



Saturday, April 11, 2020

4/11/2020 COVID-19 Updates

No new confirmed cases of COVID-19 in Chautauqua County today

Chautauqua County statistics:

- 23 confirmed cases
- 8 active cases - continue to recover under orders of the Local Health Official per NYS Public Health Law;
- 12 recovered cases;
- 3 deaths;
- 119 cases under quarantine/isolation orders by the Public Health Director and being monitored. Not all of those being monitored are confirmed to have COVID-19 but have either shown symptoms, are awaiting results, or have risk factors; and
- 351 negative test results to date.

ADVICE FROM A PUBLIC HEALTH NURSE:

In honor of National Public Health Week, for the rest of this week, we will be bringing you a daily COVID-19 tip.

I wish you acceptance of the things you cannot change and the courage to change the things you can.

Whether not you believe in God or an afterlife, the Serenity Prayer offers something universal in the quiet celebration of understanding our own potential, our own limits, and our capacity for wholeness.

When we devote excessive attention to the things we cannot change, we use physical, emotional and mental energy that could be directed elsewhere.

A selection from the Serenity Prayer by Reinhold Niebuhr:

“God grant me the serenity to accept the things I cannot change;
courage to change the things I can; and wisdom to know the difference.
Living one day at a time; enjoying one moment at a time;
accepting hardships as the pathway to peace;....”

CHANGE THE THINGS YOU CAN:

Stay home.

Stay 6 feet away from people when you must go out for essential items.

Wash your hands often with soap and water, or use hand sanitizer.

Cough and sneeze into your elbow, or use a tissue and throw it away.

Disinfect frequently touched surfaces often.

Keep a positive attitude by practicing gratitude.

Get your knowledge from reputable sources.

Be a role model for others.

IMPORTANT INFORMATION ABOUT POSITIVE COVID-19 CASES:

Chautauqua County Public Health staff is conducting investigations to identify close contacts of positive COVID-19 cases.

Following guidance from NYSDOH, contact tracing will begin 48 hours before the day the person with the positive test started having symptoms. NYSDOH deems this the beginning of the infectious period. Once identified, our department notifies the close contacts of their potential exposure to COVID-19 and they are placed under mandatory or precautionary quarantine to monitor for symptoms. If you do not personally hear from a public health nurse, you are not a close contact of an individual who has been confirmed to have COVID-19. As of April 8, in a community setting, the definition of close contact with COVID-19 cases, for purposes of contact investigations and potential movement restrictions such as quarantine, includes - sharing the same household; direct physical contact; direct contact with infectious secretions of a COVID-19 case; being within 6 feet of a case for 10 minutes or more (ex. room, car). The local health department considers other factors such as proximity of contact, duration of exposure, and whether an individual has symptoms, when deciding whether an exposure resulted in close contact.

Link to COVID-19 Map:

<https://chautauquacounty.maps.arcgis.com/apps/opsdashboard/index.html#/012d07321ad6415c8cf17c4f673643c9>

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