

## COVID-19 Checklist to Help the Isolated or Quarantined

### Top 5 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:

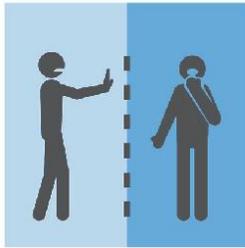
- Call, text, or video chat with them to let them know you are there to support them. They may be scared and lonely staying home for two weeks. Seeing or hearing a friend this way can show them kindness while still practicing social distancing.
- Drop off food or drinks at their door since they may not 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 stuck in your home for two weeks. 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 1-833-4ASKODH (1-833-427-5634).



STAY HOME  
WHEN YOU ARE  
SICK



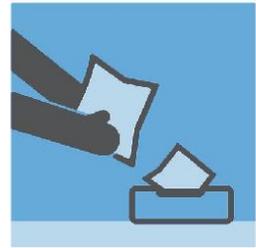
AVOID CONTACT  
WITH PEOPLE  
WHO ARE SICK



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)