

# DUTCHESS COUNTY CORONAVIRUS HOTLINE

# 845-486-3555

**2** PRESS  
FOR INFORMATION

**5** PRESS  
FOR FOOD

**6** PRESS  
FOR TRANSPORTATION

**7** PRESS  
TO VOLUNTEER

## 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](https://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**  
f **845-486-3555** @

**NEED  
HELP?**

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

**INFORMATION - FOOD - TRANSPORTATION**

**NEED TO  
TALK?**

**HELPLINE**



call



24/7



text

**845-485-9700**

## **CONTACTS & RESOURCES**

**Domestic Violence 24-Hr Hotlines:**

Grace Smith House

845-471-3033

House of Hope

845-765-0294

Family Services Domestic Violence

845-485-5550

**Crime Victims Hotline**

845-452-7272

**N.Y.S. Child Abuse Hotline**

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