



April 27, 2020

## **4/27/2020 COVID-19 Updates**

### **No New Cases of COVID-19 in Chautauqua County Today**

#### **Chautauqua County statistics:**

- 31 confirmed cases;
- 4 active cases - continue to recover under orders of the Local Health Official per NYS Public Health Law;
- 24 recovered cases;
- 3 deaths;
- 36 cases under quarantine/isolation orders by the Public Health Director and being monitored. Not all of those being monitored are confirmed to have COVID-19 but have either shown symptoms, are awaiting results, or have risk factors; and
- 755 negative test results to date.

#### **Develop YOUR plan**

County Executive Wendel has asked businesses in Chautauqua County to look to the future and develop plans on how they will reopen when New York State lifts restrictions. At the same time, Christine Schuyler, County Director of Health and Human Services, is asking individuals to look to the future and develop their own personal plans.

“This pandemic has provided the opportunity for people to be more aware of how respiratory diseases are spread and how to prevent them,” said Schuyler. “We have to keep those behaviors top of mind and also practice the health-promoting behaviors that keep our immune systems functioning at top capacity.”

Here are a few tips to put in your plan to better care for yourself, your loved ones, and your community:

- Practice good hygiene – ALWAYS – this will cut down on disease transmission.
  - Wash your hands frequently for 20 seconds; use hand sanitizer if soap and water are not available;
  - Cover your coughs and sneezes – either with your elbow or a tissue; throw the tissue away after use;
  - Keep your hands away from your face.

- Disinfect frequently touched surfaces often – like TV remotes, phones, computers, door handles, faucets, light switches and toilet handles.
- Keep a safe distance between you and others in public. Remember that social distancing is 6 feet, and we have been practicing this for quite a while now; keep it up. A few steps or two average arm lengths away is all it takes.
- Wear a covering over your nose and mouth. This helps you to keep your germs to yourself.
- Stay or get healthy. As you know, the coronavirus is worse for people who are older, immunocompromised, or have underlying health problems. If you are in your best shape, you are better able to fight off coronavirus and other diseases. This also helps to prevent those chronic diseases that ultimately make you more susceptible to infections.
  - Eat healthy foods;
  - Stay or get to an ideal weight;
  - Exercise regularly;
  - Quit smoking or using tobacco;
  - Limit consumption of alcohol;
  - Seek help for alcohol or drug addiction;
  - Manage stress – take time to relax and do something fun.
- Get information from credible sources.

Your local health department will continue vigorous COVID-19 public health surveillance and response work through isolation and quarantine measures, contact tracing of cases, health education, and increasing mitigation measures as necessary. We encourage you to think earnestly about your reopening plan. Focus on what you can control.

There are many state and local resources available to help you manage COVID-19 and beyond. You can access many through our website. <https://chqgov.com/public-health/novel-coronavirus-covid-19>

Link to Chautauqua County COVID-19 Map:

<https://chautauquacounty.maps.arcgis.com/apps/opsdashboard/index.html#/012d07321ad6415c8cf17c4f673643c9>

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