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COVID-19 Reminder

October 14, 2020—Olean—William J. Aiello, Mayor of the City of Olean, would like to remind residents of the Center for Disease Control’s (CDC) suggestions to protect themselves from the COVID-19 virus.

The CDC suggests the following:

- Wash hands frequently with soap and hot water, if they are not readily available use hand sanitizer that contains at least 60 percent alcohol.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact and stay at least 6 feet away from other people.
- Wear a mask over mouth and nose when around others and unable to social distance.
- Cover mouth and nose when coughing or sneezing, throw used tissues into the trash and immediately wash hands with soap and water.
- Clean and disinfect frequently touched surfaces. If surfaces are dirty, clean with soap and water then use a household disinfectant on the surface.
- Be alert for symptoms of COVID-19 and follow CDC guidance if symptoms develop.

“There appears to be an uptick of COVID-19 cases in our region and we should all work together to make it subside,” Mayor Aiello said. “These simple steps as outlined on the CDC website will not only protect our residents, especially the vulnerable, from the virus, but will help our region avoid any future shutdowns due to increased cases.”

For more information, please see the CDC Website at www.cdc.gov

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