



Public Health
Prevent. Promote. Protect.

DELAWARE COUNTY PUBLIC HEALTH SERVICES

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PRESS RELEASE

FOR IMMEDIATE RELEASE

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Coronavirus Disease 2019 (COVID-19)

Currently, Delaware County has one confirmed positive case of COVID-19.

The 2019 Novel (New) Coronavirus is spread person to person by droplets when coughing. It can cause an illness ranging from mild to severe. This virus causes a disease called COVID-19 and can lead to fever, cough and shortness of breath.

In roughly 80% of those who become infected with COVID-19, symptoms will be mild and resolve without hospitalization. Older adults and persons who have severe underlying chronic medical conditions like heart, lung disease or diabetes seem to be at a higher risk for more serious complications from COVID-19. People who are at higher risk are encouraged to avoid crowds as much as possible.

If you have any of the COVID-19 symptoms (cough, fever, trouble breathing or pneumonia) talk to your primary care provider. Do not come to the emergency room unless there is a pressing emergency.

PREVENTION

To prevent spread of this virus, the flu and other respiratory illnesses, individuals are encouraged to:

- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based sanitizer with 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, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surface

SOCIAL DISTANCING:

During this time of increasing spread of COVID-19, we are encouraging all community members to practice social distancing. Social distancing includes taking steps to stop or slow down the spread of disease.

The following strategies are encouraged:

- Stay home when you are sick
- Call your health care provider in advance of a visit
- Limit movement in the community i.e. attendance at events, restaurants, parties, etc.
- Limit visitors to your home
- Keep a 6 foot distance between you and others when out in the community
- Avoid direct physical contact such as hand-shaking, holding hands, and hugging.

If you are not on quarantine, the following activities may be enjoyed while practicing social distancing:

- Take walks, runs, and bike rides outside. Remember to maintain a 6 foot distance between you and others that are joining you.
- Play games outside with members of your household verses with outside friends
- Stay connected with others through phone or video

For general information about COVID-19 please call the New York State Department of Health 24/7 hotline at 1-888-364-3065. For more information about COVID-19 you can visit <http://delawarecountypublichealth.com/>, <https://www.health.ny.gov/diseases/communicable/coronavirus/> and <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>