North Country Healthcare is pleased to report a recent trend of decreased COVID-19 positive cases and hospitalizations, statewide. We are also pleased to have hope in this fight against an insidious disease. However, we remind everyone that it remains important for us all to remain vigilant and do all that we can to keep ourselves and our communities healthy.

Preventive measures include the following:

- Stay home if you have been diagnosed with, or suspect you may have, COVID-19
- Wear a facemask in public settings
- Wash your hands / sanitize when necessary
- Stay at least six feet away from others when in public
- Avoid large groups (especially indoors)
- Get vaccinated and/or boosted*

*Complete lists of vaccination/booster locations, and COVID-19 testing locations, are available for viewing at https://northcountryhealth.org/covid-19-updates-resources/

If you have received and taken an at-home COVID-19 test (still available for free at special.usps.com) and test positive, please call your health care provider to inform him/her of the results, and visit safercovid.org/mytest. No follow-up test, either at home or at a testing facility, is necessary.

North Country Healthcare facilities remain ready to serve you and help keep our communities healthy. Thank you for your trust in our providers, nurses, and staff.

Please visit northcountryhealth.org for more information.