



Public Health
Prevent. Promote. Protect.
Chemung County Health
Department

Chemung County Health Department

You Have A Fever. Now What?

Your temperature today is above normal, so you must return home and stay away from work until you are fever free for 24 hours without medication.

Contact Your Primary Care Provider

If you start or continue to feel unwell, call your primary care provider (your regular doctor, NP or PA) for instructions. If you develop COVID-19 symptoms (fever, cough, trouble breathing), call your healthcare provider immediately for instructions. **Do NOT go to the Emergency Room unless you have a true emergency.**

No Primary Care Provider?

If you do not already have a primary care provider, call 211 to get connected to a healthcare provider. If you are interested in seeing an Arnot Health provider specifically, call Health on Demand at 607-737-4499 to get connected.

Trusted Information

The following trusted and reliable health sources of information regarding COVID-19 supply the most updated and accurate information.

CDC: www.cdc.gov/coronavirus

NYSDOH: <https://health.ny.gov/coronavirus>

NYSDOH COVID-19 Information Line: 1-888-364-3065

World Health Organization: <https://who.int/coronavirus>

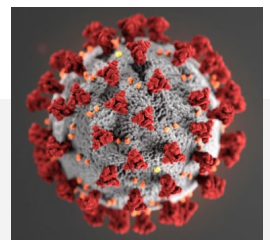
Chemung County Health Department : <http://www.chemungcountyhealth.org/>

Chemung County Health Department Facebook: <https://www.facebook.com/chemungcountyhealthdepartment/>

What You Can Do

Good health practices can avoid spreading any respiratory illnesses and should be followed every day:

- Wash your hands often with soap and water for at least 20 seconds at a time. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Cover your cough or sneeze with a tissues, then throw the tissue in the trash. If a tissue is not available, cough or sneeze into your curved elbow.
- Clean and disinfect frequently touched objects and surfaces.
- Stay six feet away from people



Questions?

Chemung County COVID-19 Hotline at 607-873-1813

NYSDOH COVID-19 Hotline: 1-888-364-3065