

# POST COVID-19 RESOURCE GUIDE

Tioga County Public Health Department

1062 State Route 38  
Owego, NY 13827

---



**Public Health**  
Prevent. Promote. Protect.  
**Tioga County**



Scan here to access the  
Tioga County Public  
Health Department website

This guide is for individuals/families who have been impacted by COVID-19 living in and around Tioga County, NY.

### Table of Contents

Common COVID-19 Questions.....	3-5
Employment.....	6
Health Care.....	7-8
General .....	9
Department of Social Services (DSS) Programs .....	10
Tioga County Mental Hygiene/NY Project Hope.....	11
COVID-19 Testing Locations .....	12
Programs/Resources .....	13-15
General COVID-19 Resources.....	16



## Common COVID-19 Questions

### **Isolation/Quarantine**

#### **What dates do I isolate/quarantine from?**

You isolate/quarantine from either the day your symptoms started or from the day you tested positive for covid-19 (if you are having no symptoms). The length of quarantine is 5 days but continue to wear a mask when around others until day 10. If you are having symptoms past the five day mark, you need to continue to stay in isolation until day 10 or until symptoms improve. People under the age of 2 who have tested positive need to isolate for 10 days, since they are unable to wear a mask.

If you have been exposed to someone who tested positive and are unvaccinated, you would quarantine for 5 days from the day you were last in contact with that person (even if you are not having symptoms) and are not testing positive. If you are fully vaccinated or up to date and not having any symptoms, you would not need to quarantine.

#### **Where can I get quarantine orders to give to my work for the time I missed from COVID-19?**

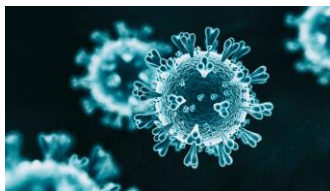
You can find the links to the Isolation & Quarantine Documentation Forms on the Tioga County Public Health Department website or on the NYS DOH website. Here are the links as well:

<https://www.tiogacountyny.com/departments/public-health/>

<https://www.health.ny.gov/>

#### **What should I do if my employer will not pay me for the time I missed from having COVID-19?**

Call the Department of Labor at (518) 457-9000 and explain the situation you are in. The DOL will be able to assist you.



**If I am in quarantine and a family member becomes positive, does my quarantine need to be extended?**

Your quarantine would be extended if you were exposed to that other person in the household that tested positive and are not vaccinated or up to date on your booster shot.

**I recently had COVID-19 and have tested positive again on a PCR test or an at home test. What do I do now?**

First, if you tested positive within 90 days of your first positive result you do not have to quarantine again, unless you are not having symptoms. If you are having symptoms, then you should quarantine again for 5 days.

Second, go to the Tioga County or New York State Department of Health website where you can fill out an Isolation & Quarantine Documentation Form. There are forms for a PCR test and an at home test.

**Vaccination**

**When can I get a covid-19 vaccine after having COVID-19?**

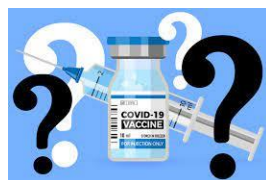
Once your isolation ends, you should be able to get the vaccine. There is no time frame you would have to wait once you have completed your quarantine. However, you will have natural immunity for at least 90 days. Consult with your primary care provider and get their thoughts on this question as well.

**How long do I have to wait between vaccine doses?**

**Pfizer:** For the Pfizer vaccine you have to wait 3 weeks between doses.

**Moderna:** For the Moderna vaccine you have to wait 4 weeks between doses.

**Johnson & Johnson (J&J):** For the J&J vaccine it is just one dose.



### **How long do I have to wait until I can get a booster shot?**

For Pfizer and Moderna you can get a booster shot 5 months after your second vaccine dose. For the J&J booster you can get it after 2 months of the first and only dose.

### **When am I fully vaccinated?**

You are considered fully vaccinated two weeks after receiving either 2 doses of Pfizer/Moderna or 1 dose of Johnson & Johnson. If eligible for a booster, you are considered up to date on vaccinations 2 weeks after booster.

**Fully Vaccinated:** A person has received their primary series of COVID-19 vaccines.

**Up to date:** A person who has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

Feel free to check out the CDC website for more information on vaccines and staying up to date: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

### **Where can I go to get a vaccine?**

Many pharmacies and most primary care providers provide vaccines. You can use this link to find a vaccine location near you by typing in your zip code and picking which vaccine you would like to get (Pfizer, Moderna, or Johnson & Johnson). Children between the ages of 5-11 can only get the Pfizer vaccine: <https://www.vaccines.gov/search/>

**Immunity:** Protection from an infectious disease. If you are immune to a disease, you can be exposed to it without becoming infected.

