**DUTCHESS COUNTY CORONAVIRUS HOTLINE**

**845-486-3555**

**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.**

**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.

If you are experiencing symptoms, call the Coronavirus Hotline at (845) 486-3555 for information about symptoms and testing.

**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**

Several sites are open in or near Dutchess County for those experiencing symptoms of coronavirus.

- MidHudson Regional Hospital - Poughkeepsie
- Nuvance at Dutchess Stadium - Fishkill
- Nuvance at Tech City - Kingston
- Pluse MD Urgent Care

Call the Coronavirus Hotline at (845) 486-3555 or visit: dutchessny.gov/coronavirus for details.

**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 Services Domestic Violence 24-Hr 845-485-5550
- Family Services 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

**MARCUS J. MOLINARO**

DUTCHESS COUNTY EXECUTIVE

**DUTCHESSNY.GOV/CORONAVIRUS**

**845-486-3555**
DUTCHESS COUNTY CORONAVIRUS HOTLINE

**NEED HELP?**

**HELPLINE**

- Call: 845-486-3555
- Text: 845-485-9700

**NEED TO TALK?**

- 24/7 available

**CONTACTS & RESOURCES**

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