



News Now

Mike DeWine, Governor
Lori Criss, Director

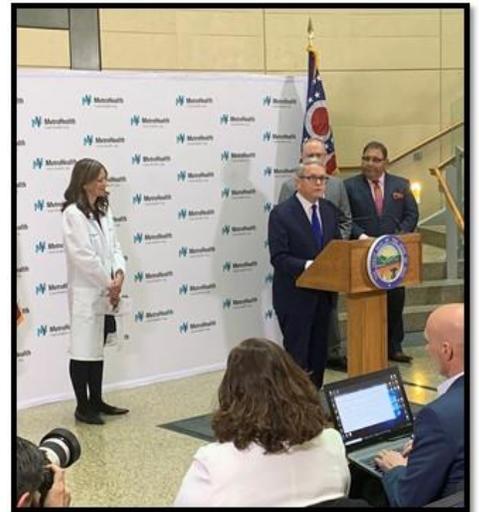
February 27, 2020

>>> Governor DeWine, Health Director Update COVID-19 Prevention and Preparedness Plan

Ohio Governor Mike DeWine joined Ohio Department of Health (ODH) Director Amy Acton, MD, MPH; Cuyahoga County Health Director Terry Allan, MPH; and MetroHealth President and CEO, Akram Boutros, M.D., FACHE, today to provide an update on the state's preparedness and education efforts to limit the potential spread of Coronavirus Disease 2019 (COVID-19). There are no confirmed cases of COVID-19 in Ohio nor anyone currently under investigation for the virus.

"I want to be clear that the threat of Coronavirus in Ohio and the United States remains low," said Governor Mike DeWine, "but this could change, and we have to be prepared. I believe it is imperative that we are open with the public and are communicating information in real-time about the Coronavirus to both inform and educate our communities. We will communicate what we know, when we know it."

Read the full [media release](#) from today's press conference in Cleveland.



ODH, in coordination with the [Centers for Disease Control and Prevention](#) (CDC), continues to closely monitor the situation. The Department established a [web page](#) for updates, news and resources. The site includes resources for [local health districts](#), [health care workers](#), [colleges and universities](#) and the [general public](#), as well as a [fact sheet](#) with helpful prevention tips and an [infographic](#).

The CDC, meanwhile, recommends the same protocols as those used to prevent common colds and flu:

- Wash your hands with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your mouth, eyes, nose.
- Cover coughs/sneezes with your arm or a tissue.
- Avoid exposure to others who are sick.
- Stay home if you are ill (except to visit a health care professional) and avoid close contact with others.
- Get adequate sleep and eat well-balanced meals to ensure a healthy immune system.
- Clean and disinfect frequently touched objects and surfaces.

The Substance Abuse and Mental Health Services Administration also maintains a variety of [resources](#) for managing mental health in stressful times, including:

- SAMHSA Fact Sheet: [Taking Care of Your Behavioral Health During an Infection Disease Outbreak](#)
- SAMHSA Fact Sheet: [Talking with Children: Tips for Caregivers, Parents, and Children During Infectious Disease Outbreaks](#)
- SAMHSA Fact Sheet: [Coping with Stress During Infectious Disease Outbreaks](#)

For information and updates related to COVID-19, visit the ODH website at www.odh.ohio.gov or coronavirus.ohio.gov.

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