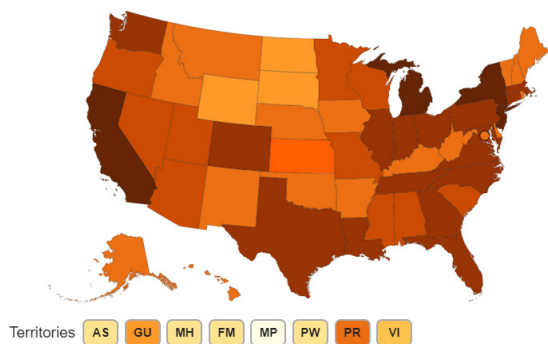


THE MOST CURRENT  
INFORMATION ON THE ONGOING  
CORONAVIRUS (COVID-19)  
SITUATION.

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**



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:



### 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.

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.

- **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.**

### When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include\*:

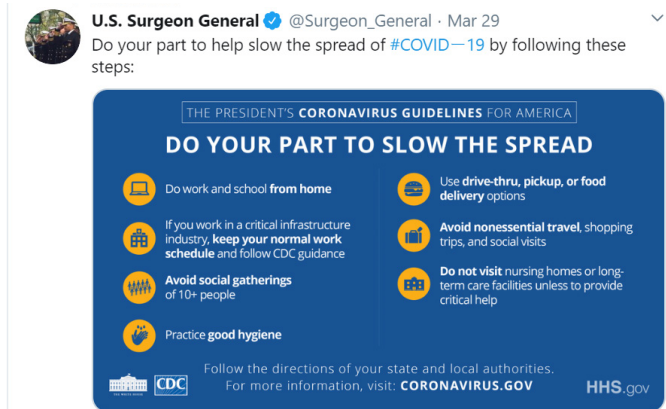
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

# 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.**

# 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](https://mha.ohio.gov/coronavirus)