



# MADISON COUNTY DEPARTMENT *of* HEALTH

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## Information on Coronavirus for Madison County Residents

### **What is Coronavirus (COVID-19)?**

The 2019 Novel (New) Coronavirus is a virus that causes a disease called COVID-19. The most common symptoms include: fever, cough, and shortness of breath.

### **How does it spread?**

The virus is spread person-to-person, either in close contact (about 6 feet) or through respiratory droplets produced when an infected person coughs or sneezes.

### **Who is most at-risk for serious illness from COVID-19?**

Older adults and individuals of any age with serious chronic medical conditions (e.g. heart disease, diabetes, lung disease).

### **Who can I contact about general questions about COVID-19?**

Please call the Upstate University Hospital Triage Line: 315-464-3979

### **What can I do to prevent spread of germs?**

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- 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, throw the tissue in the trash and wash your hands.
- Disinfect high-touch surfaces and objects in the household common areas (i.e. tables, doorknobs, light switches, remotes).
  - For more information about disinfection methods and products:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

### **How can my family and I prepare for COVID-19?**

- Make sure you have enough medications to last you if you get sick and need to stay home while you are sick. Ask your doctor or insurance provider about an extended supply or mail-order options.
- Have a supply of fever reducing medication at home, like acetaminophen or ibuprofen.
- Stock up on a week or two of foods and drinks
- Be prepared if your childcare facility is temporarily dismissed or for potential changes at your workplace.

### **What should I do if someone in my house gets sick?**

- Call your primary care provider
  - \*Note: If you do not have a primary care provider, you may call the Upstate University Hospital Triage Line: 315-464-3979
- Stay home when you are sick, except to get medical care.
- Use a separate room and bathroom for sick household members (if possible)
- Wash hands regularly (see above directions) and disinfect high-touch surfaces

- Avoid sharing personal items like utensils, TV remotes, food and drinks
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs\* :
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

*\*This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.*

### **What is social distancing?**

Social distancing is a strategy intended to stop or slow down the spread of a contagious disease.

- Stay at home as much as possible
- Keep 6 feet of distance from others in public
- Avoid large gatherings or events
- Avoid unnecessary appointments
- Cancel unnecessary travel plans

### **How can I help high-risk individuals in my community?**

- Avoid visiting high-risk individuals
- Offer your help in getting groceries, prescriptions, and other necessities for high-risk individuals

### **What can I do to manage my stress related to the coronavirus disease?**

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. **Everyone reacts differently to stressful situations.** Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol & drugs.
- Connect with people in your household or others by phone, and express your concerns and how you are feeling.
- Call the SAMHSA Disaster Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746

### **Should I cancel my trip?**

As stated above, please avoid all non-essential travel. If you make the decision to travel, take the following steps to help reduce your chances of getting sick:

- Avoid contact with sick people.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Make sure you are up to date with your routine vaccinations, including measles-mumps-rubella (MMR) vaccine and the seasonal flu vaccine.

For more information, visit the CDC's Travel Page: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

**Please visit our website for updated information at:**

<https://www.madisoncounty.ny.gov/2479/CoronavirusCOVID-19>