**Immunization:** A process by which a person becomes protected against a disease through vaccination. This term is often used interchangeably with vaccination or inoculation.

<https://www.cdc.gov/vaccines/vac-gen/imz-basics.htm>

## Employment

### COVID-19 Paid Leave

New York State put programs in place that guarantee workers' job protection and financial compensation if they or their child has to quarantine because of COVID-19.

<https://paidfamilyleave.ny.gov/covid19>

### Department of Labor Website

The DOL offers resources and guidance for employment.

<https://www.dol.gov/>

### Employment Opportunities

On this website you can search what type of job you are looking for and what location as well.

<https://nyhirenow.usnlx.com/jobs/>

### COVID-19 and Student Loans

On these websites you can find information about COVID-19 relief for federal student loans. You can also learn how to prepare for loan payments to begin again.

<https://studentaid.gov/announcements-events/covid-19>

<https://myfedloan.org/borrowers/covid/>

### Coronavirus Aid, Relief, and Economic Security (CARES) Act

The CARES Act gives states the option of extending unemployment compensation.

<https://www.dol.gov/coronavirus/unemployment-insurance>

## Health Care

### Looking for a Primary Care Provider (PCP)?

UHS: [https://www.nyuhs.org/?&utm\\_source=gannett&utm\\_medium=cpc&utm\\_campaign](https://www.nyuhs.org/?&utm_source=gannett&utm_medium=cpc&utm_campaign)

Guthrie: <https://www.guthrie.org/services-treatments/primary-care>

Lourdes: <https://healthcare.ascension.org/specialty-care/primary-care>

### Primary Care Providers in Tioga County:

#### Apalachin Family Care

6889 State Route 434 Apalachin, NY 13732

Phone: (607) 625-4843

#### Guthrie Medical Group – Owego

1246 State Route 38 Owego, NY 13827

Phone: (607) 687-6101

#### Guthrie Medical Group – Waverly

29 N. Chemung Street Waverly, NY 14892

Phone: (607) 565-9975

#### Keith Nichols – Private Practice

130 Temple Street, Suite 100 Owego, NY 13827

Phone: (607) 687-5794

## Health Care

### **Lourdes Family Practice**

500 Fifth Ave Owego, NY 13827

Phone: (607) 687-1122

### **Lourdes - North Tioga Center for Family Health**

13293 Route 38, PO Box 48 Richford, NY 13835

Phone: (607) 657-8521

### **UHS - Candor Family Care Center**

54 Main Street, PO Box 127 Candor, NY 13743

Phone: (607) 659-7272

### **UHS Primary Care – Newark Valley**

119 Whig Street Newark Valley, NY 13811

Phone: (607) 642-5211

### **UHS Primary Care – Owego**

42 W. Main Street Owego, NY 13827

Phone: (607) 687-0350





## General

### COVID-19 Resources

This website provides resources for both individuals and families. It offers information on SNAP or WIC assistance, WIC Benefits, access to food while school is closed, Food Planning with MyPlate, etc.

- <https://www.fns.usda.gov/disaster/pandemic/covid-19/resources-individuals-families>

This website offers advice, technical guidance, response, and research on COVID-19 globally.

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019?adgroupsurvey>

### COVID-19 Requirements/Recommendations

Check out the updated COVID-19 requirements and recommendations on the New York State Department of Health Website.

- <https://coronavirus.health.ny.gov/home>

### COVID-19 Frequently Asked Questions

These are frequent questions that the New York State Department of Health are asked regarding COVID-19 vaccines.

- <https://covid19vaccine.health.ny.gov/frequently-asked-questions-o>



## Department of Social Services (DSS) Programs

Social Services promotes self-sufficiency and protects citizens by providing financial and social services to eligible County residents through program development, application of the law and encouragement of responsibility.

Address: 1062 NY-38, Owego, NY 13827 Phone Number: (607) 687-8300

**Emergency Solutions Grant (ESG)** – assistance for individuals who are homeless or facing eviction and not eligible for the usual TA programs (Contact Tioga Employment Center – (607) 687-8500).

