

# Be the voice that saves lives

# #TOGETHERASBUCKEYES

Our patients, our communities and our loved ones often look to us as an example of how to stay safe in times of health care crisis. It's vital that we model best practices to slow the spread of COVID-19.

While the research on this deadly virus continues, three simple acts remain our best defense for preventing the spread of COVID-19 in our everyday lives and workplace:



**1. Wear a mask**



**2. Wash hands often**

**3. Physically distance (at least 6 feet apart) from others who are outside of your household, when possible**



## WHAT ELSE YOU CAN DO

As an employee of a leading academic health care institution, you may be a highly trusted voice among your loved ones. You're a valuable resource for evidence-based strategies that can slow the spread of COVID-19, reduce the strain on hospital systems and save lives.

### Suggest avoiding large gatherings with friends and family.

Suggested talking point:

- One of our surveys at Ohio State found that about 40% of Americans planned to gather in groups of 10 or more people for Thanksgiving. If even 1% of those people got COVID-19, that will result in more than 1.2 million cases. Encourage your family and friends to find a way to celebrate holidays safely, in smaller groups.



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**Advocate for wearing a mask in public settings and while with others outside of your household.**

Suggested talking points:

- We know now through research that face masks can reduce the risk of COVID-19 spread by as much as 85%.
- Studies have shown that wearing a mask protects both you and others around you from droplets that can carry COVID-19.
- Statistical models that we use at Ohio State show that if 95% of Americans wore a mask in public from October 2020 to February 2021, we could prevent about 130,000 people from COVID-19 infection.
- The same model shows that if 95% of Ohioans wore a mask in public from November 2020 to February 2021, we could save 2,000 lives. If 95% of central Ohioans wore a mask during that time, we could save more than 500 lives in the Columbus area.

**Know how to choose an effective face mask for everyday use.**

In health care facilities, we wear hospital-grade masks. But in other public settings, we should wear masks that...

- Fit snugly over both the nose and mouth, and don't require constant adjustment
- Fit comfortably
- Have two to three layers and don't allow sunlight to filter through when held up to the light
- Are not thin, gaiter-like masks that fit tightly against the face—these can do more harm than good. Studies show that droplets can not only get through the material, but the material can split the droplets into even smaller aerosol droplets that remain in the air longer

**Have more questions? Learn more here.**

**OTHER HELPFUL INFORMATION:** [go.osu.edu/coronavirus](http://go.osu.edu/coronavirus)

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