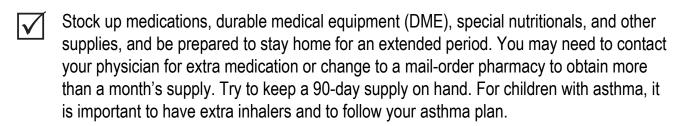


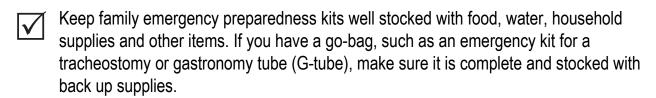
## COVID-19 Checklist for Families with Children/Youth with Special Healthcare Needs Protecting Against COVID-19

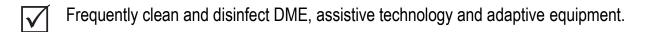
Symptoms associated with COVID-19 include cough, or shortness of breath, or any two or more of the following: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell. These symptoms can range from minor to severe, and while it appears children are less likely to become seriously ill, anyone with immune deficiency or suppression, obesity, or a chronic illness — such as asthma, emphysema, diabetes, or heart, lung, liver or kidney disease, or other conditions — may be at higher risk.

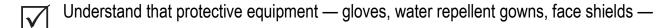
There does not appear to be evidence indicating that children with medical complexity (CMC) develop more serious symptoms; however, it is recommended that anyone who has a serious long-term health problem take precautionary actions to reduce the risk of getting sick with the virus. These actions include distancing from others and going out only when absolutely necessary, as well as the preventative measures listed in the below graphic.

Ohio Department of Health Director Amy Acton, M.D., MPH, also strongly recommends that families with young people with special healthcare needs:

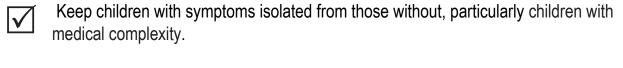


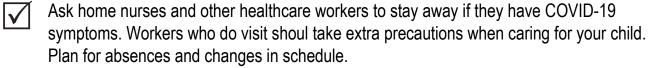




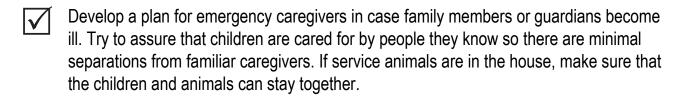


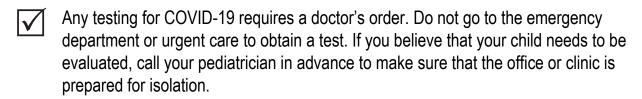
may be necessary for home care workers, especially for children with secretions. Please limit use when possible due to concerns over severe shortages.





	Consider arranging alternative strategies for home visitors, such as video chats or phone calls.
لئا	calls.





For additional information, visit coronavirus.ohio.gov.

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

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

## 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



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