



December 1, 2020

SCPH Media Contact Phone Number: (330) 812-3700

### **FOR IMMEDIATE RELEASE**

## **Summit County Health Commissioner Urges Citizens to Help Fight Covid-19**

[Akron, OH] – Summit County, much like the region and the state, is experiencing an unprecedented surge in coronavirus cases. As of November 26<sup>th</sup>, Summit County has a high incidence of 698.32 cases per 100,000 residents. Summit is also currently on the watch list to reach the Risk Level 4/ Purple designation in the Ohio Public Health Advisory System. The increase in cases has put a significant burden on the Health Department and SCPH is calling on all residents to help in efforts to control the spread.

If you are having COVID-19 symptoms and are unable to be tested right away or are waiting for your results **please stay home and do not go in public or expose your family members who are at higher risk for adverse complications of COVID-19.** Isolate yourself even in your own household until you are able to be tested and/or receive your results.

**If you have received a positive test result from your doctor, do not wait for a call or official isolation letter from Summit County Public Health to begin your isolation.** Covid-19 isolation is 10 days from symptom onset. An individual can be released from isolation after 10 days as long as there has been symptom improvement and the individual has been fever-free for 24 hours without the use of a fever-reducing medication. Summit County Public Health is also asking residents to notify their potential contacts of their positive test result. For this purpose, contacts are defined as anyone that the individual was in close contact with beginning 48 hours prior to symptom onset.

### **5 Things to Do If You're Sick or Have Been Exposed to Someone Who is Sick:**

1. 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. 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.
2. 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.
3. Limit visitors to those who are necessary. Have them wash their hands when they enter and leave; wear a face mask and stay at least 6 feet away. If they have symptoms of fever, cough, or difficulty breathing, ask them not to come.





4. 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.
5. Limit contact with pets. If you do interact with pets, wear a facemask, and wash your hands before and after.

Ways to prevent COVID-19:

- Stay home if you're sick, even with mild symptoms
- Be mindful in your interactions with others. Limit your chances of exposure by maintaining social distancing of at least six feet from non-household members
- Wear a mask in public
- Consider necessary travel only
- Follow good hygiene standards:
  - Wash hands frequently with soap and water for at least 20 seconds
  - Use hand sanitizer frequently
  - Avoid touching your face
  - Cover coughs and sneezes

Additional guidance and suggestions can be found on the Ohio Department of Health website at: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/resources-for-parents-and-families/holiday-celebrations>

If you have questions, call the COVID-19 Call Line (330) 926-5795. The call line is open from 9:00 a.m. to 4:00 p.m. M-F.

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