



# CATTARAUGUS COUNTY HEALTH DEPARTMENT

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**Public Health**  
Prevent. Promote. Protect.  
Cattaraugus County  
Health Department

Established 1923

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## Cattaraugus Co Department of Health (CCHD) Guidance on Potential Exposure to COVID-19

In December 2019, a new respiratory disease called Coronavirus Disease 2019 (COVID-19) was detected in China. COVID-19 is caused by a virus (SARS-CoV-2) that is part of a large family of viruses called coronaviruses.

Between the dates of March 3<sup>rd</sup> - 8<sup>th</sup>, an adult female visited Ellicottville for the U14 Race at Holimont Ski Resort. During the time of the visit the adult was not exhibiting any signs or symptoms. Symptoms were not exhibited until March 12<sup>th</sup>. A test was administered to the individual which came back positive.

If you were in the vicinity of the race or at the resort on those days you may have potentially been exposed to the virus. It's very important to follow the Center for Disease Control's (CDC's) guidance on self-monitoring. If are not exhibiting any symptoms of COVID-19 (fever, persistent cough, shortness of breath), then you should continue to monitor yourself for these symptoms and continue to limit your exposure to others following current local, state, and federal guidelines or executive orders. If you do not develop any symptoms by March 22<sup>nd</sup> then you were likely not exposed to the virus.

If you are experiencing any symptoms please contact your primary care physician for guidance and self-quarantine yourself until you can be tested and it can be confirmed that you do not have the virus.

Mild symptoms include: fever, persistent cough, runny nose, sore throat and shortness of breath

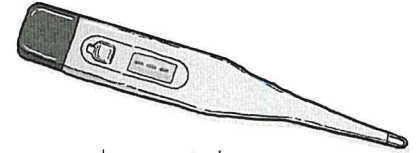
Severe symptoms include: persistent pain or pressure in the chest, confusion, bluish lips or face.

\*This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

If you have any questions, please contact the Cattaraugus County Health Department at 716-701-3419 OR 716-701-3422.



If you have been exposed to a person with COVID-19, it may take up to 14 days to know if you will get sick. It is important to check your health two times each day for 14 days after you leave. Follow the steps below to check and record your health.

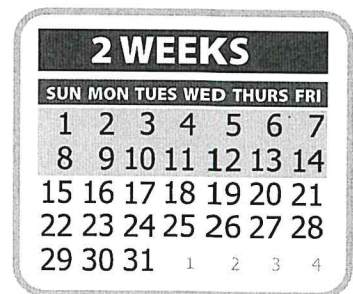


## Step 1 Do health checks every morning and every night:

- Take your temperature and/or that of family members who traveled with you and cannot do so themselves.
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or difficulty breathing.
- Write your temperature and any symptoms in the log.
- Write family members' temperatures and symptoms in their own booklets.

Family members who did not travel with you do not need to be monitored.

## Step 2 If your health department asks you to report your temperature and any symptoms, follow their instructions.



## Step 3 If you have fever (fever is 100.4°F/38°C or higher), cough, or trouble breathing:

1. Do not go out in public.
2. Call the phone number listed for your health department in this booklet. Remind them that you are self-monitoring.
3. If you can't reach your health department, seek medical advice – call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel, your symptoms, and guidance received from the health department.
4. Avoid contact with others.
5. Do not travel while sick.
6. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
7. Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.
8. Wash your hands with soap and water immediately after coughing, sneezing, or blowing your nose. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.