**DUTCHESS COUNTY DEPARTMENT OF
BEHAVIORAL & COMMUNITY HEALTH**
85 Civic Center Plaza – Suite 106, Poughkeepsie, NY 12601

2019 Novel Coronavirus:
Updated: February 27, 2020

The 2019 Novel Coronavirus (COVID-19) outbreak has now spread across the globe. We recognize you may be concerned about protecting yourself and your family. This is a rapidly evolving situation, and information about the outbreak including guidance, precautions, and infection control will be updated as it becomes available.

The Dutchess County Department of Behavioral & Community Health (DBCH) has information on their website to help keep you informed about the current situation at:
www.DutchessNY.gov/Coronavirus.

In addition, it is important to know that you are at greater risk for other respiratory illnesses in our area, such as influenza. The current flu season is in full swing and it is not too late to get your flu shot. The DBCH recommends everyone six months and older be vaccinated against the flu to reduce their risk of becoming ill. According to the DBCH, **you can decrease your risk of getting respiratory viruses, such as influenza and COVID-19, by:**

1. Washing your hands regularly.
Germs and viruses are found on frequently touched surfaces, such as keyboards, handles, doorknobs, and railings. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

2. Covering your cough.
Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

3. Cleaning and disinfecting frequently touched objects.
Use disinfectant to clean telephones, keyboards, doorknobs, desktops, etc.

4. Staying home when you are sick.
If you are not feeling well, stay home. Limit contact with others as much as possible to keep from infecting them. If you need to see your healthcare provider, call ahead and let them know you are coming in. Ask for a mask to be available before you enter the provider's office.

5. Increasing the distance between you and other people.
Most respiratory illnesses, like flu, can be transmitted through close contact, including kissing, hugging, sharing utensils, cups, and cigarettes, talking to someone closely, and touching someone directly. In community settings, you will want to keep at least 6 feet between you and others. Avoid close contact with people who are sick.

If you have any additional questions or concerns about your health, please contact your healthcare provider.

If you have a question about your risk of exposure, call the New York State Department of Health Coronavirus Hotline at (888) 364-3065.