

COVID-19 Checklist

Strategies to Decrease Risk

Everyone has a role to play in the protection against COVID-19, both as an employer and as an individual. Here is a checklist from our recent webinar with Dr. Michael Roizen, Chief Wellness Officer at the Cleveland Clinic on clinical recommendations for reducing risk of infection and severe illness from COVID-19.



Measure Your Risk, And The Risks of Those Around You

Older adults, those who live in a long-term care facility, and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19, including:

- People with chronic lung disease or moderate to severe asthma
- People with hypertension and other serious heart conditions
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease
- People who are immunocompromised



You Protecting OTHERS

- Physical distancing: 6 feet
- Cloth masks
- Quarantine with symptoms
- Testing + quarantine if you're shedding the virus



You Protecting YOU

- Physical distancing: 12 feet
- Isolation
- Washing before touching your face, hair or eating
- Personal protective equipment: gloves, hat
- N-95 masks (if you are over 70 or have comorbidities)



Take Steps Towards a Healthier You

Understand your health risks:

- BMI: 21 to 29.9, or Waist < 1/2 Height
- Blood Pressure: <130, <85
- Fasting Blood Glucose: <107 or HgBA1C < 6.4
- LDL Cholesterol: <130 or <100
- Tobacco Use
- Stress

Create a plan to make small improvements over the next few months to reduce chronic disease risk and in turn, COVID-19 risk.

“Each one of us has a responsibility to each other to slow the spread. No other time in our lives will our individual actions play a greater role in saving lives.”

– Governor Mike Dewine (Ohio)