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BIG WALNUT LOCAL SCHOOLS

The Eagle Examiner

DISTRICT & COMMUNITY RESOURCES FOR COVID-19

SPECIAL EDITION 2020

Our mission is to inspire and guide each student to his or her maximum potential.

A MESSAGE FROM SUPERINTENDENT ANGIE HAMBERG

Our goal with this special edition of *The Eagle Examiner* is to provide you with resources that you can use as we all try to navigate through this unprecedented situation with COVID-19. I don't know about you, but I have told my husband repeatedly that I feel as though I am in the opening scene of a strange movie, waiting to see what will happen next.

While I know we are all out of routine and feeling frustrated, it is still easy to see how fortunate we are to live in this community. In the 11 years I have been in the district, I have seen numerous times when the people in this community came together to support those in need. So it should really be no surprise to see the outpouring of support and offers of assistance we have received.

Timing is everything, and I am so grateful for the recently-launched Big Walnut Neighborhood Bridges group, which just kicked off in 2020. This group provides a platform to pull together the efforts of the many churches and other charitable organizations in the district to provide for those in need. While started to meet the needs of children in the community, see page 3 for details on how the organization has expanded to help all community members in need. If you are in an at-risk group and need someone to deliver your groceries on your porch, Bridges can help. If you have errands or other tasks that need completed, or if you are suddenly without income due to COVID-19, please reach out. These are unusual times, and there are lots of community members out there willing to help. I want to give a huge thank you to Megan Truax, our District Nurse, and Julie Adams, a dedicated BW parent, for serving as area directors for this program.

Last Tuesday, our food service workers helped distribute food to families at two drop-off points, Big Walnut High School and Hylen Souders Elementary. We distributed five days of breakfast and lunch for our students and bags of food for dinner and snacks that were provided by our Bountiful Backpacks and Neighborhood Bridges groups. We plan to repeat this process on March 30, but if something changes our ability to do that (per the Governor), we will communicate an updated plan via autocall. In the meantime, if anyone is in need of food, please reach out to Neighborhood Bridges for assistance.Thanks again for everyone's help in caring for each other during this difficult time.

CONTINUED ON PAGE 3

MESSAGE FROM THE BOARD PRESIDENT

Brad Schneider

I'm writing this on March 18 and, like most of you, I've spent the last few days in a rollercoaster of emotions and activity trying to do everything I can to protect my family, my business, the District, and ultimately our community.

Uncertainty at any level is unsettling. Uncertainty at a global level is frankly frightening. In my day job, I work with businesses to remove as much uncertainty as possible so that they can act with clarity and confidence.

As a District, we are aggressively working to eliminate as many uncertainties as possible that are within our control so that we can provide as much clarity and confidence for our community as possible.

Doug Crowl, Vice President Liana Lee, President Brad Schneider, Sherri Dorsch, Stephen P. Fujii

To all of our District employees, I thank you for the heroic effort you've exerted to adapt to the conditions and continue to educate our kids in the most effective manner possible given the circumstances. It's inspiring to see the efforts you have and will display to provide for the education and wellness of all of our students.

However, there is no way our employees can do what is needed right now without the support of you, our community members. The collective focus, cooperation, resources, and compassion of this community is the only way we are going to survive this. Together.

This special edition of *The Eagle Examiner* is dedicated to bringing clarity, as much as we can, to the community. You will find the best collection of information and resources that we have been able to compile over the last 3 days. We hope that this resource helps you weather the storm that is upon us.

As you read through this edition, please recognize, thank, patronize, appreciate, or just check-in with those listed who are serving our community in one of its most urgent times of need. There are a lot of unsung heroes at work as you read this.

It is our Board and Administration's intention to continue to serve our children and the entire community until we see ourselves through to the other side of this. Be safe.

LEVY UPDATE

As you have probably heard by now, Election Day, originally scheduled for March 17, was postponed to June 2 due to concerns for voter safety during the current COVID-19 health crisis. We are awaiting additional information, but our understanding at the time of publication, is that June 2 will stand as the date for the actual election. We will keep you updated as we learn more.

