CORONAVIRUS DISEASE (COVID-19)

Self-isolation: Guide for caregivers, household members and close contacts

Wear a mask and gloves when you have contact with the person’s saliva or other body fluids.

After providing care, take off the gloves and mask right away and dispose of them, removing the gloves first and washing your hands with soap and water, then removing the mask.

Clean hands again after disposing of the mask and before touching anything else.

Limit visitors whenever possible. Keep high-risk individuals away from the infected person (this includes seniors and those with chronic illnesses, such as heart disease, diabetes or immune deficiencies).

Clean your home regularly with disinfectants, giving special attention to “high-touch” surfaces like doorknobs, remote controls, toilets and sinks.

Avoid sharing household items such as dishes, cups, silverware, towels or bedding. Clean these items with regular soap or detergent.

Wash laundry thoroughly, using gloves when handling laundry from the infected person. There’s no need to separate your laundry from that of the infected person, though.

Be careful when touching waste, and ensure that wastebaskets/trash cans are lined with plastic bags to make it easier to avoid touching when disposing of the waste. All waste can go into regular garbage bins, but take care to wash your hands after handling any waste.

*See other side for important recommendations regarding COVID-19*
CORONAVIRUS DISEASE (COVID-19)

How Ohio State is preparing and what you can do

Pay attention, stay calm

With so much information flying around, it can be hard to know what to believe and what to do. That’s normal, and it’s OK. But, know that in all of this, we want you to have peace of mind.

The Ohio State team has been watching the situation closely and we are prepared. We’re here today to help you, your family and our entire community.

Ohio State’s doctors, nurses, support staff and disease experts are keeping up with the latest medical information. We’re ready to provide world-class care to anyone with COVID-19.

Where to go for facts, not fear

Unfortunately, a lot of the information out there about COVID-19 isn’t true. Don’t get distracted by myths and fear. Instead, we recommend these sources for all the latest on COVID-19:

- go.osu.edu/coronavirus
- cdc.gov
- coronavirus.ohio.gov

How to protect yourself and your loved ones

Wash your hands often and thoroughly for at least 20 seconds with soap and warm water. Use alcohol hand rub as a backup.

Cover your mouth and nose with your elbow or a tissue when you sneeze or cough. Throw away your tissue after one use.

Avoid close contact with people who are sick.

If you are ill, stay home. Keep a safe six-foot distance from others to prevent disease spread. Sleep in a separate room.

Cloth face coverings are an additional step to help slow the spread of COVID-19. You are encouraged to wear cloth face covering in public settings to help protect others.

When to seek medical care

If you have flu-like symptoms, including fever, cough or shortness of breath, please call your primary care provider to let them know before visiting any of our hospitals or outpatient care locations. Your provider will guide you on the next best steps.

Ohio Department of Health COVID-19 Hotline: 1-833-4-ASK-ODH (1-833-427-5634)