

CUYAHOGA COUNTY

BOARD OF HEALTH

YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

March 3, 2020

GUIDANCE FOR PEOPLE AT ELEVATED RISK FOR ILLNESS

We offer these tips to help you remain healthy if or when COVID-19/coronavirus appears in your community.

If you are older or have other conditions that affect your health

You are at higher risk for becoming ill. If your health is affected by the virus, you may be asked to stay at home away from other people. This is a way to protect your health as well as the health of your family, friends, neighbors and co-workers.

There are things that you can do now to prepare to protect yourself and others:

- Wash your hands regularly with soap and water
- Cover your coughs and sneezes in the bend of your elbow
- Stay home if you do not feel well
- Contact your healthcare provider if you feel sick
- Identify someone who will stay in touch with you and be available in case you need help
- Be sure people do not visit you if they feel ill, have a cold or are otherwise sick

If the virus is present in your community

- Be prepared to possibly talk to your medical provider over the phone or internet. Medical offices and hospitals could be crowded and wait times could be very long.
- Make a list of the prescriptions and medicines that you need. Check with your pharmacy to see if you can stock up on any items you frequently use.
- Be sure to get your immunizations such as flu, pneumonia, shingles, and Hepatitis A if needed

If you become ill

- *Stay home*- stay away from public places such as work, school, daycare or eldercare homes, stores, theaters, buses and taxis.
- *Keep track of your symptoms* - record your temperature each time you take aspirin or other pain relievers. If you end up seeing a doctor, this information will be helpful.
- *Get medical help if your condition becomes worse* – shortness of breath and difficulty breathing are signs that you need medical attention.
- *Call your healthcare provider before visiting an urgent care or hospital* - This will help them prepare for your visit and take care of you in the safest way possible. On the other hand, you may be asked to stay home, monitor your symptoms and stay in touch over the phone.

What to do at home if you are ill

- *Separate yourself from people and animals* – stay in a room by yourself and use a different bathroom if possible.
- *Do not share anything with anyone* – this includes food, drink, glasses and cups, utensils, hand or face towels, and bedding.
- *Regularly clean commonly-touched surfaces* – bathroom fixtures, countertops, doorknobs, keyboards, phones, remote controls, and tables.
- *Wash your hands frequently* – use soap and water and wash for at least 20 seconds. Use alcohol-based hand sanitizer if soap is not available.
- *Avoid touching your eyes, nose and mouth* – unless your hands are clean, you are at risk for infecting yourself.
- *Inform your caregivers* – be sure these people know of your condition. Discourage unnecessary visitors until you are over your illness.

Animals and COVID-19

- While there are currently no reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. [Click here for more details.](#)
- If you are sick, avoid contact with your pet, including kissing, licking, petting, snuggling and sharing food.
- If you must care for your pet while being sick, wash your hands after making contact with your pet.

LINKS TO MORE INFORMATION

Centers for Disease Control and Prevention - CDC

[General Coronavirus \(COVID-19\) Information Page](#)

[Information for Travelers](#)

[Interim Guidance for Preventing the Spread of Coronavirus \(COVID-19\) in Homes and Residential Communities](#)

Ohio Department of Health - ODH

[General Coronavirus \(COVID-19\) Information Page – Coronavirus.ohio.gov](#)

[Guidance for Community and Faith-based Organizations](#)

[Resources for Colleges and Universities](#)

Cuyahoga County Board of Health - CCBH

[Coronavirus \(COVID-19\) Information and Resource Page](#)

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