

## COVID-19: Cortland & Tompkins Counties

*HCR Home Care Open*

If you are instructed by a medical professional to get tested, follow their instructions for a sample collection and then go directly to your home and **DO NOT LEAVE YOUR HOME**, and isolate yourself from your household to the extent possible until you receive results from your provider – which are now coming back in about 2-3 days.

Residents who are experiencing coronavirus symptoms need to call their doctor, who will coordinate any necessary testing, or contact one of the following:

- **Guthrie Cortland drive-thru testing center:**
- **Cayuga Health drive-thru testing center: (607) 319-5708.**
- **Upstate Medical University at (315) 464-3979**

Members of the public must do their part to prevent the spread of COVID-19, not just to protect themselves, but others in our community who are most vulnerable to getting very sick. Everyone can take these steps to stop the spread of COVID-19 and “flatten the curve” in our community:

- Stay home, even if you don't feel sick, unless absolutely necessary.
- Wash hands well and often with soap and water for at least 20 seconds.
- Keep 6 feet distance between yourself and others when in public.
- Avoid close contact with other people.
- Cover coughs and sneezes.
- Clean and disinfect frequently touched surfaces daily.
- Physical Distancing does not mean emotional isolation, check on friends, coworkers, neighbors through phone and text.
- Wear a cloth face covering in public settings where physical distancing is difficult to maintain (eg. grocery stores and pharmacies).

### Home Care Agencies

- Staff Kings – operating per usual unless otherwise directed
- Classen Home Health Associates – operating per usual
- Caregivers Home Care – Operating per usual. No one is to come to work who is ill.
- Comfort Keepers – Operating per usual
- St. Joe's Home Care –
- Elder Choice, Inc.- Operating per usual.
- **HCR Home Care – Operating per usual.**
- Medical Registration of CNY Guthrie –
- Cortland Home Care- operating per usual. Screening patients