**Emergency Rental Assistance Program (ERAP)** – assistance for individuals who have rental and utility arrears. This program is administered by the State. (Tioga Employment Center providing assistance to landlords and tenants to apply). <https://otda.ny.gov/programs/emergency-rental-assistance/>

**HEAP Regular Arrears Supplement (RAS)** – a one-time additional Regular HEAP benefit to assist with electric and/or natural gas arrearages (**No application needed** – eligibility considered for each HEAP applicant). (**Seasonal:** (607) 687-8300) <https://tiogacountyny.com/departments/social-services/>

**SNAP Emergency allotments** – ensures that all households eligible for SNAP receive the maximum benefit amount for their household size (**No application** – Supplements processed by the State each month).(607) 687-8300 <https://tiogacountyny.com/departments/social-services/>

**Low-Income Household Water Assistance Program** – a one-time benefit to assist with water and/or sewer arrears. <https://otda.ny.gov/programs/water-assistance>

**Pandemic Emergency Assistance Program (PEAF)** – a one-time benefit to assist with the cost of diapers for children under three, as well as food assistance for multi-generational households. **No application** – benefit to be provided by the State in February (diapers) and April (food assistance) for TA and SNAP recipient households (607) 687-8300

### HEAP 2021-2022

For more info: [Home Energy Assistance Program \(HEAP\) | OTDA \(ny.gov\)](#) – LOCAL HEAP- Tioga DSS (607) 687-8300

Cooling assistance is set to open 5/2/22.

## **Tioga County Mental Hygiene**

The Mental Health Department offers Tioga County residents a comprehensive continuum of counseling services and support for individuals of all ages and families coping with emotional problems, mental illness, marital issues, depression, alcoholism and substance abuse.

Open Access Walk-in Services for Mental Health and Alcohol & Drug are now available during clinic hours, no appointments required, on a first come first serve basis.

<https://www.tiogacountyny.com/departments/mental-hygiene/>

Address: 1062 NY-38, Owego, NY 13827 Phone Number: (607) 687-4000

## **NY Project Hope**

### **What is NY Project Hope?**

NY Project Hope is a FEMA-funded program that provides emotional support for NYS residents in response to COVID-19.

### **What does NY Project Hope have to offer?**

- An Emotional Support Helpline
  - Call the Helpline at 1-844-863-9314, any day between 8am-10pm
- Local Crisis Counseling Providers
- Online Wellness Groups
- Supportive Resources
- Public Education

## **Grief/Coping**

NY State has the emotional support helpline along with support groups.

[Reminders When Coping With Grief \(ny.gov\)](#)

[Supporting Others Through Grief \(ny.gov\)](#)

## COVID-19 Testing Locations

A PCR test is usually the most accurate test to take and you get your results in 24-48 hours. A rapid test is accurate but not as accurate as the PCR test because you get your results back within 15 minutes of taking the test. The at home test is the least accurate of the three tests. This test you buy from a store or order online. You take your own sample and get results quickly.

### Where can people who live in Tioga County get tested for COVID-19?

- **Ithaca Mall** Phone Number: (607) 319-5708
- **Guthrie (Owego, Vestal, or Ithaca):** Must be a current patient
- **Binghamton General Hospital** Phone Number: (607) 762-2200
- **Convenient Care Center (Ithaca)** Phone Number: (607) 274-4011
- **Binghamton University** Phone Number: 888-364-3065
- **UHS Walk In (Vestal)** Phone Number: (607) 729-2144
- **Wellnow Urgent Care (Ithaca)** Phone Number: (607) 319-4563
- **Arnot Ogden Medical Center (Elmira)** Phone Number: 1-800-952-2662

### Where can I buy/order an at home test kit?

You can buy/order an at home test kit from CVS Pharmacy, COVIDtests.gov, USPS, etc. Here are the links to those websites:

- CVS: <https://www.cvs.com/>
- COVID Tests: [www.covidtests.gov](http://www.covidtests.gov)
- USPS: <https://special.usps.com/testkits>

\*\*The Owego Police Station has COVID-19 kits at the station, they can be picked up Monday-Friday between 8 am to 4pm.

\*\*All Tioga County Village and Town halls have Covid test kits available for free (while supplies last). You will need to check with each hall for hours.

## Programs/Resources

### Tioga Opportunities, Inc. Home Appliance Loan Program

- Offering low interest loans to individuals and families in need of a major appliance
- Obtain a quality asset and build good credit
- This program includes: Refrigerators, Freezers, Stoves, Washers & Dryers, and Air Conditioners
- Apply Today! Call (607) 687-4222 or visit <https://tiogaopp.org/> for more information

### Eviction Information

[As of January 16, 2022, the Moratorium on Covid-related Residential and Commercial Evictions](#) has expired. The Governor and Legislature are exploring pathways to assist owners and tenants. Please note:

- **In New York State, an eviction of a tenant is lawful only if an owner has brought a court proceeding and obtained a judgment of possession from the court.**
- Only a sheriff, marshal, or constable can carry out a court-ordered eviction. Property owners and landlords may not evict a tenant by use of force or unlawful means.
- Any tenant who believes they are about to be evicted should contact an attorney in a private practice or with a legal aid or legal services agency to protect their interests.

