

An Update from Assemblywoman Lupardo Regarding COVID-19

As the COVID-19 pandemic continues, my office is committed to assisting constituents in any way we can. My staff and I are in continuous contact with the Governor’s Office and state agencies, as well as the County Executive and local officials to make sure we have the most up to date information. **For the foreseeable future, my office will be operating remotely. However, with regards to serving constituents, it’s business as usual; we are ready to help you with any questions or concerns you may have.** Below, you will find information you may find helpful as you and your family deal with the effects of this health crisis. While it is extremely important to take this seriously, it is also important to stay calm and avoid rumors and inuendo. Addressing this pandemic will be challenging and disruptive to our daily lives, but [it is our collective mission to work together](#) and do our part to help. As always, if you need anything, please do not hesitate to call 607-723-9047 or email lupardod@nyassembly.gov

What is COVID-19?

COVID-19 is a novel coronavirus, meaning that it has not been previously identified. There are a number of coronaviruses (named for the crown-like spikes on their surface) that affect humans, but this virus is different than the others scientists have already known about. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19; ‘CO’ stands for ‘corona,’ ‘VI’ for ‘virus,’ and ‘D’ for disease. Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing.

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

If you develop symptoms such as fever, cough, and/or difficulty breathing, and have been in close contact with a person known to have COVID-19 or have recently traveled from an area with ongoing spread of COVID-19, stay home and call your healthcare provider. Older patients and individuals who have severe underlying medical conditions or are immunocompromised should contact their healthcare provider early, even if their illness is mild. If you have severe symptoms, such as persistent pain or pressure in the chest, confusion or inability to arouse, or bluish lips or face, contact your healthcare

provider or emergency room and seek care immediately. Your doctor will determine if you have signs and symptoms of COVID-19 and whether you should be tested. (*Information courtesy of the Centers for Disease Control)

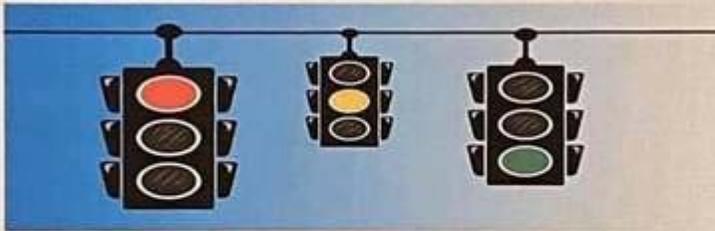
How to Protect Yourself & Others:

There are simple steps you can take to [protect yourself and help avoid spreading COVID-19](#) to others. First, understand how the virus is spread: through close contact with people (within six feet) who are infected, most often by respiratory droplets that are produced when someone coughs or sneezes. Washing your hands, with soap and warm water for 20 seconds, is among the most effective ways to prevent the spread of this, or any, virus. You should also cover coughs and sneezes, stay home if you aren't feeling well, clean and disinfect frequently touched surfaces, and **avoid public places as much as possible by "social distancing."**

SOCIAL DISTANCING:

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



AVOID	Use Caution	Safe to DO
<ul style="list-style-type: none"> Group Gatherings Sleep Overs Playdates Concerts Theatre Outings Athletic Events Crowded Retail Stores Malls Workouts in Gyms Visitors in your House Non-essential workers in your house Mass Transit Systems 	<ul style="list-style-type: none"> Visit a local Restaurant Visit Grocery Store Get Take Out Pick up Medications Play Tennis in a Park Visiting the Library Church Services Traveling 	<ul style="list-style-type: none"> Take a Walk Go for a Hike Yard Work Play in your Yard Clean out a Closet Read a Good Book Listen to Music Cook a Meal Family Game Night Go for a Drive Group Video Chats Stream a favorite show Check on a Friend Check on Elderly Neighbor

New York State has taken aggressive action to help curb the spread of COVID-19. Schools and colleges across the state have closed and moved to distance (online) learning; **public gatherings of more than 50 people are prohibited; restaurants, bars, and pubs have been limited to takeout and delivery only; gyms, movie theaters, and casinos are also closed.** While this may seem extreme, limiting the amount of interaction we all have with one another is critically important to slowing the spread of the virus. This idea is known as "flattening the curve." **If no precautions are taken, the virus will spread exponentially as each infected person, on average, will infect three more; by utilizing social distancing the number of cases will be fewer, and the "curve" on a graph will flatten out.** This is especially important for our

healthcare system. **There are only so many hospital beds, doctors, nurses, and other healthcare professionals, so the less burden we can put on the system, the better the care for those who truly need it.** Again, if you are experiencing symptoms, call your provider before going in. Read more about “flattening the curve” and why it’s so important by [clicking here](#).

