

<https://www.cayugacounty.us/response>

New additions to the County Resource Page under **Protect Yourself & Others:**

- NYS DOH [Executive Order requiring face coverings](#) for employees interacting with the public effective April 15 at 8 pm
- Health Department [Guidance for foodservice operator staff](#)
- CDC [Guidance on DIY cloth face coverings](#)
The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.
- CDC video on [How to make your own face covering](#)

New additions to the County Resource Page under **Assistance:**

[Addiction & Recovery services](#)

- Addiction Peer Services [Nick's Ride 4 Friends](#) in Auburn: 315-246-6485
- Addiction Services Hopeline: call 1-877-8-HOPENY or text 467369
- Alcoholics Anonymous [Online Syracuse AA Meetings](#) or call the Service Center at Syracuse Intergroup Inc. at 315-463-5011
- [Confidential Help for Alcohol and Drugs](#) in Auburn has partnered with the [Central Region Addiction Resource Center](#) to begin using telehealth for outpatient substance use treatment. CHAD can also provide information on online self-help meetings and other forms of support.
- East Hill Medical Center, which offers addiction medicine services, has expanded its operations to anyone in the community, not just established patients. All requests for services are being screened at (315) 253-8477.
- Emotional Support Line for COVID-19: 1-844-863-9314 - staffed by specially trained volunteers
- [FindTreatment.gov](#)
- [Finger Lakes Area Counseling & Recovery Agency](#): 315-462-9466
- [Friends of Recovery New York](#) has created a list of online recovery groups meetings
- Online therapy [Better Help](#) and [Talk Space](#)

Article Resources for people in recovery during COVID-19

Telehealth services

Many local healthcare providers, such as the [Cayuga County Community Mental Health Center](#) are using telehealth (video conferencing) and telephone consulting to diagnose and stay connected with patients while they are at home. Call your service provider for more information on how they continue their services.

Article [Telehealth in Auburn: Doctors go digital](#)

Enjoy the rest of your day...

Monika

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