

# Ohio COVID-19 Risk Level Guidelines for the Public

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<b>Public Emergency</b> Active exposure and spread. Follow all current health orders.	<b>Public Emergency</b> Increased exposure and spread. Exercise high degree of caution. Follow all current health orders.	<b>Public Emergency</b> Very high exposure and spread. Limit activities as much as possible. Follow all current health orders.	<b>Public Emergency</b> Severe exposure and spread. Only leave home for supplies and services. Follow all current health orders.

## LEVEL 1–4 REQUIRE COMPLIANCE WITH ALL HEALTH ORDERS

Over 60% of Ohioans are considered high-risk based on [CDC guidance](#). High-risk individuals\* are at an increased risk of severe illness and should take every precaution to guard against contracting COVID-19, including following higher risk level guidance outlined below. Consult a doctor about your risk.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<ul style="list-style-type: none"> <li>Conduct a daily health/symptom self-evaluation and stay at home if symptomatic.**</li> <li>Maintain social distancing of at least 6 feet from non-household members.</li> <li>Wear face coverings in public, especially when social distancing is difficult to maintain.</li> <li>Increase caution when interacting with others not practicing social distancing or wearing face covers.</li> <li>Avoid traveling to high-risk areas.</li> <li>Follow good hygiene standards, including:                             <ul style="list-style-type: none"> <li>Wash hands frequently with soap and water for at least 20 seconds.</li> <li>Use hand sanitizer frequently.</li> <li>Avoid touching your face.</li> <li>Cover coughs or sneezes (e.g., into a tissue, or elbow).</li> <li>Symptom self-evaluation monitoring.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Same guidelines as in <b>Level 1</b>.</li> <li>Avoid contact with anyone who is considered high-risk.</li> <li>High-risk individuals* should take extra care to follow precautions.</li> <li>Decrease in-person interactions outside household.</li> <li>Seek medical care as needed, but limit or avoid unnecessary visits to hospitals, nursing homes, and residential care facilities to see others as much as possible.</li> </ul>	<ul style="list-style-type: none"> <li>Same guidelines as in <b>Levels 1-2</b>.</li> <li>Decrease in-person interactions with others.</li> <li>Consider necessary travel only.</li> <li>Limit attending gatherings of any number.</li> </ul>	<ul style="list-style-type: none"> <li>Same guidelines as in <b>Level 1-3</b>.</li> <li>Stay at home/ necessary travel only.</li> </ul>

Households should assume that if one person is sick every person living there is as well and should take appropriate measures to control the spread, which should include self-quarantining and contacting a doctor.

## [Click here for public health orders and sector specific guidance](#)

The public health orders in place serve as the baseline for what counties must do to combat this disease. If local officials determine it's necessary to implement additional safeguards, they can and should to benefit everyone.

\*Per CDC, among adults the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. People of any age with the following conditions are at increased risk of severe illness: chronic kidney disease; chronic obstructive pulmonary disease; weakened immune system from solid organ transplant; obesity (body mass index of 30 or higher); serious heart conditions such as heart failure, coronary artery disease, or cardiomyopathies; Sickle cell disease; and Type 2 diabetes mellitus. Children who are medically complex, who have neurologic, genetic, metabolic conditions, or who have congenital heart disease are at higher risk for severe illness from COVID-19 than other children. People who need to take extra precautions include racial and ethnic minority groups; people experiencing homelessness; women who are pregnant or breastfeeding; people with disabilities; and people with developmental and behavioral disorders. More information is available at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.

\*\*Per CDC, symptoms include 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, and diarrhea. This list of symptoms can change as more is learned about COVID-19, and CDC updates this list on its website at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

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