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### **Stay Home If Sick**

With COVID-19 cases increasing over the past two weeks, the Cayuga County Health Department wanted to re-inform the public about the common signs and symptoms of COVID-19. Often times, the signs and symptoms mimic seasonal allergies, the common cold, or “just not feeling well”.

These symptoms include:

- Nasal Congestion
- Runny Nose
- Sore Throat
- Headache
- Fatigue
- Chills
- Muscle Aches
- Cough
- Loss of Taste and/or Smell
- Nausea, Vomiting, Diarrhea, Upset Stomach
- Fever
- Shortness of Breath / Difficulty Breathing

If you are experiencing any of these symptoms, you should seek healthcare to determine if a COVID test is warranted. Go to <https://coronavirus.health.ny.gov/find-test-site-near-you> to find a testing location near you. In Cayuga County, you can get a COVID-19 test by:

- Calling any local Urgent Care near you to see if you can walk-in or need an appointment
- Calling to make an appointment at the following pharmacies:
  - Kinney Drugs located at 187 State Street Auburn, NY 13021
  - Kinney Drugs located at 2783 NYS Rt 31 Weedsport, NY 13165
  - Rite Aid located at 153 Grant Ave Auburn, NY 13021
  - Walgreens located at 150 Grant Ave Auburn, NY 13021

Once you undergo a test, you need to remain at home, self-isolate, and await the results of your test. The Cayuga County Health Department has encountered several cases where a person wasn't feeling well so they got tested but then did not self-isolate at home until they got their results. Rather, they continued going out in the public and infected many others. Once you are tested for COVID-19 you should remain at home until you receive your results. If your COVID test is negative and you still have symptoms, you should remain at home until symptoms have resolved. If symptoms worsen at any time you should seek healthcare.

The Cayuga County Health Department is urging the public to **STAY HOME** if you are feeling any of the listed symptoms. While these symptoms are very common and could very well be the common cold, you need to rule out the possibility of a COVID-19 infection prior to returning to normal activity in the public as COVID-19 is a highly contagious, deadly virus that we are still learning new information about daily. As a community, we need to stay diligent in our efforts of protecting the health and safety of everyone. These efforts include:

- Getting your COVID-19 vaccine as soon as possible
  - Wearing a mask in public settings if you are unvaccinated
  - Washing your hands regularly
  - Self-isolating at home awaiting your test results if you get tested
  - Staying home if you are feeling ill
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