



ELMIRA COLLEGE

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Officials from Arnot Health shared the following information for our EC community:

Arnot Health has established a special toll-free Helpline for members of its community who are exhibiting symptoms of the COVID-19 virus.

Please Note: **ONLY** call this line if you are experiencing COVID -19 type symptoms:

- Fever of more than 100⁰F
- New onset of cough
- Shortness of breath or other respiratory symptoms
- Body aches
- Loss of taste or smell
- Prolonged URI symptoms
- Scratchy/sore throat

If you are experiencing any of these COVID-19 type symptoms, you can call the **Helpline 7 days a week, from 9:00 a.m. – 7:00 p.m. at 1-800-952-2662** (hours may change with holidays). Nurses and Medical Providers are available to assess your level of risk and help you determine whether to self-quarantine or, if medically indicated, seek care at the appropriate location.

Community members should continue to call their primary care provider's office for all other routine medical care needs or questions. If you do not have a primary care provider, call Arnot's Health on Demand phone line at (607) 737-4499 for assistance locating one.