

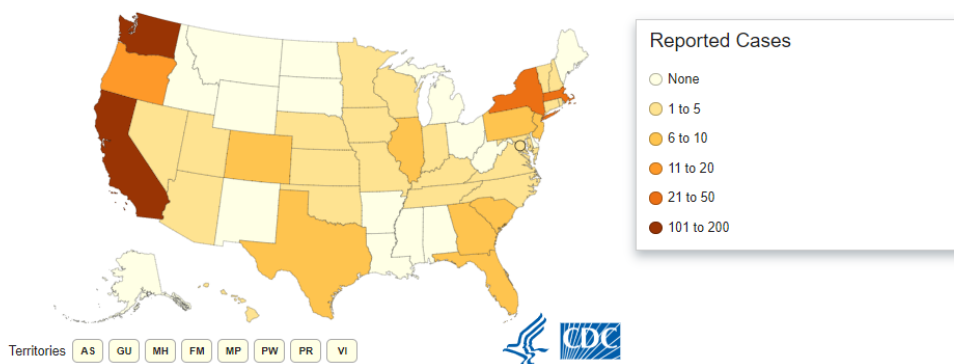
THE MOST CURRENT  
INFORMATION ON THE ONGOING  
CORONAVIRUS (COVID-19)  
SITUATION.

THIS NEWSLETTER WILL  
BE UPDATED WEEKLY  
TO SHOW THE CURRENT  
STATUS

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**

#### States Reporting Cases of COVID-19 to CDC\*



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.

## 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.**

#### CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

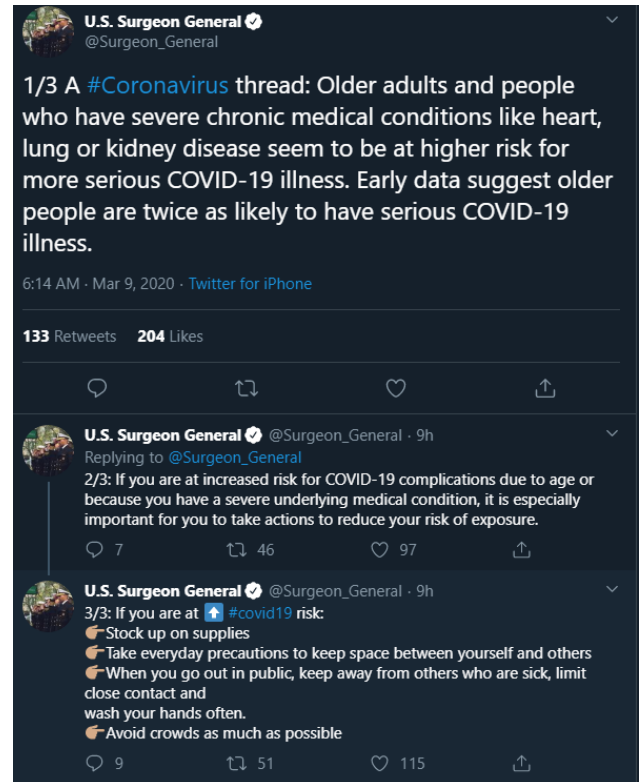
Let's fight **stigma** and **fear** and understand that just because someone has travelled recently does not mean they are at risk for spreading the virus, if someone has been screened or quarantined for the recommended 14-days they are no longer at risk.



# 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**.

# 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.

We want the public to know we are working hard to protect our citizens. We continue to plan and execute meetings with our community partners to ensure Hardin County residents are safe. This is Public Health, protecting, preparing and informing the public on how to stay healthy.