In the meantime, Governor DeWine has encouraged those Ohioans who have not already voted absentee to do so. Here are directions on how to request an absentee ballot:

ABSENTEE BALLOT INSTRUCTIONS

1. GO TO DELAWAREBOE.ORG
2. SELECT "ABSENTEE BALLOT APPLICATION"
3. PRINT, COMPLETE AND RETURN

As you vote, please remember that Big Walnut has an operating issue on the ballot that will not raise taxes. We are looking to make this issue, which originally passed in 2010, "continuing," or permanent, as we do not see a scenario in which we would not need these funds that make up 12% of our current budget.

While having this date pushed back is disappointing in regard to our levy and challenging in regard to hiring and budgeting for next year, making sure that voters are safe when voting definitely takes precedence over these challenges.

Right now, as a District, our primary focus is helping our students, families, and community during this COVID-19 situation, but we also want to be available to answer any questions you may have on the levy request. Please visit our levy page on our website for facts on this ballot issue, and if you have any questions email us at angiehamberg@bwls.net or jeremybuskirk@bwls.net. You can also leave a message at 740.965.3010 and one of us will return your call.

FOR UP-TO-DATE SCHOOL INFORMATION, GO TO BWLS.NET, SCHOOLOGY, OR OUR SOCIAL MEDIA CHANNELS

NEIGHBORHOOD BRIDGES: TO GO NEXT LEVEL KINDNESS DURING THESE UNPRECEDENTED TIMES

Neighborhood Bridges will be opening up its Gateway for Kindness to encourage ANY member of our communities to come forward to seek assistance for a neighbor in need. We are taking these steps to give kindness in our communities a larger platform so that the good people in our towns can do what they really want to do…and that is to be kind to others. It's in the spirit of Mr. Rogers…find the helpers…

So we encourage residents, churches, businesses, service organizations to contact your volunteer Area Directors via e-mail if you know of someone in need. We will do our best to publish these opportunities that also support social distancing. Things like:

- Picking up and delivering groceries for a neighbor or the elderly
- Delivering meals
- Cutting grass / yard work
- Providing tutoring support to children via phone/Facetime

Anything that can be done to help those in need AND support social distancing will be considered.

1. To subscribe to a community, simply visit: neighborhoodbridges.org
2. Select a community you wish to support
3. Add your e-mail in the subscribe box (toward the top of each community bridges page)

Also, follow us on social media by searching for us on Facebook, Instagram, and Twitter!

Residents, businesses, service organizations, churches who would like to advocate for someone in need OR serve someone in need are encouraged to contact us at neighborhoodbridges.org in the following communities via e-mail at: BigWalnut@neighborhoodbridges.org

neighborhood bridges Big Walnut

A MESSAGE FROM SUPERINTENDENT ANGIE HAMBERG CONTINUED

With restrictions on restaurants and other businesses in our community, it is so important to continue to support these establishments. My family is trying to get takeout a couple of times a week to support our restaurants, and I just placed an order for new Big Walnut sweatshirts to be delivered to my home from Big Walnut Apparel. I will continue to look for ways to support local businesses and encourage you to do the same if you are able. If you own a business in the district, please send us any information on your hours or special accommodations you have implemented during this time, such as delivery or curbside service, and we will push this information out on our social media. You can email information to tamilee@bwls.net. See page 7 for information on local restaurants that was sent to us as of the time of publication. Again, we will do our best to continue to share this information with our community.

Finally, I want to let our Big Walnut Class of 2020 know that we are all thinking about you right now. I hate this situation for all of our students, families, and community members, but I know that you, in particular, are potentially missing out on some very important milestones--including your senior prom and graduation. I honestly believe that it is highly likely that we will not be back in school buildings the rest of this year. If that is the case, I want you to know that Mr. Jados and I will do everything in our power to make sure you have a prom and graduation ceremony, even if it has to happen this summer. We will be in touch with you and with our prom committee as we learn more and have a better idea on potential timing. While it won't be how you initially imagined it, our hope is that you will be able to celebrate the end of this situation with your friends at prom and with the community at your graduation ceremony. Stay tuned for more information to come.

Be safe, and try to find a silver lining in this situation by spending extra time with loved ones. We are here for you if we can help in any way.

