THE MOST CURRENT INFORMATION ON THE ONGOING CORONAVIRUS (COVID-19) SITUATION.

For additional resources and information you can visit the Ohio Department of Health’s website at coronavirus.ohio.gov And the Centers for Disease Control Website at www.cdc.gov/coronavirus/2019-ncov/index.html

We still want to remind Hardin County that we have no cases reported at this time. We are still working on preventative measures at this time. The idea of prevention is to lessen the total cases of infections and overall lower the total that could become sick. Please continue to use the same steps to keep yourself safe. We are trying to promote social (physical) distancing among the public. By practicing just this one non-pharmacological intervention we can greatly decrease your chances. We stress to continue to practice the other methods listed below.

Please take the following precautions:

- Wash your hands early and often—with soap and warm water!
- Stay home when you are sick and limit contact with others that may be sick.
- Cover your sneezes and coughs!
- Avoid touching your eyes, nose and mouth.
- Clean high traffic surfaces often!
- Call your doctor before you visit to limit exposure to you and others.

Please if your symptoms are manageable at home, stay home and treat the symptoms with over-the-counter medication. This is to conserve the personal protective equipment of our healthcare staff, and limit their exposure to possible illnesses. We need our healthcare staff to stay healthy to take care of those that are critically ill.
For Your Safety

Jerome M. Adams, M.D., M.P.H.
U.S. Surgeon General

Continue to Prepare! Build Your Emergency Kit Today!

Things to include in your kit would be:

- **Water**, 1 gallon per person per day.
- **Food**, at least a 3-day supply up to 14 days.
- **First aid kit**, Tissues, Disinfectant wipes & Sprays.
- A supply of **prescription medications**, ask your doctor or pharmacist.
- **Supplies for children & pets**.

Our local grocery and shopping establishments have taken measures to ensure the safety of our community. Please let’s all thank them for their efforts and do our best to keep the associates that work there safe as well. One cart, one person, please.

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U.S. Surgeon General 🎵️@Surgeon_General · Mar 29
Do your part to help slow the spread of #COVID-19 by following these steps:

- Work and school from home
- Use drive-thru, pickup, or food delivery services
- Avoid nonessential travel, shopping trips, and social visits
- Avoid social gatherings of ten people
- Practice good hygiene

Follow the directions of your state and local authorities. For more information, visit CORONAVIRUS.GOV

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U.S. Surgeon General 🎵️@Surgeon_General · 4h
Are you or a loved one experiencing #COVID19 symptoms? Be sure to check out @Apple & @CDCgov’s new screening tool at: apple.com/covid19

COVID-19 Screening Tool

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Walmart Kenton
Yesterday at 2:29 PM
To better support customers age 60 and up, our stores will host a special shopping hour from 6 am to 7 am every Tuesday. It will start one hour before the store is open to the public, and pharmacies will be available during this time, as well. Vision centers will also be open to help with emergency and essential needs only. We would like to thank all the Walmart truck drivers and everyone at our warehouses for all they are doing to get products into our stores for our customers.

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Walmart

Kroger
March 27 at 6:32 PM
Here is what we are currently doing to keep customers and employees safe:
1. Our associates can wear protective masks & gloves. We’re working with government officials to make these available to our grocery workers – after healthcare workers.
2. We’re cleaning commonly used areas more often, including cashier stations, self-checkouts, credit card terminals, food service counters and shelves.
3. Plexiglas partitions will be installed over the next several weeks at our checkers – including pharmacy counters and Starbucks registers.
4. All our stores are receiving floor decals to promote physical distancing at checkouts and other counters.
5. We’ve adjusted store operating hours to allow more time for our associates to rest, clean and replenish inventory.
6. We’re offering paid time off (standard pay, up to 14 days) for associates diagnosed with COVID-19, placed under mandatory quarantine and for self-isolation and symptoms as verified by an accredited health care professional.
7. We’re offering financial assistance to associates facing hardships due to COVID-19 through the Kroger Family of Companies Helping Hands fund.
Managing Fears & Anxiety

- **Get the Facts**
  Stay informed with the latest information from the CDC, ODH, or your local health department.

- **Keep Things in Perspective**
  Lessen time spent watching or listening to upsetting media coverage. Stay informed but take a break and focus on things that are positive in your life, and things you have control over.

- **Be Mindful of Your Assumptions of Others**
  You cannot assume who might be exposed to the virus. Someone who has a cough or fever may not have Coronavirus. Be self-aware.

- **Stay Healthy**
  Healthy hygienic habits such as washing hands, using hand sanitizer, avoid touching your face, cover your cough, and avoid contact with those that are sick, and stay home when you are sick.

- **Keep Connected**
  Maintain social networks, this provides valuable outlets for sharing feelings and relieving stress. Maintains normalcy.

- **Seek Additional Help**
  If you are feeling overwhelmed with worry and anxiety reach out for additional mental health support.

The changing situation and status of our state and country can cause stress and anxiety. Please call the hopeline Hopeline 1-800-567-HOPE (4673) if you are struggling with your emotions or text 741 741. You can visit the Mental Health and Recovery Services Board of Allen, Auglaize, and Hardin Counties at https://www.wecarepeople.org/.

**Look out for each other.**

Recognize signs of distress in yourself and family or friends.

mha.ohio.gov/coronavirus