

CHENANGO COUNTY HEALTH DEPARTMENT

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PRESS RELEASE

FROM: Chenango County Health Department

DATE: 4/1/2021

EASTER PASSOVER HOLIDAY RECOMMENDATIONS

The Easter Holiday is upon us. COVID-19 cases, hospitalizations, and deaths are high across the United States. Positive COVID-19 case numbers in Chenango County have also been increasing. Although the vaccine effort is picking up speed, most Americans have not been fully immunized. This has led to concern that the huge spike in cases that followed Thanksgiving could repeat itself after the spring holidays because people are being more relaxed about gatherings or wearing a mask. We must not let our guard down.

To decrease your chance of getting and spreading COVID-19, The Center for Disease Control and Prevention (CDC) recommends that you do not gather with people who do not live with you. Attending events and gatherings increases your risk of getting and spreading COVID-19. It is still VERY IMPORTANT to continue following public health advice, like wearing masks and social distancing, to curb the virus's spread. Here is more advice to follow for the Easter Holiday:

- ❖ Keep Social Distancing - Keep your circle of contacts small, even during the holidays. When you are around others, stay 6 feet apart and wear a mask.
- ❖ Stay Home if You Are Sick - If you are sick, do not go to work or school. Get tested and isolate until you know your results. If you have been in contact with someone who has COVID-19, stay home and away from others.
- ❖ Take Caution with People At-Risk - Avoid exposing the elderly and people with underlying health conditions to the virus.

- ❖ GET VACCINATED as soon as you have the chance to do so. All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19. If you have not yet been vaccinated against COVID-19, the CDC recommends that you continue to avoid social gatherings with anyone outside your household who has also not been vaccinated. The CDC has released a new set of guidelines for fully vaccinated people that allow for indoor and mask-free socializing in certain scenarios.

Here are the current recommendations for social gatherings in New York State:

Social Gatherings: Previously limited to no more than 10 people, effective March 22, 2021, gatherings statewide at private residences will be limited to 10 people indoors and 25 people outdoors. As of March 22, 2021, social gatherings in public spaces, previously limited to 50 people, will be limited to 100 people indoors and 200 people outdoors. If you choose to get together with people you do not live with, remember that small gatherings are safer and vaccinated groups are safer.

Masks & Face Coverings: Individuals must wear face coverings when they are in a public and are within six feet of distance from other individuals; or in a situation or setting where they are unable to maintain six feet of distance from other individuals; or in a public or private transportation for-hire vehicle.

Please continue to be safe. We must work together to stop the spread of COVID-19. We appreciate the sacrifices that our families and residents are making for the greater good of the community.

Thank You

Daily COVID-19 Numbers are sent out to the local media and posted on our Facebook page. Vaccine updates are posted every Tuesday.

<https://www.facebook.com/ChenangoLHD>

We are pleased to announce that links to register for COVID-19 vaccine appointments are now on our website each week.

<https://www.co.chenango.ny.us/public-health/nursing/covid19.php#tab-3>

Anyone who meets the eligibility requirements in New York State are welcome to register. Appointments are mandatory and no walk-ins will be allowed. Our clinics are located at the Old Label Shopper store in the South Plaza in Norwich.

Persons with questions or requiring additional information may contact the
Chenango County Health Department at **(607) 337-1660**.

Promoting and protecting health, safety, and the quality of life in Chenango County