

## COVID-19 Guidance for Essential Businesses and Operations – Mail, Post, Shipping, Logistics, Delivery, and Pickup Services

### COVID-19 Stay At Home Order

***In order to minimize contact among people and stop the spread of COVID-19, Ohio Governor Mike DeWine and Ohio Department of Health Director Amy Acton is ordering all Ohioans to stay home or at their place of residence, effective 11:59 p.m. March 23, except for essential activities, essential governmental functions, or to operate essential businesses and operations. Homes or residences include houses, rental units, hotels, motels, shared rental units, shelters, and similar facilities. The order will be in effect until 11:59 p.m. April 6, 2020, unless it is rescinded or modified before then. For full details, please read [the order](#).***

In this order, essential businesses and operations consist of mail, post, shipping, logistics, delivery, and pickup services. This includes:

- Post offices
- Businesses that provide shipping and delivery services
- Businesses that ship or deliver groceries, food, alcoholic and non-alcoholic beverages, goods, vehicles, or services to end users or through commercial channels

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

# 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

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