

COVID-19 Checklist for Emergency Calls

Protecting Against COVID-19

Health resources everywhere will be put to the test as we prepare for this outbreak to run its course. Right now, the goal is to slow the spread of COVID-19 so that these resources aren't overwhelmed. That includes EMS services.

- If you are facing a life-threatening situation, including chest pain, stroke, trauma, or other serious condition, you should call 9-1-1.
- For minor injuries, please consider if an emergency department is really necessary, and if you need an ambulance to get you there. Ask yourself if the injury or issue is something your primary provider or local urgent care could address.
- If you are experiencing symptoms of COVID-19, are under the age of 60, have no underlying health conditions – you aren't diabetic, you aren't pregnant, you aren't immunocompromised, you don't have a history of lung disease, heart disease, or hypertension - please call your primary physician first.
- Every time an ambulance is dispatched for a minor injury or illness, there is one less ambulance available to respond to life-threatening emergencies in your community. A typical EMS transport takes over an hour from the moment someone calls 9-1-1 through the moment the ambulance is disinfected and prepped for the next emergency.
- Check out this [PSA](#) to hear first-hand about the importance of not over taxing our EMS resources.

For additional information, visit coronavirus.ohio.gov.

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

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

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STAY HOME



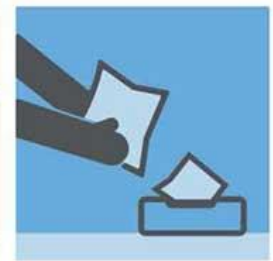
PRACTICE SOCIAL DISTANCING



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 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

For more information, visit: coronavirus.ohio.gov