



# Tioga County Public Health Department

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**Public Health**  
Prevent. Promote. Protect.  
Tioga County

## PRESS RELEASE

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For Immediate Release:  
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### Plan Ahead to Protect Yourself from COVID-19

The Coronavirus Outbreak of 2019, also known as COVID-19, continues to be of great concern across the United States. To date, there have not been any positive cases in New York State or Pennsylvania. We are concerned. We want to reassure our residents that the threat for Tioga County is low and that we are prepared.

Tioga County Public Health is monitoring the situation daily. We receive updates from New York State Department of Health and the Centers for Disease Control (CDC) on an ongoing basis as new information is being released. According to the CDC, this is a serious public health concern, and individuals should begin planning on ways to protect themselves should the virus continue to spread.

Currently there is no vaccine available for COVID-19, but you can protect yourself from the Coronavirus by protecting your immune system!

- Wash your hands frequently and keep hand sanitizer with at least 60% alcohol with you
- Avoid close contact with sick individuals
- Disinfect frequently touched objects, especially cell phones
- Eat additional servings of fruits and vegetables
- Stay hydrated and drink extra fluids throughout the day
- Get plenty of sleep
- Get your flu shot if you haven't already
- If you are feeling sick, **STAY HOME**

Make sure you have the following on hand should COVID-19 start being seen in our area:

- Over the counter medications
- Your prescription medications
- Extra water, sports drinks, and Pedialyte
- Emergen-C or other immune system boosters

Anyone who has symptoms (runny nose, headache, fever, cough, sore throat, and a general ill feeling) who recently travelled to Mainland China, or who has had contact with someone who has recently travelled to there, should call their health care provider immediately to make them aware of the situation. Your healthcare professional will work with us to help provide further direction on how to handle your case.

Individuals who have questions or concerns are encouraged to call the Coronavirus Hotline at 888-364-3065, or Tioga County Public Health at 607-687-8600. For updated information, please visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

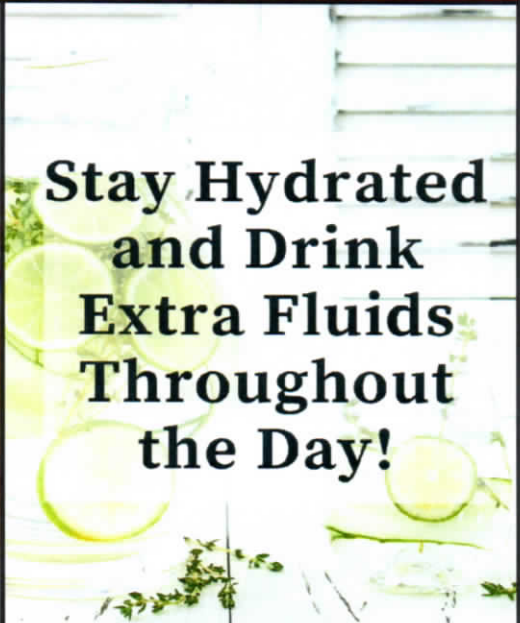
# How Can You Protect Yourself From the Coronavirus (COVID-19)?



**Eat Extra Servings of Fruits and Vegetables!**



**Wash Your Hands Frequently!**



**Stay Hydrated and Drink Extra Fluids Throughout the Day!**




**Get Plenty of Sleep!**



**Avoid Contact with Sick Individuals!**



**Disinfect Frequently Touched Objects, Like Cell Phones!**



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## What can international travelers do to protect themselves?

- Avoid nonessential travel to affected areas. Visit [cdc.gov/coronavirus/2019-ncov/travelers](https://www.cdc.gov/coronavirus/2019-ncov/travelers) for the latest travel health notices.
- If you were recently outside of the U.S and do not have a fever, cough and/or shortness of breath go about your daily life but monitor yourself for these symptoms. If they develop go to your doctor.
- If you were recently outside of the U.S. and have a fever, cough and/or shortness of breath, go to your doctor.
- If your doctor asks you to stay home:
  - Avoid going in public, to school or to work until you have been fever-free for at least 72 hours without the use of fever reducing drugs like Tylenol or ibuprofen.
  - Cover your coughs and sneezes with a tissue or your sleeve, not with your hands.
  - Wash hands often with soap and warm water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

## It is important that we separate facts from fear and guard against stigma.

A lot of information circulating about coronavirus on social media and even in some news reporting it is not based on the facts. Support your friends, neighbors and colleagues by proactively sharing this message and countering misinformation. Obtain information about COVID-19 from trusted sources like the New York State Department of Health, the CDC, and the World Health Organization (WHO).

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**Recommendations may change as the situation evolves.**

**This is a rapidly changing situation.  
Please check [www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)  
for the latest updates.**