

ATTENTION RESIDENTS



We are living in an unprecedented and trying time. Take heart and know that our community's response is already one of resiliency and resolve.

We will get through this, not by being scared, but by being prepared.

Continue to take the proper precautions to safeguard yourself, your loved ones, your friends and your neighbors. Our best defense against a COVID-19 outbreak is YOU! So ...

ACT AS IF YOU or EVERYONE ELSE has the COVID-19 VIRUS

Which means ...

- wash your hands regularly and avoid touching your face
- avoid close contact with people and refrain from group gatherings
- clean and disinfect frequently touched objects and surfaces
- cough/sneeze into your elbow or cover with a tissue
- wear a face mask when running errands
- limit those in your home to just family members
- simply stay home to remain unexposed and to not expose others

The COVID-19 virus is in Essex County. As of April 8th there were 18 total positive cases. Keep in mind testing in our region has been rather limited. And while most who contract this virus tend to have symptoms of a fever, a cough and shortness of breath, new research shows quite a few, who are infected, will NOT show any symptoms. You cannot be certain that you or anyone else isn't a carrier of this virus!

**The best action you can take to reduce the spread
and keep our town and region safe is to follow the guidelines!**

UPDATE ON TOWN-WIDE SERVICES

As new State and County orders are issued, the Town has been adapting our operations to meet the needs of the community. Please visit the Town's website www.townofticonderoga.org and Facebook page for more information.

- 🔊 Our Senior Bus Service has transformed into a grocery and pharmacy delivery service provider for our homebound residents. Please call (518) 586-1307 to submit your order by Wednesday of each week. Deliveries will be made on Thursdays and Fridays.
- 🔊 Town Offices are available to assist by phone only
- 🔊 Recycling services at the Transfer Station are suspended until further notice. Trash is still being accepted.
- 🔊 Reminder: Please *FLUSH Only* Toilet Paper down the drain

Other Essential Service Notices:

- 🔊 The Ticonderoga Health Center (HHHN) is open Monday thru Friday 8:00 AM to 5:00 PM. Drive through service is available for COVID- 19 symptoms. Call ahead at (518) 585-6708
- 🔊 Walgreens and Walmart are offering FedEx delivery for all medications when requested.
- 🔊 Spectrum is providing free internet service for those students without service during the school closure, where available. For more information call 844-488-8395

HELPFUL CONTACTS

ESSEX COUNTY MENTAL
HEALTH SERVICES
24-HR CRISIS LINE

888-854-3773

MENTAL HEALTH ASSOC. IN
ESSEX COUNTY
24-HR HOPELINE

800-440-8047

OFFICE FOR THE AGING

518-873-3695

FAMILIES FIRST

518-873-9544

TEMPORARY ASSISTANCE
(DEPT OF SOCIAL SERVICES)

518-873-3470

WHAT YOU CAN DO ... to Help Ease our Community's Hardships

- 🔊 Call someone you know to lift their spirits or to offer assistance
- 🔊 Continue to support our local businesses
Visit Ticonderoga Chamber of Commerce (www.ticonderogany.com)
COVID-19 Website or Facebook page to learn how
- 🔊 Focus on the positives and count your blessings ...

Working together we will overcome these trying times.