



Ways to take action.

Ohio Public Health Advisory Alert System

During the COVID-19 pandemic, always:

- Wash your hands.
- Stay 6 feet away from others in public.
- Wear a face covering in public.
- Stay home when you're sick.
- Follow all current health orders.

Level 1

Active exposure and spread.

- Check yourself and your family daily for COVID-19 symptoms. Contact your doctor if symptoms start, such as:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea
 - Vomiting
 - Diarrhea
- Avoid travel to high-risk areas.



Level 2

Increased exposure and spread.

- Follow all guidelines in **Level 1**, plus:
- Use caution when out and about.
- Avoid contact with anyone considered high-risk (older adults, people with medical conditions).
- Be social with people inside your household or a small bubble.
- Limit unnecessary visits to hospitals, nursing homes, and residential care facilities.



Level 3

Very high exposure and spread.

- Follow all guidelines in **Level 1 and 2**, plus:
- Don't leave home without wearing a cloth face covering.
- Limit being out and about as much as possible.
- Decrease in-person interactions with others.
- Travel only when necessary.
- Avoid social gatherings of any size.



Level 4

Severe exposure and spread.

- Same guidelines as **Level 1, 2, and 3**, plus:
- Go out only for essential supplies, services, or work.
- Stay at home.

