

<b>FOR IMMEDIATE RELEASE DATE: March 20, 2020</b>	Contact: YCHD PIO Team
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	Urgency Level* - Health Update

## COVID-19 Update

### Situational Update:

- We have five positive COVID-19 cases in Mahoning County.

### Recommendations:

- We continue to ask our residents to practice primary prevention actions and social distancing as we work to slow the spread of COVID-19.
- The majority of people with COVID-19 will experience mild to moderate symptoms. Testing is not necessary and self-care is recommended. Fever-reducing medication can be used for fever and cough medicine for coughs.
- For questions from the general public related to COVID-19, please call the Ohio Department of Health Call Center at 1-833-4-ASK-ODH (1-833-427-5634), opened between the hours of 9 AM to 8 PM daily.

## **ABOUT YOUNGSTOWN CITY PUBLIC HEALTH**

The Youngstown City Health District works to protect the public's health and to ensure conditions in which all people can live healthy lives. The Youngstown City Health District offers a variety of services from immunizations to environmental and community health programs. For a complete list of services and current updates to COVID-19 visit [youngstownohio.gov](http://youngstownohio.gov).

The Youngstown City Health District appreciates your participation in battling the COVID-19 pandemic and has asked that the public call the Health Dept. for appointments prior to entering the building, please call 330-743-3333. The Vital Statistics division will be open on Monday, Wednesday and Fridays from 8am-12pm. Our reproductive health clinic will be available by appointment only at 330-743-3333. This is subject to change.

## **Steps to Help Prevent the Spread of COVID-19**

**The majority of people with COVID-19 will experience mild to moderate symptoms. Testing is not necessary and self-care is recommended. Fever-reducing medications can be used for fever and cough medicine for coughs. If you are sick or think you might have COVID-19, follow the steps below to help protect other people in your home and community.**

### **Stay home**

- **Stay home: People who are mildly to moderately ill (cough and/or fever) and without significant medical history (including asthma, cancer, COPD, diabetes, heart disease, immunosuppressed, or**

advanced age of 65 or older) should be able to recover at home. Do not leave, except to get medical care. Do not visit public areas. • Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse (including shortness of breath or difficulty breathing) or you think it is an emergency. • Utilize Telemedicine options, if available through your insurance.

### **Separate yourself from other people in your home; this is known as home isolation**

- Stay away from others: As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available. 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.

### **Monitor your symptoms**

- If your symptoms worsen, seek medical attention: Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing or shortness of breath). Call your doctor before going in: Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do. Mercy Health has opened up two flu clinics to help screen patients who are experiencing respiratory conditions. People are encouraged to call before going to the clinic by dialing (855) 884-7150. Patients will be triaged over the phone.

### **How to discontinue home isolation**

- People who have been sick and have stayed home (home isolated) can stop home isolation under the following conditions: You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) AND o other symptoms have improved (for example, when your cough or shortness of breath have improved) AND o at least 7 days have passed since your symptoms first appeared

