



*IN THE NEWS*  
**LIVINGSTON COUNTY DEPARTMENT OF HEALTH**

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**For Immediate Release**

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**Be Aware, Prepare and Act**  
***Protect Yourself and Your Family from Coronavirus***

**Mount Morris, NY, March 5, 2020** – The Livingston County Department of Health is working closely with federal, state, and local agencies to prepare and respond to the coronavirus disease 2019 (COVID-19). We have a plan in place for diseases like COVID-19. Our plan follows guidance from health experts in regard to slowing and stopping the spread of this illness. The immediate health risk from COVID-19 to the general American public is low at this time. However, it is important to be aware, prepare and act now.

**Learn the facts.** COVID-19 is a new respiratory illness that was first discovered in Wuhan, China. Symptoms of COVID-19 may include cough, fever, and shortness of breath.

COVID-19 is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet)
- By respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

As of March 5, 2020, there are no cases in Livingston County. You are at low risk if:

- You are not in an area where COVID-19 is spreading
- You have not travelled in one of those areas
- You have not been in close contact with someone who has travelled and is not feeling well

It is important to stay informed. The resources listed below have up-to-date and correct information:

- New York State (<https://www.health.ny.gov/>)
- CDC ([www.cdc.gov](http://www.cdc.gov))
- Livingston County Department of Health at 585-243-7299

## **Prepare: Before a COVID-19 outbreak occurs in our community**

A COVID-19 outbreak could last for a long time in the community. Depending on the severity of the outbreak, the Livingston County Department of Health may recommend ways to help keep people healthy, reduce exposures to COVID-19, and slow the spread of the disease. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community. When creating a plan, think your family's needs and things that all of you do every day.

**Talk with the people who need to be included in your plan.** Meet with household members, other relatives, and friends to discuss what to do if a COVID-19 outbreak happens in your community and what the needs of each person will be.

**Plan ways to care for those who might be at greater risk for serious complications.** There is limited information about who may be at risk for severe complications from COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about checking your health for symptoms suggestive of COVID-19. CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community.

**Get to know your neighbors.** Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to stay connected to neighbors, information, and resources.

**Identify aid organizations in your community.** Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.

**Create an emergency contact list.** Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

**Act. Practice everyday preventive actions now.** Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
  - If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with Environmental Protection Agency (EPA)-approved emerging viral pathogens claims, maintained by the American Chemistry

Council Center for Biocide Chemistries (CBC), is available at Novel Coronavirus (COVID-19) Fighting Products. Always follow the manufacturer's instructions for all cleaning and disinfection products.

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands look dirty.

It is important to be aware of the facts and use caution to protect both yourself and your family. If you have recently traveled to areas with widespread, ongoing community spread of COVID-19 or have been in contact with someone who has recently traveled to those areas, and are experiencing any symptoms please call your physician right away. New Yorkers can call 1-888-364-3065 with questions or concerns about travel and symptoms. Information on this virus in English and other languages can be found on the following websites: [www.cdc.gov](http://www.cdc.gov) or [www.nysdoh](http://www.nysdoh). To contact the Livingston County Department of Health, please call 585-243-7299 or visit [www.livingstoncounty.us/doh.htm](http://www.livingstoncounty.us/doh.htm).

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