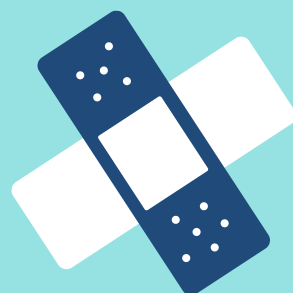


COVID-19: SAME TIPS TESTED OR NOT



Whether you are tested for COVID-19 or not, the same practices apply. Act as though you could have been exposed. Please read below for steps to be taken.

1 STAY HOME

Right now, everyone should be practicing social distancing and staying home as much as possible. Limiting social contact with others will help to slow or stop the spread of COVID-19 through our community.

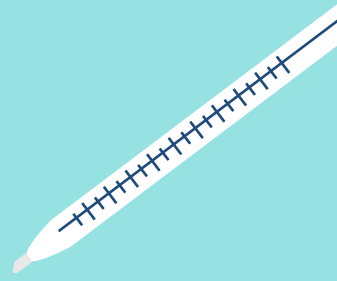
2 MONITOR SYMPTOMS

If you start to feel ill, whether it's a cold, allergies, or something else: monitor your symptoms as you would any other time. Treat symptoms with appropriate over-the-counter medicine. Again, stay home as long as you are able to manage symptoms on your own.



3 IF SYMPTOMS WORSE

If you experience COVID-19 symptoms, including cough, fever, and shortness of breath that cannot be managed at home, call your healthcare provider for instructions. You may be directed to come in for a visit, be tested, or go to a walk-in clinic or the ER. Follow the instructions of your healthcare provider. Do NOT go to the ER unless you have a true emergency. If you are experiencing COVID-19 symptoms, always call the provider or ER ahead.

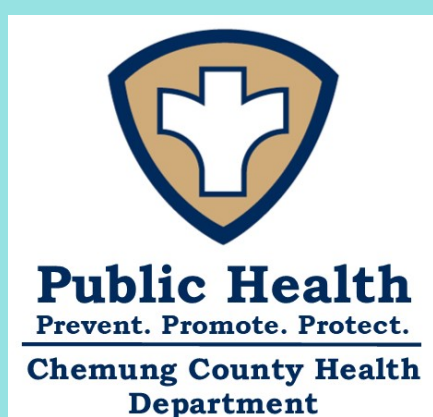


* FOLLOW ACCURATE INFORMATION

Be sure to follow accurate information. This includes your local health department's social media outlets, as well as the CDC and New York State Department of Health.

CDC website: www.cdc.gov/coronavirus

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



**Call the Chemung
County COVID-19
Hotline at:
607-873-1813**

