

DUTCHESS COUNTY CORONAVIRUS HOTLINE 845-486-3555

**PRESS 2
FOR INFORMATION**

**PRESS 5
FOR FOOD**

Dutchess County established a one-stop connection between food resources in our community and those with a critical need for food and other necessities press 5 for this resource.

**PRESS 6
FOR TRANSPORTATION**

If you need a ride to make a necessary and essential trip to a doctor's office, to pick up prescriptions, or for other critical purposes press 6 and you will be connected with volunteers.

**PRESS 7
TO VOLUNTEER**

Dutchess County continues to provide residents the most current information and guidance online.
dutchessny.gov/coronavirus

You can also follow Dutchess County Government on social media!



MARCUS J. MOLINARO
Dutchess County Executive



[DUTCHESSNY.GOV / CORONAVIRUS](https://dutchessny.gov/coronavirus)

WHAT ARE THE SYMPTOMS?



Shortness of
Breath



Fever



Cough

COVID-19 symptoms may appear in as few as 2 days or as long as 14 days after exposure.

WHAT IF I AM SICK?



Stay home when you are sick! Rest, recover, avoid others.



Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.



Call your doctor if you have flu like symptoms.

If you believe you have contracted COVID-19, call ahead to your primary care doctor or urgent care so that they can take necessary precautions upon your arrival. Do NOT go directly to the hospital unless you are in distress.

HOW TO GET TESTED

Testing is available **by appointment only** at MidHudson Regional Hospital, 241 North Road, Poughkeepsie NY 12601.

Call (845) 303-2727 to be screened and if appropriate, an appointment will be scheduled.

For information on other testing sites contact the Coronavirus Hotline at (845) 486-3555 or visit: dutchessny.gov/coronavirus.

HOW TO PROTECT YOURSELF & OTHERS



Wash your hands regularly! Avoid touching your face, eyes, nose etc.



Disinfect frequently touched surfaces and objects. Viruses can survive for days on surfaces.



Practice Social Distancing. Keep at least 6-feet between you and others.



Stay home when possible. Only go out when absolutely necessary.



Face coverings must be worn by everyone outside of their home.

USING A CLOTH FACE COVERING AS A MASK

Face coverings must be worn by everyone outside of their homes to help protect against Coronavirus, including essential workers in retail, service and other industries. Wearing cloth face masks prevents people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings fashioned from house hold items can stop the spread of COVID-19 when traditional surgical masks and N-95s aren't available and when significant social distancing is not possible.

Masks are NOT a substitute for social distancing.

CLOTH FACE COVERINGS SHOULD:

- Fit snugly but comfortably against the side of the face
- Include multiple layers of fabric
- Allow for breathing without restriction



Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

CONTACTS & RESOURCES

Office for the Aging	845-486-2555
Adult Protective Services	845-486-3300
Grace Smith House 24-Hr	845-471-3033
House of Hope 24-Hr	845-765-0294
Family Svcs Domestic Violence 24-Hr	845-485-5550
Family Svcs Crime Victims 24-Hr	845-452-7272
N.Y.S. Child Abuse Hotline	1-800-342-3720

CORONAVIRUS MENTAL HEALTH SUPPORT

Dutchess County HELPLINE
Call or Text 24/7 845-485-9700

NYS Coronavirus Emotional Support Helpline
Available 7 days/week 8AM-10PM
1-844-863-9314