

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

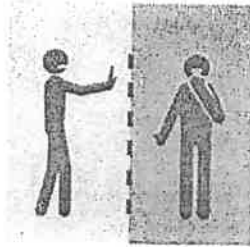
Protect yourself and others from COVID-19 by taking these precautions.

## PREVENTION

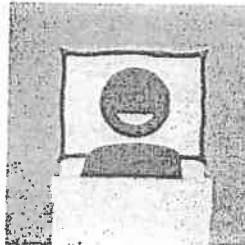
For additional information call 1-800-985-5990 or visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



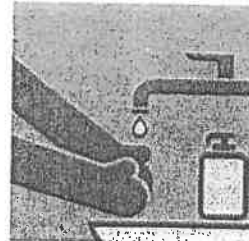
STAY HOME



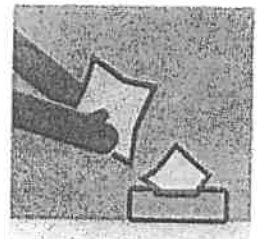
PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



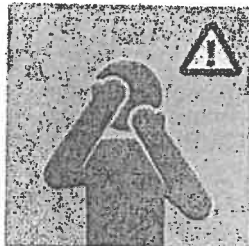
WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



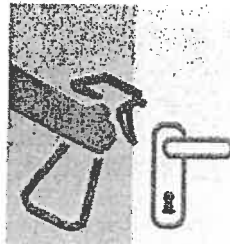
DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



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](https://coronavirus.ohio.gov)

Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
 Shortness of breath	Sometimes	No**	No**	No**
 Sneezing	No	Common	No	Common
 Runny or stuffy nose	Rare	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
 Fever	Common	Short fever period	Common	No
 Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
 Body aches and pains	Sometimes	Common	Common	No
 Diarrhea	Sometimes	No	Sometimes for children	No
 Chills/ repeated shaking	Sometimes	No	Sometimes	No
 Loss of taste or smell	Sometimes	Rare	Rare	Rare

Your symptoms may vary. \*Information is still evolving. \*\*Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention.  
edited 4/29/20 • aafa.org/covid19

## COVID-19 Checklist for Helping the Isolated or Quarantined Things You Can Do to Help Someone Who Is Isolated or Quarantined due to COVID-19

*Isolation separates sick people with a contagious disease from people who are not sick.*

*Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.*

Ohio Department of Health Director Amy Acton, M.D., MPH, suggests the following activities to help show kindness to any friends, family, or others who may be isolated or quarantined due to COVID-19:

- Call, text, or video chat with them to let them know you are there to support them. They may be scared or lonely. Seeing or hearing a friend this way can show them kindness while still practicing social distancing.
- Drop off food or drinks at their door since they may not have had a chance to prepare and might be running low on important items. Reach out to see what they need or want and try to drop it off at their door.
- Offer to do their yard work, to take their trash or recycling to the curb, or to drop their mail at their door.
- Offer to run errands to pharmacies or stores for essentials if they need anything to support themselves or household members through an extended period. Consider supplies for their four-legged companions too, like food, treats, or indoor absorbent pads if their owners are unable to take them outside without exposing others.
- Think about what you would like if you were sick or concerned about exposure to COVID-19. Would you want books, games, other comfort measures? Treat those around you like you'd want to be treated, and consider outside-the-box ways to help those in your life.

