



**OKLAHOMA**  
**State Department of Health**

## **COVID-19 Talking Points**

### **UPDATE**

- COVID-19 is present in Oklahoma and more cases are expected. We are working closely with our strong and expansive network of national, state and local partners to continue monitoring travelers and the situation.
- Public health officials advise against all cruise travel.
- Older adults and individuals with chronic illness should avoid all non-essential air travel as they are at higher risk for more severe COVID-19 illness.
- All Oklahomans are advised to take social distancing precautions such as implementing telework and avoiding large gatherings when possible.

### **RESOURCES**

- We strive to empower Oklahomans through education and resources. To find accurate information on COVID-19, visit the Oklahoma State Department of Health website at [coronavirus.health.ok.gov](https://coronavirus.health.ok.gov).
- The Oklahoma State Department of Health has established a call center for public inquiries at 1-877-215-8336. Interpreting services are available to callers who speak in languages other than English.
- We encourage being aware of current international travel restrictions. The CDC traveler's health link, <https://wwwnc.cdc.gov/travel>.

### **ACTION STEPS**

As we continue to focus on preparedness, working with our public health and medical system partners, there are easy and effective steps Oklahomans can take to protect themselves:

- Wash hands often
- Avoid touching eyes, nose and mouth
- Cover your cough or sneeze



If you have recently been to an area with ongoing spread of COVID-19 or have been exposed to someone sick with COVID-19 in the last 14 days, you may face some limitations on your movement and activity. Please follow instructions during this time. Your cooperation is integral to the ongoing public health response to try to slow spread of this virus. If you develop COVID-19 symptoms, contact your healthcare provider, and tell them about your symptoms and your travel or exposure to a COVID-19 patient.

We support and embrace a “neighbor helping neighbor” approach to ensure individuals throughout our communities stay connected and receive the information and resources they need to stay healthy.

