So much has been in the news about the coronavirus (COVID-19), so we at MHRBWCC want to share with you some suggestions to help you prepare should the disease arrive in Ohio.

**IMPORTANT:** As of today, March 10, 2020, the State of Ohio has 3 confirmed cases of COVID-19.

**State of Ohio COVID-19 Dashboard**

Please watch your county health department websites for additional local information.

**Warren County Health District**

**Clinton County Health District**

**What to do if you are sick**

As a member of the community, we ask that you do your part to prevent the spread of COVID-19 should it arrive in our area by following the recommendations of the CDC:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).