



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/covid-19/).

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



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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/>



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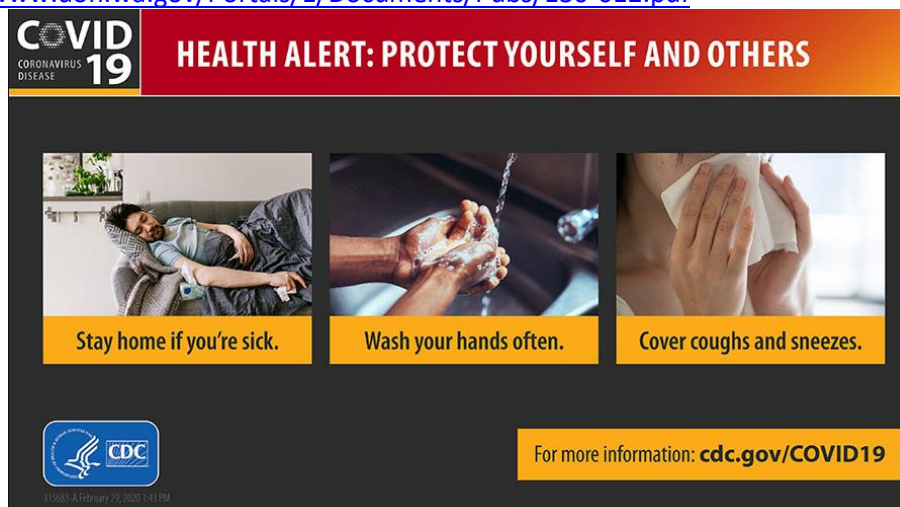
Handwashing Signs

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>



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**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, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

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

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