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

posted on March 19, 2020