



May 18, 2020

Please help us by forwarding this message to anyone you think might appreciate having this information.

Dear Friends,

Welcome home. On behalf of Adirondack Health, we hope this message finds you and your loved ones safe and well.

As the weather turns warmer, we wanted to reach out to you with some guidance and best practices to ensure as safe a summer as possible for everyone.

The really good news

Spring is here, the ice is out, your homes wait for your return, and so far, our region has largely been spared from the catastrophic spread of COVID-19. To date, we appear to have successfully limited the reach of the virus by implementing early social distancing measures, backed up by the natural protection our mountains and rural location offer us. However, we are concerned that could change when our population increases going into the summer.

The opportunity

Our region has the chance to emerge from the COVID-19 pandemic as a public health success story, with our population safe and healthy. But despite our initial success, we remain highly vulnerable to infected persons and asymptomatic carriers of the virus coming from out of the

area, whether they are year-round residents, second homeowners, guests of homeowners, athletes or tourists.

How you can be part of this

We are asking the beloved members of our community who will be returning in the coming weeks and months to please take the following actions, in keeping with recent public health guidance:

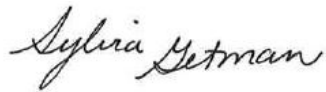
- Self-quarantine for a minimum of 14 days upon reaching your destination. It is best to go directly to your destination and not stop along the way.
- Bring all necessary food and supplies with you to enable the 14-day quarantine, including prescriptions, personal health items and personal protective equipment (PPE) such as facemasks. Or, have someone local do your shopping for you to stock your home ahead of time.
- Contact the Adirondack Health COVID Clinic at 518-897-2462 if you are experiencing respiratory distress, shortness of breath, dry cough or fever – during or after quarantine – to receive instructions on accessing appropriate care.
- Comply with all local, state, and federal directives and recommendations regarding physical distancing and other measures to limit the spread of the virus.
- Wear face masks in public places when physical distancing is difficult.
- Refrain from hosting or attending private home parties or large gatherings.
- Be diligent with handwashing and disinfecting much-used surfaces.
- Limit trips to the grocery store.

Many local businesses have adapted to the situation by offering curbside pickup, takeout meals, and limiting the number of patrons inside their businesses. We encourage you to take advantage of these options and abide by such limitations, which are meant to protect all of us. The *Adirondack Daily Enterprise* prints a list of local restaurants and businesses providing take-out or curb-side pickup. You can also check the [Saranac Lake Chamber's listings](#) or the [Tupper Lake Insider](#). As we progress through the summer, there will likely be more services provided via delivery or video conference, in order to maintain physical distancing.

We look forward to welcoming the many people who help make our region such a special place. We know this season will be unlike any before, and it will take some time to adjust to the new normal. But we'll get there.

In closing, thank you for weighing all this information as you consider a return to the Adirondacks. We look forward to being back together again as soon as possible, in a safe and responsible manner.

Sincerely,

A handwritten signature in cursive script that reads "Sylvia Getman".

Sylvia Getman
President and CEO
Adirondack Health