COVID-19 RESPONSE MEAL KIT DONATIONS

In response to local school closings, Neighborhood Bridges will be providing donation drop off stations at the following locations:

DROP OFF LOCATIONS:

- Sunbury Christian Church:
  - 870 Admiral Dr Sunbury
  - M/W/F 9-1
- Journey Fellowship:
  - 70 North Walnut Street Galena
  - Tues/Thurs 5-7
  - Saturday 9-11
- Harlem Road Church:
  - 5520 Harlem Rd. Galena
  - Monday- Thursday 8:30-5

BREAKFAST ITEMS:

- Pop Tarts
- Nutri Grain/Granola Bars
- fruit cups
- Cereal
- Instant Oatmeal
- Pancake Mix/Syrup
- Peanut Butter and Jelly
- Loaves of bread
- Martha White muffin mix
- Sandwich Crackers

DINNER ITEMS:

- Canned vegetables
- Apple Sauce Cups
- Mac & Cheese
- Ramen Noodles
- Canned Spaghetti Sauce
- Spaghetti Noodles
- Soup
- Canned Pasta (ie:Ravioli/
- Spaghettios)
- Chicken Helper/Canned chicken
- Boxed Pizza Kit
- Tortilla Shells
- Pepperoni

REMOTE LEARNING: BEGINNING MARCH 30

Jen Young
Director of Academic Achievement

We all find ourselves in unprecedented territory. Many parents are being asked to work from home while their children engage in remote learning. We want to assure you that our top priority is to partner with families to make remote learning as trouble-free as possible. Our desire is to provide learning opportunities for students that do not put more strain on families.

Our goal is to provide students with a balance of both online and offline activities to engage in learning at home. We have asked our teachers to be cognizant of screen time, give students choice, capitalize on the home environment, value quality over quantity, remove hard deadlines, and to be mindful of the variety of situations families are facing during this time. While remote learning is certainly not the ideal situation that any of us want to find ourselves in, we are committed to making it as flexible as possible for families.

We will use Schoology for daily student learning and student/parent communications. Consider this platform to be the home base for remote learning. Beginning March 30, teachers will post an update to Schoology daily that explains how students can engage in the learning for the day. Teachers will be available via email and Schoology messages, should students or parents have questions. If you do not have access to the internet or do not have a device, please contact bwit-support@bwls.net; if you are not signed up for Schoology, please contact your building secretary for assistance.

Remote learning will officially begin on March 30. In the meantime, we have created "A Guide to Remote Learning" for each level. (See below) We will post a new guide each Friday on Schoology and social media. The purpose of these guides is to provide students and families with optional resources to use during this time. There has been an overwhelming amount of resources and information posted online, and it is our desire to weed through all of that for you and provide a streamlined format to use with your children, should you choose.

We are here to support our students and families. While remote learning is not ideal, we will work together to inspire and guide our students. If there is any way we can support you during this time, please don't hesitate to reach out first to your child's teacher or principal, or to anyone at the District Administrative Office.

BIG WALNUT LOCAL SCHOOLS | INSPIRE & GUIDE

A Guide to Remote Learning: PreK-6th

Optional Daily Schedule — March 23-27

Rise & Shine	Get ready & eat breakfast
Academic Time	Read *(Remote Learning begins March 30)*
Active Time	Get outside (if you can)
Creative Time	Stretch your imagination
Lunch Time	Help make & clean up lunch
Quiet Time	Ditch the screen: Color, puzzle, take a nap
Kindness Time	Make someone smile
Academic Time	Read *(Remote Learning begins March 30)*
Chore Time	Help around the house
Free Time	Decide what you'd like to do
Journal Time	Grab a piece of paper & write

Active Time
- ❑ Go for a walk
- ❑ Make an obstacle course & time yourself going through it
- ❑ Check out "Cosmic Kids Yoga" on YouTube
- ❑ See how many jumping jacks, push ups, etc. you can do in one minute
- ❑ Go for a bike ride

Creative Time
- ❑ Draw, paint or color a picture of your school
- ❑ LEGO Challenge: Build your dream house
- ❑ Use an old sock to make a puppet, then put on a puppet show
- ❑ Hold a photo session and take pictures of...
- ❑ Build a fort inside using sheets and pillows (Read in it during quiet time)

