# Wellness Matters

**August / September 2020**

## Updates:

*Please note this newsletter went to print July 28. Information was accurate to this date.*

Follow our social media pages for daily updates.

- **Facebook:** @SCNYPublicHealth
- **Instagram:** @SteubenPublicHealth

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## Current COVID-19 Guidelines

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<td><strong>Non-essential gatherings</strong>&lt;br&gt;For example: weddings, family reunions, parties, etc.</td>
<td>50 people</td>
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<td><strong>Worship services</strong>&lt;br&gt;Parking lot services: unlimited as long as everyone remains in vehicles for the entire service.&lt;br&gt;In house: 33% of the maximum occupancy. Household units must be separated from one another by at least 6 feet. If there is singing, separation between units must be 12 feet.</td>
<td>Indoor: 50% of the maximum occupancy&lt;br&gt;Outdoor: Number of tables that can be arranged at least 6 feet away from each other</td>
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<td><strong>Restaurants</strong>&lt;br&gt;Indoor: 50% of the maximum occupancy</td>
<td>Outdoor: Number of tables that can be arranged at least 6 feet away from each other</td>
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Masks or appropriate face coverings must still be worn when entering any of the above establishments. In restaurants, the mask can only be removed while seated. If patrons are moving around the restaurant (upon entering or exit, going to the bathroom, etc.) they must wear a face covering.

Masks, social distancing, and regular hand washing and cleaning of high-touch surfaces remain priorities in preventing the spread of COVID-19.

For all guidelines on reopening, visit the NY Forward site: [https://forward.ny.gov/](https://forward.ny.gov/)
Above is a look at the change in COVID-19 cases by age group over time. In March, the 80-89 years age group accounted for the highest percentage of COVID cases. This age group has been on the decline since then. Conversely, the 20-29 years and 10-19 years age groups have had an upward trajectory. For the last couple weeks, the 20-29 years and 40-49 years age groups have tied for the highest percentage of cases. Steuben County has seen cases in all of the age groups from 0-9 years to over 100 years, showing that it is possible for people of any age to get this virus.

Although we have seen individuals across the ages contract COVID-19 in Steuben County, the residents who had the most severe cases which resulted in death are skewed toward our more senior population as seen in the graph to the left.
August is National Immunization Awareness Month, which highlights the importance of and the power to protect yourself, your family, and your patients against serious and sometimes deadly diseases, such as whooping cough, cancers caused by HPV, measles and many more. On-time vaccination is the best way to prevent and protect against serious illnesses.

- Vaccination is a highly effective, easy way to keep your family healthy.
- On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases.
- Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.
- Vaccinated children are protected from a variety of serious diseases. During the COVID-19 pandemic it is important that children remain as healthy as possible.
- With school on the horizon, now is the time to get up-to-date on the recommended and required vaccinations. For the schedule of vaccines visit https://www.cdc.gov/vaccines/schedules/.

Steuben County Public Health Immunization Clinics: Call 607-664-2438 to schedule your appointment

- Clinics will be held from 1:00 - 4:00 pm at the Civil Defense Building located at 7220 State Route 54 in Bath. Patients will wait in their vehicle in the parking lot until told to enter the building. All must wear masks during their entire appointment. Adults needing vaccines are asked to come alone. Each child must come with one adult only. Additional children must stay in the vehicle with another adult.

Wednesday, August 12
Tuesday, August 25
Wednesday, September 9
Tuesday, September 22
OFFICE INFORMATION:
The office is currently open to the public by appointment only.

Location:
First Floor (Basement)
Steuben County Office Building
3 E. Pulteney Square, Bath, NY

Hours:
Monday - Friday, 8:30 am - 5:00 pm

Phone Numbers:
Office: 607-664-2438
Toll Free: 1-800-724-0471
After hours: 1-800-836-4444

Updates to available services are posted on our social media pages:
Facebook: @SCNYPublicHealth
Instagram: @SteubenPublicHealth

IMMUNIZATION CLINICS:
Call ahead for an appointment.
2nd Wednesday of the month
4th Tuesday of the month
1:00 - 4:00 pm
Civil Defense Building
7220 State Route 54, Bath
Must wear masks, wait in the parking lot until escorted into the building, and only 1 child + 1 adult at a time.

STD TESTING: Uninsured county residents can get free STD testing & treatment at:
Finger Lakes Community Health in Bath: 607-776-3063 and
Planned Parenthood in Corning: 607-962-4686 or
Hornell: 607-324-1124