

From the Nurses

Hello everyone, we would like to give out some information and ideas to stay safe during this time. As you know, the COVID 19 Coronavirus is similar to the Flu and Pneumonia. It is a respiratory infection. Symptoms may include runny nose, headache, fever, cough, sore throat and a general ill feeling. If you have any of these symptoms, you should call your healthcare provider and do whatever they tell you to do, because if you just go straight to the ER or Urgent care, you might be taking care away from someone who needs it. If you have any questions or concerns please call,

NYS Coronavirus Hotline at 888-364-3065 or

Tioga County Public Health at 607-687-8623 or

Chemung County Public Health at 607-737-2028

Remember, you can stop the spread of disease by creating habits to avoid touching your face. Many germs cannot infect you if you do not place them on your face.

- Frequent hand washing: after using the bathroom, before cooking or preparing food or eating, after coughing or sneezing, anytime you touch your face, if you touch someone else, or objects that are high risk, like other people's cell phones.
- Coughing or sneezing into your elbow or use a Kleenex and throw it away immediately
- Keep a social distance of a minimum 3 feet from others, 6 feet if you or the other person is thought to be ill.
- Avoid shaking hands or hugging or sharing food
- Stay home if you are ill!!

You should also be trying to maintain general good health by:

- 1 follow a healthy diet including at least 5 fruits and vegetables
- 2 get 7-8 hours of sleep per night
- 3 drink 6-8 glasses of non-caffeinated beverages a day (preferably water)
- 4 disinfect frequently touched objects like cell phones, doorknobs and counters.

COVID 19 can live up to 9 days on solid surfaces.