Kindness Time
- ❑ Make a card for someone
- ❑ Choose a room of your house to clean
- ❑ Video chat with a friend, grandparent, etc.
- ❑ Go for a walk & pick-up litter
- ❑ Write a friendly message or draw a picture with sidewalk chalk

Journal Time
- ❑ What was the best part of your day?
- ❑ I've always wanted to tell my teacher...
- ❑ If I were seven feet tall I would...
- ❑ Go outside & write about the sounds you hear.
- ❑ If I had a pet skunk , I would...

Here are some other fun activities you could try this week:

- Cincinnati Zoo Facebook Live 3:00 p.m. — Everyday a new animal is showcased
- Scholastic Learn at Home offers 20 days of exciting learning journeys — Meaningful learning activities to do each day
- Use sticks to write a message in your yard — STEM Challenge of the week

BIG WALNUT LOCAL SCHOOLS | INSPIRE & GUIDE

A Guide to Remote Learning

Optional ideas for 7th-12th grade students

March 23-27

EACH DAY
- ❑ Get a good night's sleep, eat healthy, and drink water
- ❑ Check Schoology and complete assignments
- ❑ Spend time reading

ALSO THIS WEEK TRY...

IDEA 1 — *Find a way to give back*
- ❑ Do a chore to help out around the house
- ❑ Cook dinner: Try a new recipe
- ❑ Post an encouraging message to social media
- ❑ Send a card to a local business
- ❑ Read a book to a younger sibling

IDEA 2 — *Explore college and career readiness pathways*

Roadmap your career
Go to roadtripnation.com/roadmap, and with just three steps, find leaders in career fields who match your interests

IDEA 3 — *Get out and be active*

7 squats
20 crunches
5 pushups
30 jumping jacks

30-second plank
1-minute wall sit
Run for 10 minutes
Walk for 15 minutes

IDEA 4 — *Spend time taking care of your mental wellness*
- ❑ Bust out the crayons and color
- ❑ Video chat with a friend or family member
- ❑ Download and try a breathing exercise app
- ❑ Start a gratitude journal
- ❑ Try a social media free morning

INTERNET ACCESS & TECHNOLOGY SUPPORT

Mark Cooper
Assistant Superintendent

In case you missed it, please find important updated information from one of our family updates below. **If you have a student in the district and do not have internet access or a device for your children to use, please read and follow these directions so your children are ready for remote learning on March 30.**

You will also find important information on support for your family if you have any issues with your school-issued device.

As you have probably learned in communication from principals and staff, we will rely on some technology and internet access for students during this remote learning period. Currently, our building secretaries are reaching out to families that have stated that they do not have internet access. There are a few options for these families, as Spectrum has offered free internet during this time or we are partnering with our community library to provide hot spots for students. If you are in need of internet access and have not already talked with your school secretary, please contact her via the school phone number or email.

With regard to device access, students in grades 5-12 should have taken their district-provided devices home with them. For elementary students, if you do not have a device at home, please contact our technology department via email at bwit-support@bwls.net. Our technology staff members can set up a time for you to stop by our central office and borrow a device for remote learning. You will receive much faster service by emailing rather than by calling, but if you do not have access to email, you can call 740.965.3010.

If you are experiencing any issues with your student's device, please contact the technology department via email (again, that is bwit-support@bwls.net) to discuss your issue. Our technology staff will respond to your concern as soon as possible, generally between the hours of 9:00-3:00 Monday through Friday. We ask that you not visit the central office for technology issues, unless directed by staff, as we are attempting to limit personal interaction at this time. Please note that while some technology repairs can take place while you wait in your car, other repairs may require a return visit to pick up your device.

We will continue to do our best to support your family with access to remote learning in the days ahead. Thank you for your continued patience and flexibility as we work through these issues together.

