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### **HERKIMER COUNTY PUBLIC HEALTH PRESS RELEASE**

Herkimer County is currently experiencing a large and quickly increasing number of positive COVID-19 cases. Public Health is overwhelmed and is having difficulty keeping up with the large volume of cases despite best efforts, and has started to prioritize case investigation/follow-up according to CDC guidance. **Therefore, not everyone with a positive result, or contacts of a positive individual, will be contacted so please follow the below procedure:**

1. If you have received a positive test result:
  - **isolate yourself from family, friends, and/or roommates** for 10 days from the date of your test or follow Public Health's instructions.
  - notify your contacts that they should **quarantine and monitor** themselves for symptoms for 14 days from the date they last were in contact with the positive case.
2. If you are awaiting test results:
  - **isolate yourself until you receive your results**. If you receive a positive result, follow instructions above. If negative, continue to wear a mask, stay socially distanced, and wash your hands.

Due to the large volume of cases, Public Health is unable to contact everyone. Therefore, please do the right thing and isolate when you are sick or awaiting test results, and quarantine if you are a contact of someone who is COVID positive or are positive yourself.

Symptoms of COVID-19 include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or a runny nose, nausea, vomiting, and/or diarrhea.

If you are awaiting a COVID-19 test result or have a positive test and need to seek medical attention, please notify the healthcare facility of your test results prior to just going. If you are a

contact of a positive and develop symptoms, contact your primary care provider for further guidance on testing. If you are a high-risk individual, contact your doctor even if symptoms are mild. Testing sites can also be located by going to <https://coronavirus.health.ny.gov/find-test-site-near-you>

Please remember that many individuals exhibit no symptoms. However, they are still highly capable of spreading the virus! Individuals that practice social distancing, wear a mask, don't touch their face and wash their hands are scientifically proven to be less likely to contract COVID-19.

Remember, please contact your primary care provider for further guidance. Herkimer County Public Health is handling a high volume of calls at this time and may not be able to return your call as quickly as desired.