Adjusting to the Disruption

There is no doubt that this crisis is disrupting all our lives. For many, work will be from home or closed all together; students will be learning remotely; and tourist destinations and social gathering places are closed. This disruption will have a tremendous effect on our economy and the service industry will be hit particularly hard. Our small businesses are the backbone of our local economy and many are staying open to the extent they can, for takeout and delivery purposes, for example. **If and when possible, please continue supporting these businesses; order a meal to-go, buy a gift card to be used at a later date, and please be sure to tip (generously) if you can.** And, of course, when life goes back to normal, please return to these businesses in full force!

Local senior centers have also been closed, but are still preparing meals for those who need them. The centers will be offering take-out lunches by reservation only; please call your senior center for meals and questions. **Seniors who need any type of assistance are encouraged to call 2-1-1.**

School Meals Available

As school closures became imminent, ensuring that students continue having access to nutritious meals was of utmost importance. **Broome-Tioga BOCES Food Services and our local school districts were preparing for this eventuality and have devised a strategy to make sure all students are fed.** Below is a list of Broome and Tioga County meal pick up sites for this week; many local restaurants have stepped up on their own to offer free meals to students throughout the community.



Pick-up Times and Locations for Week of 3-16-20 to 3-20-20

Broome County Districts

Binghamton – 10:00 a.m. – 1:00 p.m. M-F

Ben Franklin
 Binghamton High School
 Calvin Coolidge
 Columbus School
 East Middle School
 Horace Mann
 MacArthur Elementary
 Theodore Roosevelt
 Thomas Jefferson
 West Middle School
 Woodrow Wilson

11:00 a.m. – 12:00 p.m. M-F

Carlisle Apartments
 Saratoga Heights

Chenango Forks – 10:00 a.m. – 1:00 p.m.

& 5:00 p.m. – 7:00 p.m. M-F
 Elementary School

Chenango Valley – 10:00 a.m. – 1:00 p.m.

& 5:00 p.m. – 7:00 p.m. M-F
 High School

Deposit – 10:00 a.m. – 1:00 p.m. M-F

Elementary School

Harpurville – 10:00 a.m. – 1:00 p.m. M-F

Elementary School

Grab-n-Go ONLY. There is no sit-down service provided. Sites open to every child 18 and under. Feel free to go to the site closest to you no matter where you live. If you have any special dietary needs or questions, please call 607-763-3403. Please check your district website daily for updated information.

Johnson City – 10:00 a.m. – 1:00 p.m. M-F

Floral Ave Park
 North Side Park on Harry L Drive
 Saint James Food Pantry
 Johnson City Learning Center

Maine Endwell – 10:00 a.m. – 1:00 p.m. M-F

Maine Memorial
 High School

Susquehanna Valley – 10:00 a.m. – 1:00 p.m.

M-F
 Middle School

Union Endicott – 10:00 a.m. – 1:00 p.m. M-F

Charles F Johnson School
 High School
 Jennie F Snapp MS

Vestal – 10:00 a.m. – 1:00 p.m. M-F

Clayton Ave
 African Road

Windsor – 10:00 a.m. – 1:00 p.m. M-F

Bell
 Weeks
 Palmer

Whitney Point – 10:00 a.m. – 1:00 p.m. M-F

High School

Tioga County Districts

Newark Valley – 10:00 a.m. – 1:00 p.m. M-F

Berkshire Community Center
 NV Middle School
 Richford Town Hall

Owego – 10:00 a.m. – 1:00 p.m. M-F

Apalachin Elementary
 Owego Elementary

Tioga – 4:30 p.m. – 6:30 p.m.

Monday & Thursday
 High School

This institution is an equal opportunity provider.

There are also a number of online resources available for free that can assist adults who are trying to create an at-home learning environment. Here are a few:

[Guidance from NYS Education Department](#)

[Scholastic Learn At Home](#)

[Education Companies Offering Free Subscriptions Due to School Closings](#)

[High-quality Sites and Apps That Are Supporting School Closures with Free Resources](#)

[Resources for Teaching Online Due to School Closures](#)

[Online Learning Resources](#)

[Virtual Field Trips](#)