BIG WALNUT LOCAL SCHOOLS | INSPIRE & GUIDE

Schoology PARENT INFO

HOW TO LOG IN

- Go to www.schoology.com
- Click ***LOG IN*** (top right)
- Type in username & password
- Click ***Log in***

HOW TO JOIN A GROUP

- Click ***GROUPS*** (top of the page)
- Click ***My Groups*** (right side)
- Click ***Join Group*** (blue button)
- Type in Access Code
- Click ***Join***

GROUP ACCESS CODES

- **BWE Families:** VHVH-KPGG-3JMSQ
- **GRE Families:** N5VZ-VWQC-W7VVZ
- **HSE Families:** 2SBT-S5PJ-JSX9X
- **Souders Families:** P96H-962M-XXF77
- **BWIS Families:** V3N3-5462-JS4XK
- **BWMS Families:** 8VWG-XH43-BRB6Z
- **BWHS Famlies:** XXJ5-CR83-DWZCS

Parents have view-only access to their child(ren)'s account

To view your child's account:

On a computer:
- Click on your name (top right)
- Click you child's name

On the app:
- Tap three bars (top left)
- Tap **My Children**
- Tap **More**
- Tap your child's name

(If you have more than one child, he/she will pop up here)

Parents will only receive notifications on the groups they join

To customize notifications:
- Click on your name (top right)
- Click **Settings**
- Click **Notifications**
- Determine if you prefer to get email/text notifications
- Click **Save Changes**

SCHOOL CONTACT INFO

Big Walnut Central Office
740.965.3010
kamimathews@bwls.net

Big Walnut Elementary
740.965.3902
dianainscho@bwls.net

Big Walnut High School
740.965.3766
michellemcdermott@bwls.net

General Rosecrans Elementary
740.965.8900
angiesnyder@bwls.net

Big Walnut Middle School
740.965.3006
kellymazzi@bwls.net

Harrison Street Elementary
740.965.7850
melissaevans@bwls.net

Big Walnut Intermediate
740.965.7800
kathiebowman@bwls.net

Hylen Souders Elementary
740.965.3200
chriswolfe@bwls.net

Big Walnut Technology Department: bwit-support@bwls.net

WEATHERING THE QUARANTINE

Community Library
Serving the Big Walnut Area

These are interesting times indeed. COVID-19 has brought life to a near halt. At the Community Library, we understand the challenges in trying to keep busy, stimulated, and engaged when confined to our homes.

Following Governor DeWine's recommendation, the Community Library has closed the facility to the public, but our drive-through and after-hours pickup lockers remain open. These options still provide you access to our physical collection of books, movies, and much more. Patrons can call us or go online to request items. We can also provide collections on specific themes or topics, if needed. You can contact us at ask@yourcl.org or 740.965.3901. While we intend to keep the library open as long as possible, the situation changes daily, so continue to watch our website at yourcl.org for updates.

If visiting the library is not possible, patrons have access to our digital collections through Overdrive, Hoopla, and RBdigital. Overdrive is your source for ebooks and digital audiobooks. Hoopla has ebooks and audiobooks, and also movies and music. Finally, RBdigital gives you access to digital magazines. Links to these resources are at the bottom of our homepage at https://www.yourcl.org.

We also have many online resources available at databases.yourcl.org. Following are just a few we think might be of interest:

- **TumbleBooks:** Animated, talking picture books for developing readers.
- **World Book:** In addition to the traditional informational articles that World Book Encyclopedia is known for, there are also educational activities and games in their Early Learning section.
- **Lynda.com:** Library patrons have access to a large, diverse video library of engaging, top-quality courses from creative writing to computer programming.
- **Mango Languages:** An online language learning program that provides a fast, easy, and effective way to learn to speak a foreign language.

Most of these services require a library account. If you don't already have an account, visit register.yourcl.org. Internet access is available 24/7 from our parking lot. If you have any questions, contact us at ask@yourcl.org or 740-965-3901.

FOCUS ON STUDENT WELLNESS

Justin Plummer
Mental Health Specialist

The coronavirus response can be overwhelming. It can bring feelings of stress and uncertainty. This is a normal response to a change in routine. Change is challenging even at the best of times. The most effective tools to manage the stress from change are information and planning. It is essential that we prepare our families to respond in a positive and proactive way to the current circumstances. I've listed resources here to help you manage the mental wellness of you and your family.

