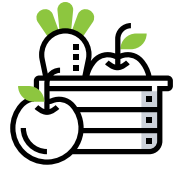


# COVID-19 Preparedness Guide

## How to get your household ready

### Prepare



#### Groceries

Have enough food to last 10-14 days.



#### Medication

Have some cold & flu medicine on hand.



#### Cleaning Supplies

Have disinfectants ready to sanitize surfaces.



#### Household Plan

Visit [ready.gov](https://www.ready.gov) to make a plan for your family.

## Unemployment Assistance

Available immediately to any Ohioan affected by layoffs, shutdowns, or quarantines.

[unemployment.ohio.gov](https://unemployment.ohio.gov)

### Recover



#### Stay Home

Stay in isolation once symptoms begin, ideally in a separate bedroom.



#### Treat Like Flu

Drink lots of water, rest, and treat symptoms with cold medicine.



#### Call Ahead

If you need a doctor, please call first and tell them you may have COVID-19.

### Symptoms

★ indicates a primary symptom of COVID-19

	COVID-19	Cold	Flu	Allergies
Sore throat	Sometimes	Common	Common	Sometimes
Cough ★	Common	Common	Common	Rare
Sneezing	—	Common	Sometimes	Common
Fever ★	Common	—	Common	—
Body aches	Sometimes	Mild	Common	—
Tiredness	Sometimes	Mild	Common	Sometimes
Headache	—	—	Common	Sometimes
Stuffy nose	—	Common	Sometimes	Common
Nausea	—	—	Sometimes	—
Shortness of breath ★	Severe cases	—	—	—