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.

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

- Talk directly with your Recovery Resources’ Clinician
- Call the MetroHealth hotline at 440-592-6843 for an assessment
- 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
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
- Avoid touching your eyes, nose or mouth
- Stay home when you are sick
- If you choose to wear a face mask, be sure to cover your mouth and nose - avoid touching mask once it’s on
- Call before visiting your doctor
- Wash hands with soap and water for at least 20 seconds (sing happy birthday 2 times through)
- Get adequate sleep and eat well-balanced meals to ensure a healthy immune system
- Don’t share utensils
- Clean and disinfect frequently touched objects and surfaces
- Practice good hygiene habits