



April 29, 2020

## 4/29/2020 COVID-19 Updates

### One New Case of COVID-19 in Chautauqua County Today

#### Chautauqua County statistics:

- 33 confirmed cases, including a new case of a female in her 60s;
- 4 active cases - continue to recover under orders of the Local Health Official per NYS Public Health Law;
- 26 recovered cases;
- 3 deaths;
- 48 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
- 804 negative test results to date.

#### **STAY CALM AND USE COMMON SENSE TO HELP SLOW THE SPREAD**

Take precautions to minimize exposure to COVID-19, but don't panic. Use common sense.

Common sense refers to good logic and sound judgement in practical matters. Everyone is born with some varying degree of common sense and it can – and should - be nurtured and developed. It is based in human compassion for yourself and for others. Common sense comes from experience and from the guidance of those around you.

Common sense is a practical daily application of living life well, one small decision at a time.

- If you have a fever, respiratory or other flu-like symptoms – coughing, shortness of breath, body aches, diarrhea or other new symptoms of illness, especially if you have recently traveled, it is a good time to let your primary care provider know because you should be tested for COVID-19;
- Have some manners! Practice good respiratory manners: cough or sneeze into your elbow or a tissue, and throw the tissue away;

- Wash those hands! Wash them for 20 seconds with soap and warm water, or use hand sanitizer if soap and water is not available;
- Dirty hands pass germs through mucus membranes of your mouth, nose, and eyes, so don't touch those areas with dirty hands.
- Germs live on the surfaces we frequently touch, so disinfect them frequently;
- Keep your distance. Implement social distancing – 6 feet between you and others, and avoid crowds and gatherings;
- Keep your germs to yourself. Use a face covering when close to people (less than 6 feet);
- Again, keep your germs to yourself. If you are sick with any contagious illness, separate yourself from others in your household so you don't get everyone else sick.
- You can't believe everything you hear/read/see on TV. Limit your news sources to reputable sources – World Health Organization <https://www.who.int/>, Centers for Disease Control and Prevention <https://www.cdc.gov/>, NYS Department of Health <https://health.ny.gov/>, Chautauqua County Department of Health <https://chggov.com/public-health/public-health>. If you are a person who gets overwhelmed easily, change the channel or close your internet browser.
- Avoid COVID-19 overload. It's okay to divert your attention – read a novel; catch up on a Netflix program; take a walk; call a friend; write in a journal; doodle or make art.
- Stay rational. While it's good to make sure you have enough of your prescription medications and essential staples on hand, it's not rationale to buy 500 cans of baked beans in preparation for a possible two week isolation time.

**Link to Chautauqua County COVID-19 Map:**

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

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