For additional information, visit [coronavirus.ohio.gov](https://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

## COVID-19 Checklist for Isolation or Quarantine

### Top 5 Things You Can Do If You Are Isolated or Quarantined

*Isolation separates sick people with a contagious disease from people who are not sick.*

*Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.*

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that people who are isolated or quarantined take the following actions:

- Keep your distance. Stay in your bedroom and use a bathroom separate from the one used by other members of your household, if possible. Wear a face mask when around others and try to stay at least 6 feet away. Have someone else in the home prepare meals and leave them outside your bedroom door. Don't share bedding, towels, dishes, or water bottles with others. If something is shared, wash it with soap and water before each use by a separate person.
- Do not leave your home unless necessary for medical care. Ask family, friends, or community groups to help with needs by leaving supplies outside your door.
- Do not allow visitors to your home.
- Wipe down high-touch areas every day with a disinfectant. This includes doorknobs; light switches; phones; remote controls; appliance, sink, toilet, and cabinet handles; countertops, etc.
- Limit contact with pets. If you do interact with pets, wash your hands before and after.

For additional information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

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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.

**State of Ohio testing and community health centers**

A combination of private companies and retail sites, community health centers, and pop-up sites offer testing in Ohio. Most require a screening process before being tested. Visit the State of Ohio's website for more information.

**State of Ohio pop-up testing sites**

These testing sites are available for patients with or without symptoms. There is no out-of-pocket cost to the patient and individuals of any age can access COVID-19 testing.

**Health Resources & Service Administration Health Center Program COVID-19 testing sites**

[Click here to find testing locations.](#)

**CVS and Rite Aid**

CVS requirements:

- Patients age > 18
- Will need to answer screening questions regarding high-risk conditions and symptoms
- Insurance and proof of identity required
- Takes up to 6-10 days for results

Rite-Aid requirements:

- Patients age > 18
- Will need to answer screening questions regarding high-risk conditions and symptoms
- Currently testing asymptomatic patients
- Take 2-7 days for results

**Free testing in Cleveland — federally qualified health centers**

Testing for those with COVID-19 symptoms or those who have been exposed to someone with COVID-19 is available for free at the local, federally-qualified health centers (FQHCs) below:

*Care Alliance:*

- Central Clinic – 2916 Central Ave.
- Drive-thru and walk-up testing, by appointment only
- Tests are free of charge to the patient
- Call the COVID-19 Nurse Line at 216.535.9100 and press 6
- Testing done Mondays, Wednesdays, and Fridays from 11 a.m. to 4 p.m.
- Results are back in 24 to 48 hours

*Neighborhood Family Practice*

- W. 117<sup>th</sup> Street Community Health Center – 11709 Lorain Ave.
- By appointment only
- Tests are available regardless of one's ability to pay

- Call 216.281.0872 for information or to schedule an appointment
- Results are back in 1-3 days

*Neon Hough*

- 8300 Hough Ave. (West Parking Lot)
- By appointment only
- Tests are free of charge to the patient
- Testing done Mondays and Fridays from 9 a.m. to 12 p.m.
- To schedule and learn more about COVID-19 testing, call 216.231.7700

*Signature Health*

- 21100 Southgate Park Blvd.
- By appointment only
- Tests are free of charge to the patient
- Testing done Mondays, Wednesdays and Fridays from 11 a.m. to 1 p.m.
- To schedule COVID-19 testing, call 440.578.8203

*The Centers*

- East Office – 4400 Euclid Ave.
- Drive-thru and walk-up testing, by appointment only
- Tests are free of charge to the patient
- Call 216.325-WELL (9355) to talk with an access specialist, be triaged by a nurse, and schedule your telehealth visit with a provider for screening for a test
- Testing takes place on Wednesdays, following a Tuesday telehealth visit(required)

