



Chemung County Health Dept.

103 Washington St. Elmira, NY 14901 607-737-2028 chemunghd@chemungcountyny.gov



Coronavirus

[Precautions](#) [Prevention](#) [Fact Sheet](#) [FAQs](#) [Visitor/Patient Signs](#) [Handwashing](#) [Personal EP Plan](#)

The following information is based on the most current Centers for Disease Control and Prevention (CDC) and NYS Department of Health (DOH) resources for prevention of the spread the novel coronavirus of 2019 disease (COVID-19) *available at this time*. **Be advised this is a rapidly developing situation. We recommend checking the sites below for the most up to date information.**

CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For Long Term Care Facilities: <https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/prevent-spread-in-long-term-care-facilities.html>

People at higher risk including older adults and those with chronic medical conditions:
<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

NYSDOH website: <https://www.health.ny.gov/diseases/communicable/coronavirus/>

Hotline: New Yorkers Can Call: 1-888-364-3065 with Questions or Concerns About Travel and Symptom

NYSDOH Videos: <https://youtu.be/QZnYfqghMk0> or <https://youtu.be/uqYkA7fwhxA>

World Health Organization <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Chemung County Health Department: <http://www.chemungcountyhealth.org/> and Like us on Facebook <https://www.facebook.com/chemungcountyhealthdepartment/> for the most up to date local information.

Residents should always consider being prepared for emergencies. General tips can be found here:
<http://nyprepare.gov/aware-prepare/>

Precautions

The following precautions should always be taken to prevent the spread of disease:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

If anyone has any questions or concerns please call the Health Department at 607-737-2899.
We are here to help.



Prevent the spread of respiratory germs WITHIN your facility

Source: <https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/prevent-spread-in-long-term-care-facilities.html>

- **Keep residents and employees informed.**
 - Describe what actions the facility is taking to protect them, including answering their questions and explaining what they can do to protect themselves and their fellow residents.
- **Monitor residents and employees for fever or respiratory symptoms.**
 - Restrict residents with fever or acute respiratory symptoms to their room. If they must leave the room for medically necessary procedures, have them wear a facemask (if tolerated).
 - In general, for care of residents with undiagnosed respiratory infection use Standard, Contact, and Droplet Precautions with eye protection unless suspected diagnosis requires Airborne Precautions (e.g., tuberculosis).
 - Healthcare personnel should monitor their local and state public health sources to understand COVID-19 activity in their community to help inform their evaluation of individuals with unknown respiratory illness. If there is transmission of COVID-19 in the community, in addition to implementing the precautions described above for residents with acute respiratory infection, facilities should also consult with public health authorities for additional guidance.
- **Support hand and respiratory hygiene, as well as cough etiquette by residents, visitors, and employees.**
 - Ensure employees clean their hands according to [CDC guidelines](#), including before and after contact with residents, after contact with contaminated surfaces or equipment, and after removing personal protective equipment (PPE).
 - Put alcohol-based hand rub in every resident room (ideally both inside and outside of the room).
 - Make sure tissues are available and any sink is well-stocked with soap and paper towels for hand washing.
- **Identify dedicated employees to care for COVID-19 patients and provide infection control training.**
 - Guidance on implementing recommended infection prevention practices is available in CDC's free online course — [The Nursing Home Infection Preventionist Training](#) — which includes resources checklists for facilities and employees to use.
- **Provide the right supplies to ensure easy and correct use of PPE.**
 - Post [signs](#) on the door or wall outside of the resident room that clearly describe the type of precautions needed and required PPE.
 - Make PPE, including facemasks, eye protection, gowns, and gloves, available immediately outside of the resident room.
 - Position a trash can near the exit inside any resident room to make it easy for employees to discard PPE.



Chemung County Health Dept.

103 Washington St. Elmira, NY 14901 607-737-2028 chemunghd@chemungcountyny.gov



Public Health
Prevent. Promote. Protect.
Chemung County Health
Department



Public Health
Prevent. Promote. Protect.
Chemung County Health
Department

Fact Sheet

Chemung County Health Department

Coronavirus (COVID-19)

This is a new virus that causes respiratory illness in people and can spread from person to person. This virus was first identified during an investigation into an outbreak in Wuhan, China. *The current risk of contracting the virus in the United States remains low.*

Working Together

We are working closely with the New York State Department of Health, Centers for Disease Control and Prevention and local healthcare providers and facilities to follow this virus.

No Confirmed Cases

Currently, there are no confirmed cases in Chemung County. Confirmed cases will be promptly investigated. This is an emerging, rapidly evolving situation. To stay up-to-date on information, please go to the [CDC COVID-19 website](https://www.cdc.gov/covid19/).

