MADISON COUNTY
DEPARTMENT *of* HEALTH

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Information on Coronavirus (COVID-19) 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. 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, pregnant women, 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?

Upstate University Hospital's Triage Line is available 24 hours a day for all Central New Yorker's who have COVID-19 related questions at 315-464-3979. This allows Madison County Health Department (MCHD) to focus on responding to hospitals and healthcare providers who are actively working with Madison County patients.

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.
- Practice social distancing – avoid get togethers with friends and family, and unnecessary trips to public places
- 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 (Tylenol)
- Stock up on a week or two of foods and drinks

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

- Call your primary healthcare provider. If you do not have a primary healthcare provider, call the Upstate 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 symptom that is severe or concerning.*

What is social distancing?
Social distancing is an effective strategy to stop or slow down the spread of a contagious disease.
- Stay at home as much as possible – avoid public gatherings and unnecessary appointments
- Keep 6 feet of distance from others in public
- Cancel unnecessary travel plans

Who should get tested for COVID-19?
At this time, local health officials are following NYS Department of Health recommendations to focus on only testing the people with *symptoms of COVID-19* (fever, cough, shortness of breath) that fall into one of these categories:
1. Has come into close contact (same office, classroom, gatherings) of another person known to be positive; or
2. Has traveled to a country that the CDC has issued a Level 2 or Level 3 Travel Health Notice; or
3. Is currently under quarantine; or
4. Has already tested negative for other types of infections (rapid flu tests, respiratory panel).

*CDC Travel Health Notice: https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html

Only residents who meet one of the above testing criteria should contact their healthcare provider to get tested. This will allow healthcare providers and MCDH to focus on the residents with the most need.

What happens after an individual is tested for COVID-19?
While awaiting test results, patients will be placed on quarantine to protect the health of others. Our Department will work with the patient before they leave their healthcare provider's office to determine the best location. MCHD will remain in contact with the patient daily until the test results are reported.

How can I help high-risk individuals in my community?
- Reach out to individuals over the phone
- Offer your help to get groceries, prescriptions, and other necessities

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 family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

- Take breaks from watching or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Try to eat healthy, well-balanced meals, exercise regularly, meditate, get plenty of sleep, and avoid alcohol & drugs.
- Connect with people by phone, and express your concerns and how you are feeling.
- Call the Madison County Mental Health Crisis line at 315-366-2327 or text TalkWithUs to 66746

For More Information:
Madison County - https://www.madisoncounty.ny.gov/2479/CoronavirusCOVID-19
Centers for Disease Control & Prevention (CDC) - https://www.cdc.gov/coronavirus/2019-ncov/index.html
New York State Department of Health (NYSDOH) - https://coronavirus.health.ny.gov/home

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