**March 13, 2020 Coronavirus Update in Allegany County**

As per Governor Cuomo's March 12, 2020 press conference, New York State (NYS) has a total of 325 confirmed cases of Coronavirus (COVID-19). As more labs are accredited to do testing in NYS, it is likely we will see more positive cases across the state.

As of Thursday, March 12, 2020, Allegany County still has no confirmed cases of COVID-19. As an update all the Allegany County individuals tested for COVID-19 are negative and as of yesterday we have no suspect cases.

We have been preparing for this situation for the last several weeks. We are responding quickly and comprehensively to prevent potential future exposures to ensure public health and safety. We will update the public as the situation develops. We would like to reiterate that any resident experiencing a fever, with cough or shortness of breath should call your health care provider (don't show up at their office before calling). If symptoms are severe, call 911.

The ACDOH has been working diligently with our various County partners, including our County Office of Emergency Services (OES), local healthcare associates, educational institutions and local emergency management planners, to ensure the County is prepared and ready for any threat to Allegany County residents.

The Allegany County Department of Health (ACDOH) reminds residents that the common cold and flu viruses are still prevalent, so protect yourself and your family:

- Avoid contact with sick people, especially if you are elderly, have young children, or are immune compromised.
- Stay home and away from large gatherings of people.
- If you have to be around people try to stay 6-8 feet away.
- Wash your hands often with soap and water for at least 20 seconds. This is especially important after using the bathroom, coughing, sneezing or blowing your nose and before eating.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains a minimum of 60-95% alcohol.
- Avoid touching your eyes, nose and mouth, especially with unwashed hands.
- Cover your cough and sneeze (away from others, into your elbow, into a tissue and not in your hands-immediately throw tissue away in trash).
- Stay home if you are sick (at least 24 hours after fever ends).
- It's not too late to get your flu shot.
    - Everyone ages 6 months and older should be vaccinated against the flu, with doctor consent.
    - ACDOH is still providing flu vaccine, as are local pharmacies (see list of pharmacies below).

Disinfect commonly touched surfaces daily or more often as needed (door knobs, computer keyboards, phones, light switches, faucet handles, bathroom and kitchen surfaces, etc.) with a cleaner that is approved for disinfection (read and follow label instructions).

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    - First, be careful that the product you're using is approved for the surface you want to clean/disinfect.
    - Wear gloves to protect your skin.
- There is a difference between cleaning and disinfecting.
    - To Clean. Whether using a spray or a wipe, something containing bleach, typically for cleaning purposes, you just wipe the surface with the wipe and you're done.
    - To disinfect, you need to clean the surface first, then use a new wipe or re-spray and leave the surface moist (at least 2 to 10 minutes depending upon the product) and let air dry. Some then require you to wipe the surface, others don't. Never use a liquid/spray on keyboards, laptops, electronics, etc.
- It is also very important to follow manufacturer instructions about disinfection of surfaces that may come into contact with food or for items/toys that may end up in a toddler's or other's mouth. Some say to rinse with water once dry, others say no rinsing necessary, etc. That's why it's important to read the instructions on whatever product you're using to clean/disinfect and strictly follow them.

Here are some other tips for cleaning/disinfection:

- **Laundry**: It's best to change your clothes as soon as you get home from work/school/public gatherings, etc. and immediately wash and dry them in as hot a water as the labels allow, with soapy water. Soapy, cold water is fine if warm/hot water is not recommended by the clothing manufacturer. Consider disinfecting the bottom of your shoes as well, if possible.
- **Cell Phone**: Follow your phone manufacturer's instructions, but here are some tips: Don't submerge your phone in liquid; wipe it down, following the disinfectant product guidelines. Don't use bleach! Avoid all ports and the camera portion of the phone. Allow to air dry and follow product guidelines.
- **Desk and Desk Phone**: Disinfect daily or more often if the desk and/or phone is shared. Follow product guidelines to disinfect and don't forget to wipe down items like staplers/ laptops/keyboards/pens/pencils, etc. without submerging or saturating with a liquid.

The NYSDOH has developed a Coronavirus hotline (1-888-364-3065) where the public may reach out with questions or concerns about travel and symptoms. Of course, if any Allegany County resident has questions or concerns regarding Coronavirus Disease (COVID-19) or travel related questions, please feel free to contact our office directly at 585-268-9250. To follow the most current information on Coronavirus, please visit either the CDC or NYSDOH webpages at:

https://www.cdc.gov/coronavirus/2019-ncov/index.html https://health.ny.gov/diseases/communicable/coronavirus/