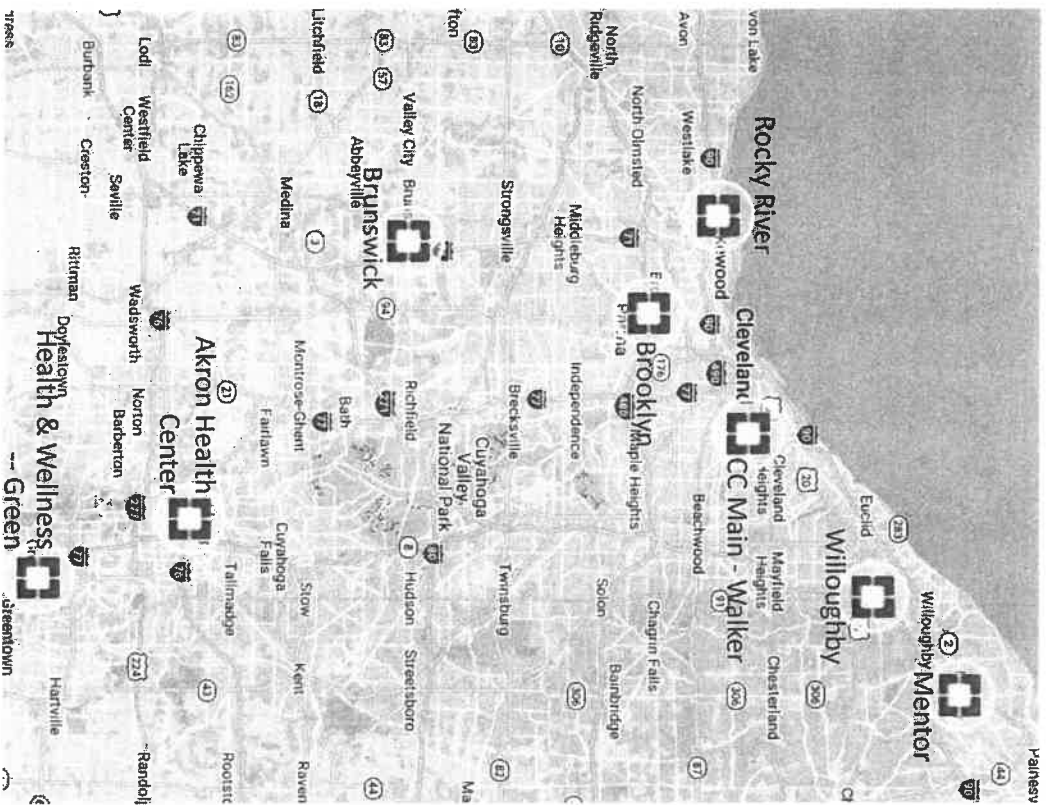
**More information**

Check out the Ohio Department of Health website for a map of free testing sites.

# COVID -19 Testing Locations

An appointment and a Cleveland Clinic electronic provider order is required for COVID-19 testing

Location	Hours
W/O. Walker Building Garage (Cleveland Clinic main campus) 10524 Euclid Ave., Cleveland	10 am – 5 pm, seven days a week
Cleveland Clinic Akron General – Health & Wellness Center In Green 1940 Town Park Blvd, Uniontown	9 am – 5 pm, six days a week (closed on Thursdays)
Cleveland Clinic Akron General – Akron Health Center 676 South Broadway St., Akron	9 am – 5 pm, Monday – Friday
<i>Asymptomatic, pre-operative patients only</i>	
Willoughby Hills Family Health Center 2570 SOM Center Road, Ste. EC1 9607, Willoughby Hills	8 am – 4 pm, Monday – Friday
Brunswick Family Health Center 3574 Center Road, Brunswick	8 am – 3:30 pm, Monday – Friday 8 am – 12 pm, Saturday & Sunday
Rocky River Urgent Care 19895 Detroit Road, Rocky River	8 am – 4 pm, seven days a week
COVID-19 only – closed as an urgent care; redirect patients to Rocky River Beachcliff Family Medicine	
Mentor Express Care 7533 Center St., Mentor	8 am – 4 pm, six days a week (closed on Thursdays)
COVID-19 testing only – closed as an express care	
Brooklyn Express Care 7580 Northcliff Avenue Suite 700, Brooklyn	8 am – 4 pm, six days a week (closed on Thursdays)
COVID-19 testing only – closed as an express care	



Updated: 7/21/2020  
By: Don Noda