

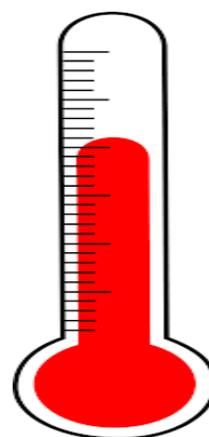
Contact Tracing is a key strategy to contain the spread of any communicable disease.

*The Ohio Department of Health has partnered with PCG, who will now handle COVID-19 case investigations (contact tracing) on behalf of the Sidney-Shelby County Health Department. PCG is an organization with over 35 years of experience with case investigations in all 50 states and worldwide. If you are contacted by PCG, the number will show up as (216)230-4730. This is the same number to call if you have any questions or need to return their call.*

## **I Feel Sick**

Covid-19 Symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



### **Stay Home**

Separate yourself from other people as much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask and try to maintain a 6-foot distance as much as possible.

If you do have COVID-19, most people have a mild illness and can recover at home without medical care. It is important that you stay home for 10 days after symptoms appear AND until it has been 24 hours since you have had a fever (without the use of fever-reducing medications).



### **Take Care of your self**

Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.



### **Avoid the following**

- Public transportation, ridesharing, or taxis
- Do not go to work or school



### **Get tested**

Call your doctor to see if you should get tested or go to one of the many testing sites available around the state.

Be sure to stay in touch with your doctor. Call before you get medical care. If you have trouble breathing or have severe symptoms, call 911.



**Public Health**  
*Prevent. Promote. Protect.*

Sidney-Shelby County  
Health Department