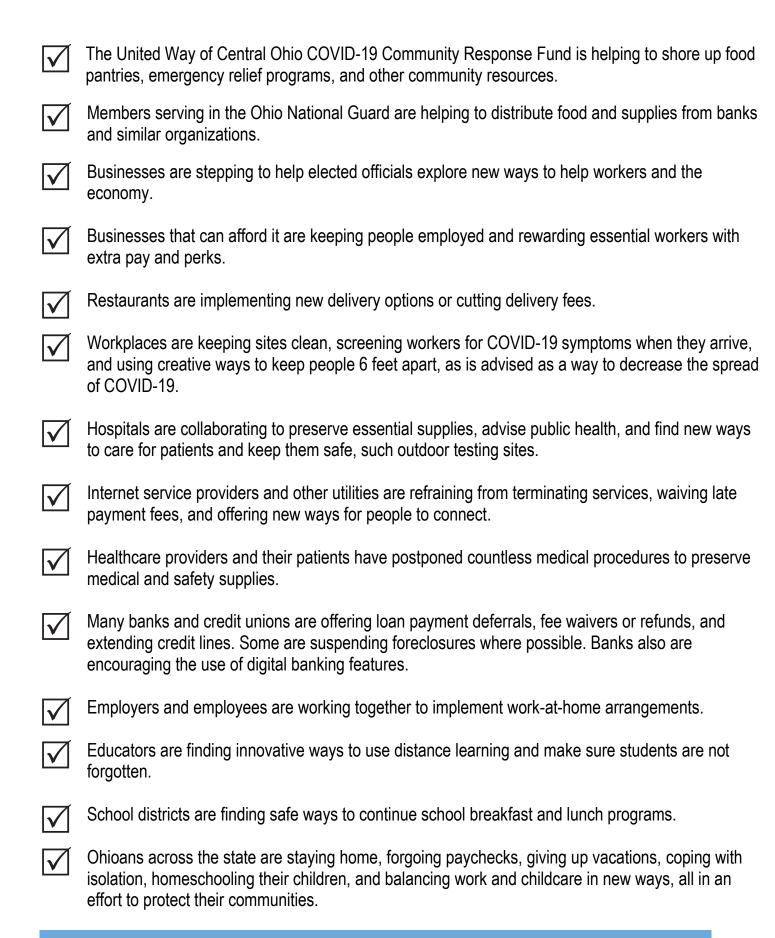
If you are interested in helping your fellow Ohioans, please email together@governor.ohio.gov with the following:

- Your Name
- Contact Information
- How You are Interested in Helping

For information on ways officials have addressed the pandemic, visit https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/public-health-orders/. For additional information on financial resources being made available through state or federal programs, visit https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/Resources-for-Economic-Support/econ.

Some examples of Ohioans stepping up:







#InThisTogetherOhio #FlattentheCurve #SlowtheSpread

For additional information, visit <u>coronavirus.ohio.gov</u>.

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

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

CORONAVIRUS DISEASE 2019 Ohio

Department of Health

Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME



PRACTICE SOCIAL DISTANCING



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 ORAIR 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