



TAKING PRECAUTIONS with COVID-19

Fact Sheets from Cattaraugus County, NYS and the CDC

As we continue to learn about more confirmed cases of COVID-19 across the globe and in the New York State, we want to ensure that we're following the recommendations set forth by the NYS's public health department and the Centers for Disease Control and Prevention (CDC). The health and wellness of our members and our staff is critically important to us, so we want to provide the latest guidelines to all of you as you consider the precautions you and your team will take in the coming days.

Based on recommendations of the CDC, we are asking you the following questions.

1. Have you or someone in your household gone on a cruise or traveled to a country on the CDC's Level 3 watch list in the last 30 days? At this time, these include China, Iran, Italy and South Korea. These may change. [See the CDC's guidelines for the most up-to-date list.](#)
2. Have you been exposed to someone who has been diagnosed with COVID-19? [See the CDC's risk assessment guidance.](#)
3. Do you have symptoms consistent with COVID-19? Symptoms can include a fever, cough or shortness of breath. [See the CDC's symptom information.](#)

If you answered "yes" to any of those questions, **AND before you go to the doctor's office or emergency room**, we ask you to contact your physician by telephone.

If you answered "no," we ask you to take the advice of the CDC, including:

- Frequently and thoroughly wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash, or use your inner elbow or sleeve.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home if you're sick and keep your children home if they are sick.
- Clean surfaces in your home and personal items, such as cell phones, using regular household products.
- Consider an "elbow bump" instead of a hug or handshake.

Our goal is to minimize the impact on our community by looking to our public health experts for guidance related to COVID-19. Here are some additional resources for your reference.

- [Novel Coronavirus Fact Sheet via Cattaraugus County](#)
- [Guidance for Businesses and Employers](#)
- [Community- and Faith-Based Organizations](#)
- [Update on NYS COVID-19](#)
- [Governor's Regulations on Mass Gatherings](#)
 - GOACC members -- please let us know of your events that are open to the public that are being rescheduled. We will assist you in promotion of your new date and other information.

We hope to maintain business as usual, but also want to ensure we're aligning with best practices to do all we can to keep our community healthy.

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