



**Health Department**

Terri Argent, Health Commissioner

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[www.massillonohio.gov/public-safety/health-department](http://www.massillonohio.gov/public-safety/health-department)

**Health Commissioner (330) 830-1712**

With information changing sometimes daily, the COVID-19 epidemic can be overwhelming. What hasn't changed is our message to stay home if you feel sick, wash your hands frequently, practice social distancing, and clean those frequently-touched surfaces.

1. Stay home if you don't feel well. If you think you have been exposed to COVID-19 and develop a fever and symptoms such as cough or difficulty breathing, call your healthcare provider for medical advice. Call 911 if symptoms worsen (such as difficulty breathing), and notify the dispatcher that you think you might have COVID-19.
2. Use water and soap to wash your hands, and wash for at least 20 seconds.
3. Keep your distance from anyone outside of your immediate household (about 6 feet or 2 meters).
4. Frequently-touched surfaces should be cleaned often and include areas such as counters and tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, etc. Use a household cleaning spray or wipe according to the label's instructions as well as the manufacturer's instructions for cleaning electronic devices.

In addition, the Centers for Disease Control and Prevention (CDC) and Ohio Department of Health has recommended that Americans wear cloth face coverings (masks) in public to help slow the spread of COVID-19. The Ohio Department of Health recommends the following regarding face coverings:

- Use coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores and pharmacies.
- Maintain 6-foot social distancing whenever possible, even if you are wearing a face covering.
- DO NOT place cloth face coverings on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- DO NOT use medical supply masks, which must be reserved for healthcare workers, first responders, and people who are known to be sick.
- DO make cloth face coverings from household items or common materials. Use multiple layers of a fabric that does not damage or lose shape when laundered or machine dried.
- DO NOT touch the mask while wearing it. If you do, wash your hands immediately.
- DO ensure that your nose, mouth, and chin are covered at all times.
- DO NOT allow the mask to slip under your nose and DO NOT untie straps/unhook ear loops.
- DO wash your hands before putting on and immediately after removing.
- DO launder face coverings after each use.

**For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634)**

Terri Argent, RS, REHS  
**Health Commissioner**