Trusted Information

The uncertainty surrounding COVID-19 has led to misinformation and rumors on the internet and social media regarding the virus. It is critical that residents rely on the following trusted and reliable health sources of information regarding COVID-19.

- [Chemung County Health Department](#)
- [New York State Department of Health](#)
- NYSDOH COVID-19 Information Line: 1-888-364-3065
- [Centers for Disease Control and Prevention](#)
- [World Health Organization](#)

Please note that Influenza (Flu) is actively occurring in our area. It's not too late to get your flu vaccination from your health care provider or use this tool [Flu Vaccine Locator](#).

What You Can Do

Residents should take the following steps every day to avoid spreading respiratory illnesses:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

If you have other questions please call the Chemung County Health Department at 607-737-2899.



Frequently Asked Questions

How Can I Be Prepared for a COVID-19 Outbreak?

- COVID-19 is a new respiratory virus. There is currently an international outbreak affecting several countries and states.
- As new information emerges about the virus, please remember that the risk of COVID19 is not at all connected with race, ethnicity or nationality. Stigma will not help to fight the illness. Seeking and sharing accurate information during a time of heightened concern is one of the best things we can do to keep rumors and misinformation from spreading.

How can I prevent the spread of COVID-19?

- Symptoms of COVID-19 primarily include fever, cough, and shortness of breath. These symptoms appear 2 to 14 days after exposure.
- COVID-19 spreads between people who are in close contact with one another (within about 6 feet) via coughs or sneezes. It may also spread by touching a surface or object with the virus on it.
- People are thought to be most contagious when they are the sickest, though some spread is possible before people show symptoms.
- Prevention starts with practicing good personal health habits: stay home when you're sick, cover your coughs and sneezes with a tissue, wash your hands often with soap and water, and clean frequently touched surfaces and objects.
- Getting plenty of rest, drinking fluids, eating healthy foods, and managing your stress may help you prevent getting COVID-19 and recover from it if you do.

How do I plan ahead for COVID-19?

- Make an emergency plan of action with your household members, relatives, and friends. Visit Emergency Preparedness and You for more information.
- If the disease starts spreading in your area, health officials might recommend to close schools or cancel events and encourage people to work remotely to slow the spread of the disease.
- Make plans for alternative arrangements for your child or yourself in the case of a school or university dismissal or shutdown. Also make plans for your elders and your pets, as needed.
- Check in with your work about your sick leave and telework options should you need to stay home to care for a household member.
- Make a list of your emergency contacts—family, friends, neighbors, carpool drivers, health care providers, teachers, employers, local public health department, and community resources.
- Gather extra supplies, such as soap, tissues, and alcohol-based hand sanitizer. If you or one of your household members have a chronic condition and regularly take prescription drugs, talk to your health provider, pharmacist, and insurance provider about keeping an emergency supply of medications at home.



Chemung County Health Dept.

103 Washington St. Elmira, NY 14901 607-737-2028 chemunghd@chemungcountyny.gov



What do I do if COVID-19 starts spreading in my community?

- Stay informed about local COVID-19 activity through the Department of Health website: <https://www.health.ny.gov/diseases/communicable/coronavirus/> and be aware of any signs that people in your community are getting sick. For example, watch for school dismissals or closures.
- Avoid contact with people who are sick. Cover your coughs and sneezes with a tissue, and wash your hands often with soap or water. Don't share personal items and clean frequently touched surfaces with soap and water.
- If you are sick, stay home. When seeking medical care, wear a facemask and keep your distance from others. If someone in your house is sick, stay home to avoid unknowingly spreading the virus to others.
- Do not attend large events, such as sporting events, conferences, or other community events if you are sick, do not feel well, or someone in your home is sick. If you aren't sick, consider your risk of getting COVID-19 at the event before you go.
- Discourage your children from gathering with others after school unless it is a small group. If any of the children show symptoms of COVID-19, separate them from others immediately.
- Watch your children for symptoms of COVID-19. Notify your children's child care facility or school if they are sick and get any classroom assignments or activities they can do from home.
- Set up a separate room for sick household members. Clean the room regularly and make sure they have clean disposable facemasks to use.
- Check in with family and friends who live alone—especially those with chronic diseases. If you live alone, ask your friends and family to check in with you if you become sick

Source: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVID-19-PersonalPreparedness-English.pdf>

Where can I get more information?

CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For people at higher risk: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

NYSDOH website <https://www.health.ny.gov/diseases/communicable/coronavirus/>

Hotline: New Yorkers Can Call 1-888-364-3065 with Questions or Concerns About Travel and Symptom

Videos: <https://youtu.be/QZnYfqghMk0> or <https://youtu.be/uqYkA7fwhxA>

World Health Organization <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Chemung County Health Dept. website: <http://www.chemungcountyhealth.org/>

And Facebook page [Like us on Facebook](#) for the most up to date local information.

Residents should always consider being prepared for emergencies. General tips can be found here: <http://nyprepare.gov/aware-prepare/>



Visitors/Patient Posters

ATTENTION ALL VISITORS

DO NOT VISIT

if you have fever, shortness of breath, cough,
nasal congestion, runny nose, sore throat,
nausea, vomiting and/or diarrhea.



DO NOT VISIT

until you are completely recovered.

Infections like flu and novel coronavirus (COVID-19)
are especially dangerous to the residents and can
be avoided.



ATTENTION ALL PATIENTS



If you have

traveled internationally
in the past 14 days,

OR had close contact
with someone who has
traveled internationally
in the past 14 days.

And you have:



FEVER



COUGH



**TROUBLE
BREATHING**

PLEASE TELL STAFF IMMEDIATELY



Department
of Health



Stop and Ask Yourself



Are you feeling symptoms of anything that could endanger those we care for?

Please postpone your visit if you have been exposed to COVID-19 (Coronavirus) or have felt any of these symptoms:

- Fever
- Sore throat
- Cough
- Shortness of breath
- A general feeling of being unwell (body aches, chills)
- Diarrhea or nausea
- Respiratory problems

We welcome visitors, but we all need to be particularly cautious when visiting communities.

It's possible to spread contagious viruses even if you have no symptoms. As a precautionary measure, everyone entering this community is required to use the sanitizers provided.

Please do not enter the community if you:

- If you have had symptoms or known exposure to someone with COVID-19.
- Have traveled to known affected areas and returned in the past 14 days.



The CDC recommends you safeguard yourself and others, take the following precautions:

- Cover your nose and mouth with a tissue when you sneeze or cough.
- Dispose of tissues immediately after use.
- Wash hands often with soap and water for 20 seconds, especially after coughing or sneezing. Use hand sanitizer if soap and water is not available.
- Avoid touching your eyes, nose and mouth.
- If you are sick, avoid contact with others so that you do not spread the infection.

Source: https://www.brookdalenews.com//content/1210/files/stop_and_ask_final_editable.pdf



Chemung County Health Dept.

103 Washington St. Elmira, NY 14901 607-737-2028 chemunghd@chemungcountyny.gov



Handwashing Signs

The CDC has a wide variety of handwashing promotion items available here:

<https://www.cdc.gov/handwashing/materials.html>



Source: <https://www.doh.wa.gov/Portals/1/Documents/Pubs/130-012.pdf>



Source: <https://www.cdc.gov/coronavirus/2019-ncov/images/travel-health-alert-protect-yourself.jpg>



Chemung County Health Dept.

103 Washington St. Elmira, NY 14901 607-737-2028 chemunghd@chemungcountyny.gov



Public Health
Elmira, NY 14901
607-737-2028

CLEAN HANDS KEEP YOU HEALTHY.

Wash your hands with soap and water for at least **20 SECONDS.**

LIFE IS BETTER WITH CLEAN HANDS

www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GQJO, and Saples. HHS/CDC does not endorse commercial products, services, or companies.

Source: https://www.cdc.gov/handwashing/pdf/19_309599-A-Frankson_Handwashing.pdf

www.chemungcountyhealth.org



Chemung County Health Dept.

103 Washington St. Elmira, NY 14901 607-737-2028 chemunghd@chemungcountyny.gov



Public Health
Elmira, NY 14901
607-737-2028

Personal Emergency Preparedness Plan

EMERGENCY CONTACT INFO	PHONE	ADDRESS
POLICE		
FIRE		
AMBULANCE - ERWAY	(607)732-7741	2030 College Avenue, Elmira, NY 14903
FINGER LAKES CHAPTER OF AMERICAN RED CROSS	(607)936-3766	123 West Market Street, Corning, NY 14830
EMERGENCY MANAGEMENT OFFICE	(607)737 2096	425 Pennsylvania Avenue, Elmira, NY 14902
PHYSICIAN Name: _____		
PHARMACY Name: _____		
NEIGHBOR Name: _____		
EMERGENCY CONTACT Name: _____		
RELATIVE(S) Name: _____		
Name: _____		
Name: _____		
OTHER: _____		

In an emergency always call 9-1-1



Considerations for Building Your Emergency Plan

1. Make a list

- Medications
- Medical information
- Allergies and sensitivities
- Copies of health insurance cards

