

# COVID-19 Stay-at-Home Advisory

WHEREAS, Lucas County is experiencing a rapid and sustained increase in COVID-19 cases and hospitalizations, which left unchecked poses a growing risk to our healthcare system and community; and

WHEREAS, additional direction is warranted to moderate case growth and preserve hospital capacity; and

WHEREAS, following the guidance from local, state, and federal officials is more critical than ever to prevent the accelerating spread of the virus and preserve hospital and public health capacity;

WHEREAS, protecting the lives and good health of you, your loved ones, and our community relies on the responsible behaviors of all Lucas County residents; now, and,

WHEREAS, health commissioners shall keep the public informed in regard to all matters affecting the health of the district; now, therefore,

## **THEREFORE BE IT RESOLVED**

**The Toledo-Lucas County Health Department hereby states the following:**

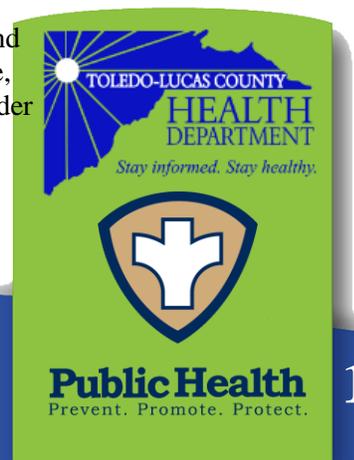
### **Section 1. Stay at Home Advisory**

#### **A. General Advisory Guidance**

Beginning immediately, TLCHD advises all residents of Lucas County to stay at home due to the rapid rise of COVID-19 cases and hospital utilization in the Lucas County. Residents are advised to act similarly as we did early in the pandemic by: leaving home only for work (school), or for essential needs such as seeking medical care, going to the grocery store or pharmacy, picking up food, or receiving deliveries. If and when you do leave home, use a face covering and stay at least six feet away from others. Wash your hands or use hand sanitizer before leaving for any essential purpose and after returning.

#### **B. Residents are Strongly Advised:**

- a) Avoid any unnecessary travel both in and out of the State of Ohio
- b) Have no guests in their homes except essential workers.
- c) Cancel large traditional holiday celebrations if at all possible
- d) The riskiness of any gathering is related to the following factors: the more people gathered together who do not already live together, the longer they spend time together, the closer they are physically to each other with more direct contact, the louder the conversations, the smaller the space with less air flow, the higher the risk.
- e) A meal with others who are already living together in the same house or apartment would carry no added risk but each added guest who is not already living with you increases the risk. If despite this advice you choose to have outside guests, everyone should wear masks except while eating or drinking. Everyone should wash hands or use hand sanitizer at the start of the gathering and upon leaving. All should try to remain 6 feet or more apart during the gathering. Those already living together could be seated together but separated by 6 feet from those who are not part of their household. Food and drink should be served by a single person or by using separate serving utensils or serving utensils and hands should be washed or sanitized between uses.
- f) Anyone who has had recent exposure to another person who is positive for Covid19 should not be gathering with others but should stay home in quarantine (see below) and anyone with symptoms that could be due to Covid19 (fatigue, cough, fever, headache, body aches, GI upset, or loss of taste or smell) should stay isolated at home and consider getting tested for Covid19.



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## **C. Adherence to All Current Orders**

All orders set forth by Governor Mike DeWine, the Ohio Department of Health, and the Toledo-Lucas County Health Department should be adhered to by all Lucas County Residents.

## **D. Advisory on Indoor and Outdoor Meetings and Social Events**

Residents are advised to limit meetings and social events to ten (10) individuals, from the issue date of this advisory. The advice applies to both indoor and outdoor events. Parties, receptions, celebrations, and other similar events should be postponed until after this current surge of COVID-19 transmission in the community. Furthermore, banquet facilities, rental halls and houses of worship are required to continue to implement all virus transmission prevention protocols and are advised to limit the number of individuals in attendance to ensure safe distancing at all regular services, receptions and events such as weddings or funerals. These facilities are subject to all sector specific requirements and must operate in a manner consistent with all current state orders.

## **E. Response to Illness, Isolation and Quarantine**

Residents of Lucas County that are exhibiting COVID-19 like symptoms should shelter in their place of residence. They shall not go to their workplace or congregate setting and shall only leave their place of residence to seek necessary clinical care, or for essential life sustaining needs, such as obtaining medicine or food. COVID-19 symptoms include, but are not limited to, new onset of fever, cough, shortness of breath, congestion or runny nose, sore throat, new loss of taste or smell, body aches, or unusual fatigue.

Residents of Lucas County diagnosed with COVID-19 by a laboratory test or their medical provider must isolate for 10 days from the date of their symptom onset (or from the date of the test collection if they never develop symptoms). People who are in isolation must stay home until it is safe for them to be around others (when they meet the criteria for discontinuation of isolation). In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

Residents of Lucas County that have had contact with an individual diagnosed with COVID-19 must quarantine for 14 days from the date of last contact. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their local health department and medical provider.

Residents who are either confirmed positive or a close contact should not wait to hear from the health department and immediately follow the guidance as described. Information about isolation and quarantine can be found on the Ohio Department of Health or Centers for Disease Control and Prevention (CDC) websites.

## **F. Employers and Schools**

Employers are strongly encouraged to identify and accommodate as many employees as possible to work from home during this time. All businesses and local governments are advised to transition as many transactions and functions as possible to online. Universities are strongly advised to transition to online remote learning after the Thanksgiving holiday.

## **G. Physical and Mental Health**

The Toledo-Lucas County Health Department fully recognizes the Physical and Mental toll COVID-19 has had on Lucas County Residents. All residents need to remember the current COVID-19 conditions will not last, and more normal life will come. Residents should take time to stay mentally and physically healthy through activities such as routine communication with friends and loved ones, good nutrition, and physical activity.

TLCHD encourages socially distanced physical activities in moderation, such as using our Metro Parks to walk, run, hike, and be outdoors. Other physical activities to maintain both a healthy body and mind are also encouraged, as long as those activities do not increase the likelihood of COVID-19 spread.

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## **SECTION 2. Effective Date**

This Advisory shall go into effect on November 19, 2020 and shall remain in place until 12:01 am on December 17, 2020, which is a total of 28 days and represents two consecutive incubation periods (28 days) of the SARS-CoV-2 virus (COVID-19). This Advisory may be rescinded, modified or extended by the Board as deemed appropriate to assist in the Board's response to COVID-19.

## **SECTION 3. Board Resolution**

This Board finds and determines that all formal actions of this Board concerning and relating to the passage of this Resolution were adopted in an orderly meeting of this Board, and that all deliberations of this Board that resulted in such formal action were conducted in meetings open to the public and in compliance with all legal requirements, including Section 121.22 of the Ohio Revised Code.