COVID-19 Checklist

Ohio | Department of Health

COVID-19 Checklist for Families and Individuals

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

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that all families and individuals immediately take the following actions:

- ☑ Families should have an action plan that identifies individual needs that must be met if a 14-day isolation period is required. This includes appropriate food, prescription medications, non-prescription medications like cold and flu aids, and any other items family members may need for physical or emotional support while ill. If you are caring for grandparents or older adults, keep an eye out for symptoms like difficulty breathing, confusion, or pressure in their chest.

- ☑ Families should know the plans for organizations (schools, work, etc.) in your community, and have back-up childcare plans if childcare centers or schools are closed for extended amounts of time. Families should also identify a room in their house that can be used for isolation if a family member becomes ill.

- ☑ Stay informed about the local COVID-19 situation from public health officials and other credible sources like the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/coronavirus or the ODH website at www.coronavirus.ohio.gov.

- ☑ If you suspect you may have been exposed to COVID-19 because you have traveled to China or have been around people who may have been exposed and/or are exhibiting symptoms, contact your healthcare provider and let them know you may have been exposed to COVID-19 before visiting the healthcare facility. This will help the healthcare provider's office take precautionary steps to keep other people from being exposed.

- ☑ Nursing mothers who have laboratory-confirmed COVID-19 or are being tested for COVID-19 should decide whether to continue breastfeeding in coordination with family members and healthcare providers. If continuing, take all possible precautions, including washing your hands, breast pump, and/or bottle parts before and after each use and wearing a face mask while feeding your baby. Consider having someone who is not sick feed expressed milk to the infant.

For additional information, visit coronavirus.ohio.gov.

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

Additional resources:
Resources for households: https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html.
Preparing your home: https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html
Cleaning tips from CDC: https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html