## DUTCHESS COUNTY DEPARTMENT OF BEHAVIORAL & COMMUNITY HEALTH

# COVID-19/CORONAVIRUS FACT SHEET

**Coronavirus (COVID-19) is an emerging health situation and it is important to know how to keep yourself and your family healthy. Say informed with guidance, precautions and news at...**

## DutchessNY.gov/coronavirus

### WHAT IS COVID-19?

COVID-19 is a droplet-spread disease, like the flu or common cold. Person-to-person spread occurs mainly via respiratory droplets produced when an infected person coughs or sneezes. This strain of coronavirus is resilient and can survive long periods of time (possibly up to 9 days) on surfaces.

### WHO IS AT RISK?

The majority of people recover from COVID-19 without needing special treatment. Older people, and those with underlying medical problems like an underlying lung disease, heart problems or diabetes, are more likely to develop serious illness. Approximately 1 out of 6 people who get COVID-19 becomes seriously ill and develops difficulty breathing.

### WHAT ARE WE DOING ABOUT IT?

Dutchess County Government prepares and trains for a variety of emergencies. Our dedicated team of emergency preparedness experts, healthcare professionals, and volunteers from the Medical Reserve Corps have been monitoring and prepping for COVID-19. We are coordinating with schools, colleges, medical providers, and local hospitals to make sure that we are ready for cases in our community.

### FOR MORE INFORMATION

Website: DutchessNY.gov/Coronavirus
Coronavirus Information Line: (845) 486-3555

Marc Molinaro
County Executive

A.K. Vaidian, MD, MPH
Commissioner

### WHAT CAN I DO TO PROTECT MYSELF?

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

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

**Avoid contact with sick people. Keep at least 6 feet between you and others.**

Practicing good hygiene is key to keeping yourself healthy and preventing the spread of COVID-19.

### 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.