One way that families can support their children is to talk openly about the change in routine. We get used to our routines and rely on them to feel safe. Consistency is predictable, and predictability is safe. Take this opportunity to review the changes in routine. Help them see opportunities for growth and review the need for flexibility.

Another way to support your children's mental wellness is to establish a clear routine at home. Having your child perform a variety of activities can help manage anxiety or boredom in response to a new routine. Having children engage with productive screen time activities, as well as preferred activities, is another way to support mental wellness. Too much screen time or social media can lead to fatigue and frustration.

Finally, remember your children look to adults in their lives to figure out how to respond to life challenges. Values such as kindness, compassion and patience are a normal part of our society. Stress responses often limit our ability to use these concepts to cope with changing situations. Not only should you have a plan to maintain your children's mental wellness, but be aware of your own needs. Communication with family, friends and others in the community through electronic media is one way to be safely connected.

If you manage your mental wellness with a professional, remember to maintain regular contact with them and follow all of their recommendations. In the coming weeks, we will be posting information related to mental wellness and families. Big Walnut is committed to helping our community during this time of need. Please let us know how we can help.

- **Centers for Disease Control and Prevention:** tinyurl.com/BWLSEE1
- **National Institute for Mental Health**: nimh.nih.gov
- **American School Counselors Association- Resource page for families:** tinyurl.com/BWLSEEhealth
- **Delaware County Health Authority:** delawarehealth.org/
- **Help Line of Delaware & Morrow Counties:** 740.369.3316, 419.947.2520 or 1.800.684.2324; for 24/7 access, text "helpline" to 898211 for help
- **Nationwide Children's Crisis Line:** 614.722.1800

SUPPORT LOCAL RESTAURANTS

RESTAURANT	HOURS	PHONE #	NOTES
Dairy Queen	**Monday-Sunday** 10:00 a.m-9:00 p.m.	**740.913.0783**	1 free cone on orders over $5 $5 off ice cream cake for those who share post on Facebook
District 13	**Monday-Sunday** 11:00 a.m.-8:00 p.m.	**740.913.1039**	
Good Fella'z	**Monday-Saturday** 10:00 a.m.-10:00 p.m. **Sunday** 11:00 a.m.-9:00 p.m.	**740.965.6000**	
Firehouse	**Monday-Thursday** 11:00 a.m.-7:30 p.m. **Friday-Sunday** 11:00 a.m-9:00 p.m	**740.965.2207**	Delivery service when drivers are available: $2.99 fee $25 min. order
Fracasso's Pizza	**Sunday-Thursday** 11:00 a.m.-9:00 p.m.	**740.965.4711**	1 Year Anniversary of new ownership April 1- 10% off all orders
Longbranch	**Sunday-Thursday** 4:00 p.m.-8:30 p.m **Friday-Saturday** 4:00 p.m.-9:00 p.m.	**740.965.3383**	
Mi Sombrero	**Monday-Sunday** 11:00 a.m.-8:00 p.m.	**740.965.1313**	
New China Express	**Monday-Saturday** 11:00 a.m.-10:00 p.m. **Sunday** 11:30 a.m-9:30 p.m.	**740-965-1888**	
Oak Hill BBQ	**Tuesday-Sunday** 11:00 a.m.-7:00 p.m.	**740.965.4227**	
PJ's	**Monday-Saturday** 11:00 a.m-8:00 p.m.	**740.965.2000**	
PowerFuel Nutrition	**Monday-Friday** 7:00 a.m.-6:00 p.m.	**740.610.8991**	
Surve	**Monday -Thursday** 11:00 a.m.-8:00 p.m. **Friday-Saturday** 11:00 a.m.-10:00 p.m. **Sunday** 11:00 a.m.-4:00 p.m.	**740.936.5080**	Fish & Chip Special on Friday
The Coffee Vault	**Monday-Friday** 6:30 a.m.-5:00 p.m. **Saturday & Sunday** 8:00 a.m.-3:00 p.m.	**740.936.8116**	
The Galena Diner	**Monday-Saturday** 7:30 a.m.-7:00 p.m. **Sunday** 8:00 a.m.-7:00 p.m.	**740.965.9357**	
Tim Hortons	**Monday-Sunday** 5:00 a.m.-10:00 p.m.	**740.965.1407**	Free lunch for students if parents come through drive-thru between 11:00-1:00 *Grilled cheese or turkey sandwich with chips, drink and 2 timbits*
Whit's	**Monday-Sunday** 12:00 p.m.-8:00 p.m.	**740.965.1427**	
Yum-ee Donuts	**Monday & Tuesday** 6:00 a.m.-11:00 a.m. **Wednesday-Saturday** 6:00a.m.-12:00 p.m. **Sunday** 7:00 a.m.-11:00 a.m.	**740.965.4802**	

