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Individuals Who Have Recently Traveled to Pike County from the NYC Metro Area Should Self-Quarantine for 14 Days

***PA Health Department Urges People Not Under a Stay at Home Order
to Refrain from Non-Essential Travel***

PIKE COUNTY, PA – Under the latest guidance from The White House Coronavirus Task Force, which cites concern about the high coronavirus (COVID-19) infection rate in the New York City area, the Pike County Commissioners urge everyone who has recently traveled to Pike County from the New York City metropolitan area to self-quarantine for 14 days.

According to Dr. Deborah Birx, Response Coordinator for The White House Coronavirus Task Force, 60% of all new COVID-19 cases in the United States are from the New York City metropolitan area.

“It is critical to the health and safety of everyone that people follow this guidance and take the proper self-quarantine precautions right now,” says Pike County Commissioner Chairman Matthew Osterberg. “We will overcome this public health challenge by working together as a community to help stop the spread of COVID-19.”

Self-quarantining is intended to separate and restrict the movement of people who were potentially exposed to a contagious disease, such as COVID-19, to determine if they become sick, according to the Pennsylvania Department of Health. It is an important strategy in helping to stop the spread of COVID-19.

In Pennsylvania, the current travel guidance from the PA Department of Health urges people to “stay home as much as possible. Try to get groceries once per week instead of daily. Freedom of travel remains, but please refrain from non-essential travel. Essential travel includes things like commuting to an essential job, picking up

supplies like groceries and medicine, and checking on family and pets in other households. Do not host or attend gatherings.” This guidance currently applies to counties such as Pike, which are not under Governor Wolf’s Stay at Home Order.

Resources for those Under Self Quarantine

- Senior Citizens can contact the Pike County Area Agency on Aging at 570-775-5550 regarding nutrition services.
- PA 211 NE is available to people in need of food, clothing, shelter, drug and alcohol rehab or detox, or crisis intervention. For help, dial 211 or text your zip code to 898211.
- An updated list of Pike County Government public services and resources available remotely can be found at www.PikePA.org.
- Many local restaurants are providing take-out or curbside service, and some supermarkets are offering home delivery. Contact establishments directly for more information.

Follow Proper Protocols

The Pike County Commissioners and the County’s Department of Public Safety are continuing to be in regular contact with the Pennsylvania Emergency Management Agency (PEMA), the Pennsylvania Department of Health, and other involved agencies regarding guidance and protocols related to COVID-19.

The public should continue to follow the proper protocols for COVID-19 prevention.

- Stay Calm. Stay Home. And Stay Safe.
- Cover coughs or sneezes with your elbow. Do not use your hands!
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Clean surfaces frequently, including countertops, light switches, cell phones, remotes, and other frequently touched items.
- Contain: if you are sick, stay home until you are feeling better.

This is an evolving situation. For the latest local information and updates regarding COVID-19, please visit the Pike County Government website at www.PikePA.org and click on the “Coronavirus COVID-19 Updates” icon.

The public can access the latest state and federal information on COVID-19 at:

Health.Pa.gov - the PA Department of Health website.

CDC.gov – the Center for Disease Control website.