This website has a lot of helpful information: <https://tenanthelpny.org>

### Women, Infants, and Children (WIC)

This program is to help mothers and their children who are in a tough situation. Here is the link to the website: <https://tiogaopp.org/women-infants-children-wic/> \* Phone Number: (607) 687-3147

### **Rural Ministries**

Food pantry: no income guidelines. Guests can come once every 30 days.

(607) 687-3021 web: <https://tcrm.org/>

- Pantry Hours: Monday- Thursday: 10am–4pm/Friday: 10am– 1pm

Financial Assistance: Rent, Prescriptions, Fuel, Car Insurance & Repair etc.

- Financial Assistance Hours: Monday–Thursday 10am–2pm.

### **Catholic Charities**

Free, hot, nutritious lunch Tuesday through Friday, along with a free dinner on Wednesday, clothing boutique, other assistance \*Currently has diapers available (607) 414-1023 web: <https://www.catholiccharitiesst.org>

- **Nichols** hours of operation: Tuesday-Friday from 9:00am-11:45am and 1:00pm-2:45pm

### **Open Door Mission**

Food Pantry, Financial Assistance, Public Events (Back to School/ Christmas), Men's Shelter (607) 687-1121

Hours: Monday-Wednesday: 8:30 am-5:00pm/Thursday: 8:30am-8:00 pm

Friday-Saturday: 8:30am-5:00pm/Sunday-CLOSED

### **KIND Project**

To provide in-need families (with infants/children) with diapers [all sizes], pull-ups [all sizes], baby wipes, A&D Ointment, Desitin and related health supplies.

Phone Number: (607) 687-4394

[The K.I.N.D. Project – First Baptist Owego \(fbcowego.org\)](http://fbcowego.org)

K.I.N.D. is open on the last Saturday of every month 9:00am to 11:00am. If you are not able to come on the designated Saturday, contact us to make an appointment – Call or email the church office or you can contact us on Facebook

### **CASA-Trinity**

CASA-Trinity provides general educational opportunities, town hall discussions, parent information about the effects of drugs and drug trends. CASA-Trinity can provide helpful resources or strategies to prevent substance abuse

Phone Number: (607) 223-4066

[Tioga County \(casa-trinity.org\)](http://casa-trinity.org)

### **Funeral Assistance**

FEMA Program to assist with funeral costs of those who passed from COVID.

Phone Number: 1-844-684-6333

<https://coronavirus.health.ny.gov/fema-covid-19-funeral-assistance>

### **Amazon Prime Changes**

**If you didn't already know, folks receiving certain types of assistance qualify for a discounted rate for an Amazon Prime Membership.** If you receive SNAP, WIC, TANF or other assistance- you may qualify for the discounted rate. Currently Amazon is charging \$139 for a yearly subscription with no discount.

### **Emergency Broadband Benefit Changes**

This benefit was offered to help offset the costs of internet during COVID-qualifying household were able to receive a discount on their monthly rate (up to \$50/month). As of 12/31/21 the Affordable Connectivity Program replaced the Emergency Broadband Benefit, which offers a \$30 credit to internet. You have to both apply and contact your provider for the discount to be applied. To get more info visit: <https://www.fcc.gov/acp>

## General COVID-19 Resources

### Tioga County Public Health Department Phone Number & Address

Phone Number: (607) 687-8600

Address: 1062 State Route 38, Owego, NY 13827

### Tioga County Public Health Department Website & Facebook Page

<https://ph.tiogacountyny.gov/>

<https://www.facebook.com/tiogacountypublichealth>

### Centers for Disease Control and Prevention Website

Gives information on various health related topics. Such as COVID-19, self-testing, boosters, masks, etc.

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

### New York State Hotline for COVID-19

888-364-3065

### COVID-19 Testing Tracker for New York State

<https://coronavirus.health.ny.gov/covid-19-testing-tracker>

### COVID-19 Vaccine Finder

<https://www.vaccines.gov/search/>



Tioga County Public Health developed this guide. If you would like to add information or if your agency needs updating please email us at: [Covid.Schools@tiogacountyny.gov](mailto:Covid.Schools@tiogacountyny.gov)