

COVID-19 Checklist for Emergency Calls

Protecting Against COVID-19

Health resources everywhere will be put to the test as the COVID-19 outbreak runs its course. Right now, the goal is to slow the spread of the disease so that these resources aren't overwhelmed. That includes Emergency Medical Services (EMS).

- If you are facing a life-threatening situation, including chest pain, stroke, trauma, or other serious condition, you should call 911.
- For minor injuries, please consider whether an emergency department is really necessary, and if you need an ambulance to get you there. Ask yourself if the injury or issue is something your primary care provider or local urgent care could address.
- If you are experiencing symptoms of COVID-19, are under the age of 60, and have no underlying health conditions — for example, you aren't diabetic, you aren't pregnant, you aren't immunocompromised, and you don't have a history of lung disease, heart disease, or hypertension — please call your primary care physician first.
- Every time an ambulance is dispatched for a minor injury or illness, there is one less ambulance available to respond to life-threatening emergencies in your community. A typical EMS transport takes longer than an hour from the moment someone calls 911 through the moment the ambulance is disinfected and prepped for the next emergency.
- Check out this [PSA](#) to hear first-hand about the importance of not overtaxing our EMS resources.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text

Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

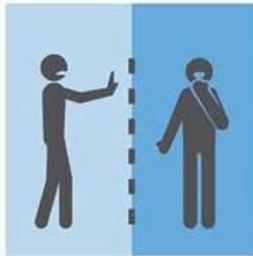
Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME



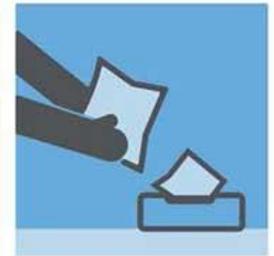
PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

For more information, visit: coronavirus.ohio.gov