

FROM: Chenango County Health Department
DATE: April 30, 2020

REMINDER TO TAKE CARE OF YOUR ROUTINE HEALTH CARE NEEDS

The Chenango County Department of Health wants to tell residents that it is important to continue to take care of yourself during this global health crisis. Some people have expressed fear about leaving their house even when they need immediate medical care. We want to encourage you to reach out to your provider if you have urgent healthcare needs or health issues that you may be neglecting due to COVID-19. If you have missed an appointment or a routine visit with your doctor, please call them to reschedule. Children should still be going to their pediatricians for regular care and scheduled immunizations. If you have a new healthcare concern that needs attention, it is important to address it.

There are many measures in place for patients not dealing with COVID-19 to safely see or talk to their provider. United Health Services, Bassett Healthcare and other providers have implemented several changes in order to continue seeing patients. Physical distancing precautions along with continuous cleaning and sanitizing are in place at provider offices. Some hours may have changed, but most locations are still open to see patients. Practitioners are doing hundreds of on-line virtual/ video provider visits. Some patients do not have the right technology or internet access to do a virtual visit so they would require an in-person visit. These types of appointments are still being done. Our area providers have safety procedures in place in order to protect patients when they are seen, including screening for upper respiratory symptoms and fever, the wearing of masks, frequent hand washing and much more.

Regular check-ups are important. Regular health exams, screenings and tests can help find problems before they start. They also can help find problems early, when your chances for treatment are better. By getting the right health services, screenings, and treatments, you are taking steps toward a healthier life. Don't ignore your health during this time. Call your provider and ask them what type of visit might be best for you. Always call ahead before visiting any office.

For more information you may call or visit on-line:

- ✓ Bassett COVID-19 hotline 607-547-5555
<https://www.bassett.org/covid-19>
- ✓ UHS phone line 607-763-5555
<https://www.nyuhs.org/about-us/whats-new/2020/covid-19-information/>
- ✓ NYS COVID-19 hotline 1-888-364-3065
- ✓ Upstate University Hospital CYN triage line 315-464-3979