2. Have on hand

- A seven-day supply of essential medications
- Cell phone
- Standard telephone (that does not need to be plugged into an electric outlet)
- Flashlights and extra batteries.
- Emergency food
- Assorted sizes of re-closeable plastic bags for storing, food, waste, etc.
- Small battery-operated radio and extra batteries
- Assemble a first aid kit

3. Evacuation Plans:

- Know where the shelter is located that can meet your special needs
- Plan for alternate locations
- Plan for transportation to a shelter or other location.
- “Have a “grab bag” prepared
- Arrange for assistance if you are unable to evacuate by yourself

4. Shelter–in-Place

- Maintain a supply of non-perishable foods for seven days
- Maintain a supply of bottled water; one gallon per person
- Be prepared to close, lock and board/seal windows and doors if necessary
- Have an emergency supply kit prepared

5. Pets

- Have a care plan for your pet
- Locate a shelter for your pet (hotel, local animal shelter etc.) Emergency shelters will not accept animals.
- Extra food and/or medications, leashes, carriers, bowls, ID



Special Needs Considerations

1. Speech or communication Issues

- If you use a laptop computer for communication, consider getting a power converter that plugs into the cigarette lighter

2. Hearing Issues

- Have a pre-printed copy of key phrase messages handy, such as “I use American Sign Language (ASL),” “I do not write or read English well,” “If you make announcements, I will need to have them written simply or signed”
- Consider getting a weather radio, with a visual/text display that warns of weather emergencies

3. Vision Issues

- Mark your disaster supplies with fluorescent tape, large print, or Braille
- Have high-powered flashlights with wide beams and extra batteries
- Place security lights in each room to light paths of travel.

4. Assistive Device Users

- If you use a cane, keep extras in strategic, consistent and secured locations to help you maneuver around obstacles and hazards.
- Keep a spare cane in your emergency kit.
- Know what your options are if you are not able to evacuate with your assistive device.



Chemung County Health Dept.

103 Washington St. Elmira, NY 14901 607-737-2028 chemunghd@chemungcountyny.gov



Local Police and Fire Information

*****In an emergency always call 9-1-1*****

Baldwin Fire Department	(607)734-3068	460 Breesport N Chemung Rd, Lowman, NY
Big Flats Fire Department	(607)562-3063	505 Maple Street, Big Flats, NY
Breesport Fire Department	(607) 739-5411	3 Jackson Avenue, Breesport, NY
Chemung County Sheriff	(607)737-2987	203 William Street, Elmira, NY
Chemung Fire Department	(607)529-3233	679 Main Street, Chemung, NY
East Hill Fire Department	(607)734-5535	266 Jerusalem Hill Road, Elmira, NY
Elmira Fire Department	(607) 737-5714	101 W 2 nd Street, Elmira, NY
Elmira Police	(607) 735-8600	317 E Church Street, Elmira, NY
Elmira Heights Fire Department	(607) 733-6580	215 Elmwood Ave, Elmira Heights, NY
Elmira Heights Police	(607)733-6850	215 Elmwood Ave, Elmira Heights, NY
Erin Fire Department	(607)739-3419	1464 Swartwood Hill Road, Erin, NY
Golden Glow Fire Department	(607)734-4474	214 Hendy Creek Road, Pine City, NY
Horseheads Police	(607) 739-5668	202 S. Main Street, Horseheads, NY
Horseheads Fire Department	(607)739-3814	134 N. Main Street, Horseheads, NY
Horseheads T&C Fire Department	(607) 739-1734	130 Gardner Road, Horseheads, NY
Millport Village Fire Department	(607)739-1030	2016 Crescent Street, Millport, NY
NY State Police	(607)739-8797	3250 Watkins Road, Horseheads, NY
Pine City Fire Department	(607)733-6941	1463 Pennsylvania Avenue, Pine City, NY
Southport Fire Department	(607) 733-7599	1001 Carl Street, Elmira, NY
Southport Police	(607)734-3637	1139 Pennsylvania Avenue, Elmira, NY
VE Community Fire & Rescue	(607) 589-2040	321 NY 224, Van Etten, NY
Van Etten Police	(607) 589-6733	81 E. Tioga Street, Spencer, NY
Wellsburg Fire Department	(607) 734-7628	3661 Front Street, Wellsburg, NY
Webb Mills Fire Department	(607)732-1028	18 Firehouse Lane, Pine City, NY
West Elmira Fire Department	(607)734-2204	1299 W. Water Street, Elmira, NY
West Elmira Police	(607)734-2031	1255 W. Water Street, Elmira, NY