

COVID-19 Fast Facts and Information

Who is at Highest Risk for COVID-19?

- Older Adults
- People who have:
 - Heart Disease
 - Diabetes
 - Lung Disease, like asthma

If you are at higher risk, it is extra important for you to take actions to reduce your risk of getting sick!

COVID-19 Symptoms:

- Fever
- Cough
- Shortness of breath

What to Do if You Get Sick:

If you feel like you are developing symptoms, stay home and call your doctor. Let them know about your symptoms and ask about being tested for COVID-19. Please listen to their direction for next steps.

What Can You Do to Get Ready for COVID-19?

- Have supplies on hand like:
 - Prescription medications
 - Over-the-counter medications and other supplies
 - Household items and groceries
- Avoid close contact with people that are sick
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing, or being in a public place
 - If soap and water are not available, use hand sanitizer that contains at least 60% alcohol
- Avoid touching high-touch surfaces in public places
- Do not touch your face, nose, and eyes (without washing your hands first)
- Clean and disinfect your home to remove germs, especially frequently touched surfaces and objects (like cell phones)
- Practice social distancing (6 feet apart from other individuals)

If you are feeling ill and showing symptoms of COVID-19, contact your Primary Care Provider immediately!

**DO NOT just show up to your provider's office, a walk-in facility, or a hospital.
Call ahead and wait for further instruction**

Have Questions? Check Out These Available Resources:

Tioga County Specific Resources: ph.tiogacountyny.com

Facebook @ Tioga County Public Health

NYS Coronavirus Hotline: 888-364-3065

Tioga County Emergency Operations Center: 607.687.8477

Tioga County Public Health Voicemail Line: 607-687-8623



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