



SAFETY SERVICE PROTECTION

# OHIO EMERGENCY MEDICAL SERVICES



Robert L. Wagoner, Interim Executive  
Director

[www.ems.ohio.gov](http://www.ems.ohio.gov)

## Coronavirus Disease 2019



Department  
of Health

### PPE Guidance for Firefighters, EMS

Conservation of medical-grade Personal Protection Equipment (PPE) is paramount during this COVID-19 pandemic. According to the CDC guidance, “CDC continues to study the spread and effects of the novel coronavirus across the United States. We now know from [recent studies](#) that a significant portion of individuals with coronavirus lack symptoms and that even those who eventually develop symptoms can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms.

“In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission,” recent CDC guidance states.

Based on this recent CDC guidance, the Ohio Department of Health recommends first responders, when stationed in the firehouse while working implement social distancing measures and use cloth or homemade masks (if they feel it necessary), preserving N-95 masks and other PPE for appropriate use when out on response calls requiring close patient contact.

For additional information, visit [coronavirus.ohio.gov](http://coronavirus.ohio.gov).

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

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)

# CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

Protect yourself and others from COVID-19 by taking these precautions.

## PREVENTION

For additional information call 1-833-4-ASK-ODH or visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



STAY HOME



PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

Ohio Department of Public Safety  
[www.publicsafety.ohio.gov](https://www.publicsafety.ohio.gov)

Mike DeWine, Governor  
Thomas J. Stickrath, Director