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High COVID-19 Transmission Rate in Cayuga County

As of Thursday, March 31, 2022, the Centers for Disease Control and Prevention (CDC) reports that Cayuga County is experiencing a high transmission rate of COVID-19; therefore, residents are strongly encouraged to take precautions.

To reduce the spread of COVID-19, we continue to encourage:

- The use of masks indoors and in public spaces, regardless of vaccination status.
- Staying home when sick.
- Seeking COVID-19 testing for COVID-related symptom(s) that develop.
- Seeking healthcare as needed as treatment options for COVID-19 may be appropriate.

It is important to continue reporting your positive at-home test results to us so we can accurately monitor the number of cases and transmission levels in our community. Directions for how to report your positive home test can be found here:

<https://www.cayugacounty.us/health> and click the COVID Test button.

You can view the exact metrics used to determine Cayuga County's transmission rate at this [link](#):

For more information on how the CDC monitors community transmission levels and what they recommend for high transmission communities, visit this [link](#):
