

(COVID-19)

Social Distancing This or That!

PREVENTION



INSTEAD OF THIS...

DO THAT.....

Only washing your hands on occasion, or just using water.



Wash your hands regularly! Use water and soap and wash for at least 20 seconds.

Sneezing into your hands (ew!).



Sneeze into your arm or a tissue.

Checking social media or cable news 24/7.



Continue to stay informed, but also disconnect on occasion. Try reading a new book or trying meditation. Mental health is important.

Going straight to the doctor or urgent care when you're feeling under the weather.



Always call your doctor or healthcare provider **FIRST** before going in.

Believing every rumor you see online or using non-reputable sources.



Use reputable sources! Get info from verified accouts from CDC, Ohio Department of Health, Governor Mike DeWine, local health departments, and verified media accounts.



MIKE DEWINE
GOVERNOR OF OHIO

Ohio

Department
of Health

For more information go to
coronavirus.ohio.gov