



KENT CITY HEALTH DEPARTMENT

414 E. MAIN ST., P.O. BOX 5192, KENT, OHIO 44240 (330) 678-8109 FAX (330) 678-2082

World Health Organization Declares COVID-19 a Pandemic

The World Health Organization (WHO) declared COVID-19 a pandemic on March 11, 2020. While there are five confirmed cases in Ohio, this designation emphasizes the need to press forward with prevention efforts. COVID-19 is spreading rapidly but its impact can be lessened if we earnestly do the things we have heard repeatedly. As a reminder those things are:

- Wash your hands with soap and water for 20 seconds or use alcohol hand rub frequently
- Clean high touch surfaces frequently, like doorknobs, keyboards, remotes, and cell phones
- Stay home if you are sick
- Stay away from people you know to be ill
- Get your flu shot
- Keep your hands away from your face
- Cough or sneeze into a sleeve or elbow
- **Stay away from large gatherings of people**, maintain a six-foot distance from others

While COVID-19 is typically linked to older adults or those currently with health problems that does not mean young, healthy individuals may not still come down with the virus. We strongly urge everyone to adhere to the above recommendations.