



**Kathleen Cuddy, MPH
Public Health Director
Cayuga County Health Department
8 Dill St.
Auburn, NY 13021**



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“Health Department Contact Process”

Cayuga County Health Department would like to inform the public how you will be notified if you have been exposed to a confirmed COVID-19 case. Protocol directed from the New York State Department of Health includes contact tracing which identifies individuals that come in to close contact with a confirmed COVID-19 case. As a health department, our staff are obligated to follow-up with these individuals who have been in direct contact with a known case. If you were not exposed directly to the confirmed COVID-19 case, you will not be contacted by the health department. If there is a need to contact people who were in a public space, public notification will be performed in cooperation with the health department and the public event. This reinforces the directive to stay home so that you limit your potential exposure to COVID-19.

We are strongly reinforcing the message to members of the community to stay home. Practicing self-care is a vital part of this message. This includes: Monitoring any symptoms of illness, washing your hands frequently for 20 seconds and social distancing yourself from others.

If you feel ill, and can manage your symptoms at home, remain at home. If symptoms worsen, contact your healthcare provider or if you have a healthcare emergency, call 911 to go to the emergency room. Many providers can assess patients over the phone or through telehealth. This is another effort to assess patients while practicing social distancing and reducing exposures to illnesses. **For essential workforce it is most important to note, if you are experiencing any signs of illness, do not report to work and contact your employer.**

If you need more information you may refer to the following sources for information.

- Cayuga County Health Department website: www.cayugacounty.us
 - New York State Department of Health [website](#).
 - Centers for Disease Control and Prevention (CDC) [website](#)
 - United States Department of State [website](#)
 - World Health Organization [website](#)
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