STAY HEALTHY

WHAT YOU NEED TO KNOW

RECOVERY RESOURCES

Partners in health. Partners in hope.
What is COVID-19?
COVID-19, or coronavirus disease 2019, is an upper respiratory disease.

What are the symptoms?
Symptoms, which generally appear two to 14 days after exposure, include fever, cough and difficulty breathing. Most people who become sick do not require hospitalization, but older adults, people with chronic health conditions and people with compromised immune systems may require more advance care.

Ways to Stay Healthy
When coughing and sneezing cover your mouth and nose with flexed elbows or tissue

Avoid close contact with people suffering from a fever or cough

Call before visiting your doctor

Wash hands with soap and water for at least 20 seconds (sing happy birthday 2 times through)

Avoid touching your eyes, nose or mouth

Get adequate sleep and eat well-balanced meals to ensure a healthy immune system

Stay home when you are sick

Don’t share utensils

Clean and disinfect frequently touched objects and surfaces

If you choose to wear a face mask, be sure to cover your mouth and nose - avoid touching mask once it’s on

Practice good hygiene habits

If you are concerned about COVID-19 and want to speak with someone:

- Talk directly with your Recovery Resources’ Clinician
- Call the Cuyahoga County warmline: 440-886-5950 (available from 9 am – 1 am daily)
- Call the State of Ohio Coronavirus Hotline: 833-427-5634
Planning

- Talk with your clinician about how to keep an adequate supply of water, medication, food, and pet food in your home.

- Talk with your clinician to identify community organizations that may be able to help if you need information, health care services, support or other resources.

- Choose a room and, if possible, a bathroom in your home that could be used to separate family members who become sick.

- Be prepared to cancel or postpone your attendance at large events, such as sporting events, conferences, and worship services, and to stay away from crowds.

- Be prepared for cancellation or disruptions of public transportation services.

- Be prepared to cancel non-essential travel plans.

www.recres.org