



DELAWARE COUNTY PUBLIC HEALTH SERVICES

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PRESS RELEASE

FOR IMMEDIATE RELEASE

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Currently there are two (2) laboratory confirmed positive COVID-19 cases in Delaware County. Delaware County Public Health Services in partnership with the New York State Department of Health, local hospitals and healthcare providers is actively investigating these cases and providing guidance on reducing the spread (i.e., quarantine, cleaning and other recommendations) as appropriate.

Individuals who are symptomatic and have traveled to areas of concern or have come in close contact (same classroom, office or gathering) with a person who is confirmed positive and who is symptomatic and has not tested positive for any other infection should call ahead to their health care provider before seeking treatment in person.

Older adults and persons who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at a higher risk for more serious complications from COVID-19. People who are at higher risk are encouraged to avoid crowds as much as possible

The 2019 Novel (New) Coronavirus is spread person to person by droplets when coughing. It can cause an illness ranging from mild to severe. This virus causes a disease called COVID-19 and can lead to fever, cough and shortness of breath.

If you have any of the COVID-19 symptoms (cough, fever, trouble breathing or pneumonia) talk to your primary care provider. Do not come to the emergency room

unless there is a pressing emergency.

Prevention:

To prevent spread of this virus, the flu and other respiratory illnesses, individuals are encouraged to:

- Wash your hands often with soap and water for at least 20 seconds, especially before you eat.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick. Keep a distance of at least 6 feet to help slow the spread of COVID-19.
- Cover your cough and sneezes with a tissue and discard it in a closed container.
- Clean frequently touched surfaces and objects.

For People who are sick:

- Stay home.
- If you have a fever, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicines, such as acetaminophen.
- Keep sick household members away from others. If you have a separate room that is best.
- Use soap and water, a bleach and water solution, or EPA-approved household products. You can make your own cleanser with a mixture of 1 cup of liquid unscented chlorine bleach in 5 gallons of water.
- Avoid sharing personal items.
- Anyone at high risk for complications should talk to their healthcare provider for more information.

Social Distancing:

During this time of increasing spread of COVID-19, we are encouraging all community members to practice social distancing. Social distancing includes taking steps to stop or slow down the spread of disease.

The following strategies are encouraged:

- Stay home when you are sick
- Call your health care provider in advance of a visit
- Limit movement in the community i.e. attendance at events, restaurants, parties, etc.

- Limit visitors to your home
- Keep a 6-foot distance between you and others when out in the community
- Avoid direct physical contact such as hand-shaking, holding hands, and hugging.

If you are not on quarantine, the following activities may be enjoyed while practicing social distancing:

- Take walks, runs, and bike rides outside. Remember to maintain a 6-foot distance between you and others that are joining you.
- Play games outside with members of your household verses with outside friends
- Stay connected with others through phone or video

For information about COVID-19 you can visit

<http://delawarecountypublichealth.com/>, <http://www.co.delaware.ny.us/wordpress/>,
<https://www.health.ny.gov/diseases/communicable/coronavirus/> and
<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

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