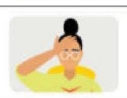
Restaurants listed are those that responded and are currently open

STAY HEALTHY

COVID-19, Cold and Flu

Ohio Department of Health

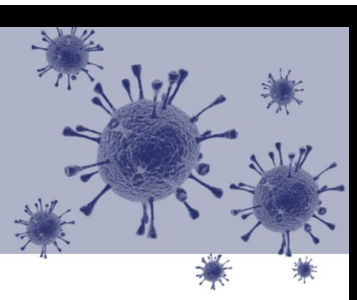
How can you tell the difference?

	SYMPTOMS	CORONAVIRUS COVID-19	COLD	FLU
	Sore throat	Sometimes	Common	Common
	Cough	Common	Common	Common
	Sneezing	—	Common	Sometimes
	Fever	Common	—	Common
	Body aches	Sometimes	Mild	Common
	Tiredness	Sometimes	Mild	Common
	**Headache**	—	—	Common
	Runny/stuffy nose	—	Common	Sometimes
	Nausea	—	—	Sometimes
	Shortness of breath	In severe cases	—	—

Adapted from the Cleveland Clinic. Sources: Centers for Disease Control and Prevention, World Health

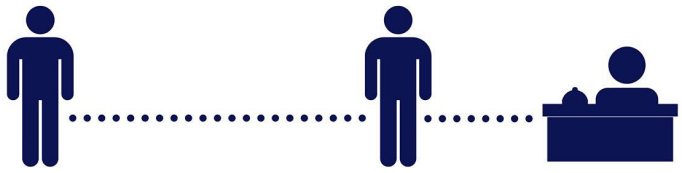
For more information, visit: coronavirus.ohio.gov

PROTECT PUBLIC HEALTH



PRACTICE SOCIAL DISTANCING

TRY TO MAINTAIN A DISTANCE OF 3-6 FEET FROM PEOPLE, INCLUDING THOSE BEHIND COUNTERS



BE MINDFUL OF TOUCHING SURFACES IN PUBLIC PLACES

WASH YOUR HANDS FREQUENTLY FOR 20 SECONDS WITH SOAP & WARM WATER

COVER COUGHS & SNEEZES AND AVOID TOUCHING EYES, NOSE & MOUTH

GO HOME IF FEELING SICK

IF YOU ARE SICK, AVOID CONTACT WITH OTHERS
DO NOT GO TO WORK OR SCHOOL

DelawareHealth.org/covid-19

Delaware General Health District
Dedicated to Your Health

FOR MORE INFORMATION:

delawarehealth.org/covid-19

or coronavirus.ohio.gov

TO TEST OR NOT TO TEST *THAT IS THE QUESTION*

TO TEST

- **SEVERE ILLNESS** - DIFFICULTY BREATHING, SHORTNESS OF BREATH, OR WORSENING SYMPTOMS THAT REQUIRE IMMEDIATE MEDICAL CARE
- **TESTING IS PERFORMED ONLY UNDER DIRECTION OF A DOCTOR**
- THIS WILL CHANGE AS CAPACITY TO TEST INCREASES

NOT TO TEST

- **NOT SICK** - NO SYMPTOMS
- **MILD ILLNESS** - SYMPTOMS SIMILAR TO A COLD THAT CAN BE MANAGED AT HOME

Local health departments and primary care doctors are not testing in office. Those who meet the testing criteria will have a specimen taken (mouth or nasal swab) as directed by a doctor. The specimen will then be tested at the ODH lab or by a privately-contracted lab.

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