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.

WHAT ARE THE SYMPTOMS?

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

WHAT IF I AM SICK?

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.

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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!
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. Practice social distancing. Keep at least 6 feet between you and others.

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 household 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 Svc's Domestic Violence 24-Hr 845-485-5550
Family Svc's 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