



Public Health
Prevent. Promote. Protect.

Tuscarawas County Health Department

Tuscarawas County Health Department's COVID-19 Weekly Report

March 13, 2020

3 Vitamins that Boost Your Immune System

Vitamin C is one of the biggest immune system boosters of all. Foods rich in vitamin C include oranges, grapefruits, tangerines, strawberries, bell peppers, spinach, kale and broccoli.

Vitamin B6 is vital to supporting reactions in the immune system. Vitamin B6-rich foods include chicken and cold-water fish such as salmon and tuna. Vitamin B6 also is found in green vegetables and in chickpeas, which is the main ingredient in hummus.

Vitamin E is a powerful antioxidant that helps the body fight off infection. Foods rich in vitamin E include nuts, seeds and spinach.

Situation Numbers*

Globally

132,758 confirmed cases of COVID-19

China

80,991 confirmed cases of COVID-19; 3,180 deaths (3.9%)

Outside of China

51,767 confirmed cases in 122 countries of COVID-19; 1,775 deaths (3.4%)

United States

1,629 confirmed cases of COVID-19; 41 deaths (2.5%)

Ohio

Tuscarawas County: NO confirmed cases

13 confirmed cases of COVID-19; 0 deaths; (Belmont: 2; Butler: 1, Cuyahoga: 6; Stark: 2; Summit: 1; Trumbull: 1)

159 persons under investigation in Ohio; 50 negative persons under investigation; 333 individuals under public health supervision (self-monitoring)

Please note: TCHD will not be sharing information about individuals under public health supervision or under voluntary quarantine for COVID-19 in our County. These individuals are not showing any symptoms and are not under investigation. As is our normal practice when we monitor situations of infectious disease in the community, information will be shared as is necessary to protect the public while respecting individual privacy. As with other diseases, we do not routinely share suspected case information until it is confirmed. The same will be done with COVID-19.

*As of March 13, 2020

How Long Will This Pandemic Last in The United States?

Experts currently estimate the disease burden in the United States from the COVID-19 virus could last anywhere from 2-8 weeks.

Contact Us

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(330)343-5555 x112

ODH Call Center

1-833-4-ASK-ODH
Open Seven Days a Week

Country/Territory/ Area with 500 or more Confirmed Cases of COVID-19

China (80,991)
Denmark (674)
France (2,860)
Germany (2,369)
Iran (10,075)
Italy (15,113)
Japan (675)
Netherlands (614)
Republic of Korea (7,979)
Spain (2,965)
Switzerland (858)
Sweden (620)
United Kingdom (594)
United States (1,264)

Latest Developments*

- **Ohio bans mass gatherings of 100 or more:** Mass gatherings do not include normal operations of airports, bus and train stations, medical facilities, libraries, shopping malls and centers, or other spaces where 100 or more persons may be in transit. It also does not include typical office environments, schools, restaurants, factories, or retail/grocery stores where large numbers of people are present, but it is unusual for them to be within arm's length of one another.
- **Ohio Governor Mike DeWine Ordered Closure of Schools:** Beginning at the conclusion of the school day on Monday, March 16, all K-12 schools will close to students through Friday, April 3. This order includes all public, community, and private K-12 schools in the state, but does not apply to Ohio's childcare system such as daycare centers and home-based childcare providers. When in doubt, check with your local school district.

*As of 03/13/2020 at 1:55pm

Protect Yourself and Others

- Stay home while you are sick (except to visit a health care professional) and avoid close contact with others.
- Wash your hands for 20 seconds or more with soapy water several times a day. If soap and water are unavailable, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth/nose with a tissue or sleeve when coughing/sneezing.
- Clean and disinfect frequently touched objects and surfaces each day. Use a household cleaner according to label instructions.

"If you are sick and it's mild and you are relatively healthy, you really can stay home." Dr. Acton, Director of Health for the Ohio Department of Health

Tuscarawas County Health Department's Current Situational Goal:

To delay the onset of community spread of COVID-19 in Tuscarawas County