

# COVID-19 Frequently Asked Questions



The Delaware General Health District (DGHD) has been working in coordination with the Ohio Department of Health (ODH) and following the guidance of the Centers for Disease Control and Prevention (CDC) in monitoring the outbreak of respiratory illness caused by a novel coronavirus named COVID-19. This is a rapidly evolving situation and the DGHD is committed to working with our partners, including education facilities and daycares, throughout the situation.

## Frequently Asked Questions

### 1. What is COVID-19?

COVID-19, or coronavirus disease 2019, is an upper respiratory tract disease caused by one of the seven coronaviruses known to infect humans. It was first identified in humans in Wuhan, Hubei Province, China, in December 2019. The virus that causes COVID-19 is called SARS-CoV-2

### 2. 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 are more likely to require more advanced care

### 3. I'm showing symptoms. What is my next step?

If you are experiencing symptoms similar to COVID-19, please contact your healthcare provider first. DO NOT visit your provider's office, ER or urgent care unless you've called ahead of time.

### 4. Can I get tested for COVID-19?

In order to be tested in Ohio for COVID-19, you must meet certain requirements. Testing will be prioritized based on severity of illness, contact with a confirmed COVID-19 case, and travel history. You can call your healthcare provider or DGHD to discuss if you qualify for testing.

### 5. Should I wear a mask?

Well-individuals **do not** need to wear masks. Masks should be reserved for healthcare workers and people who have symptoms such as cough and fever to prevent other from getting sick.

**Overall:** The United States is experiencing shortage of masks.

**General Public:** There is no need to purchase and stockpile masks.

Immunocompromised/older/serious chronic medical conditions: Individuals with compromised immune systems or other serious chronic medical conditions should speak with their doctor to figure out actions to reduce their risk of getting sick. This might include keeping enough food, medications, and other household items on hand in case it is recommended to stay at home for an extended period of time.

Healthcare provider: N-95s are to be used when in direct contact with a suspect/known COVID-19 patient. Strategies to optimize the supply of N95 respirators can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/index.html>

### 6. I just returned from traveling from another country that has COVID-19 cases. What should I do?

Depending on your travel history, you will be asked to stay home for a period of 14 days from the time you left an area with widespread or ongoing community spread (Level 3 Travel Health Notice). Countries that have a Level 3 Travel Health Notice (widespread, ongoing transmission): China, Iran, South Korea, Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City.

Otherwise, contact your healthcare provider only if you feel sick. Travelers can attend work, school, and daycare as long as none of their travel (in past 14 days) included Level 3 Travel Health notice locations with a COVID-19 case.

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### 7. Can I still travel within the U.S.?

International Travel: Travelers should refer to CDC Travel Notices when making travel decisions. These notices range from Level 1 (limited risk of transmission, use normal precautions) to Level 3 (all nonessential travel should be avoided). The current list of affected countries can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

US Travel: Some states/cities are experiencing community spread of COVID-19. No travel notices exist within the US but up-to-date information can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>. Travel is not recommended unless necessary, especially for older adults and immunocompromised people.

### 8. I run a business. How can I help my employees?

Sick employees should always be encouraged to stay home to prevent spreading illnesses. Employees with recent travel history who now feel ill should call their health care provider to schedule an appointment. Any traveler returning from China or Iran should call their local health department as soon as they return.

Encourage your employees to practice healthy prevention steps, including proper hand-washing techniques, social distancing (keeping a 6-foot distance from others, no hand-shaking,), proper respiratory etiquette (coughing and sneezing into crook of elbow), and proper disinfecting methods of their workspace. Refer to <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html> for more guidance.

### 9. I have a wedding/funeral coming up. Should I cancel?

Ohio Department of Health Director Dr. Amy Acton issued an order on March 12, 2020, limiting and/or prohibiting mass gatherings statewide.

The order does not apply to weddings and funerals. If you are to attend a wedding or funeral, practice safe social-distancing measures (keeping a 6-foot distance from others, no hand-shaking/hugging), proper respiratory etiquette (coughing and sneezing into crook of elbow), and hand-washing techniques.

### 10. Can DGHD come out to my agency/organization and do a COVID-19 presentation?

DGHD would be happy to work with Delaware County businesses on how to plan for COVID-19. To submit a request for a DGHD speaker, please complete the form here: <https://delawarehealth.org/contact-us/speaker-event-request/>

### 11. How can I prevent ?

- Wash hands frequently with soap and water for 20 seconds.
- Use a 60% alcohol based hand sanitizer if you can't wash your hands.
- Don't touch your face.
- Try to maintain 6' of distance between you and others.
- Clean regularly with a disinfectant labeled effective against coronaviruses.
- Cover coughs and sneezes with the crook of your elbow.
- Stay home from work, school and public places if you are sick. Stay home until you are fever-free for at least 24 hours without a fever reducing medicine.

## Reporting

Contact the Delaware General Health District **IMMEDIATELY** to notify them of individuals with fever and lower respiratory illness who may have been exposed to COVID-19 within 14 days of symptom onset. Cases of COVID-19 are class A, meaning cases should be reported to the Delaware General Health District **IMMEDIATELY** via telephone. Please report all cases to the Health District by calling (740) 203-2040 or (740) 815-6518 if during non-business hours.

## For More Information

ODH: [odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Novel-Coronavirus](http://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Novel-Coronavirus)

CDC: [cdc.gov/coronavirus/2019-ncov](https://cdc.gov/coronavirus/2019-ncov)