

What are the symptoms of COVID-19?

The most common symptoms include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

What should I do if I (or someone I know) traveled to an area where COVID-19 is spreading?

Anyone who has traveled to a CDC Level 3 destination (one that is experiencing widespread sustained transmission of COVID-19) should self-quarantine at home for 14 days following their return. For the most recent travel alerts, visit the [CDC Coronavirus Disease 2019 Information for Travel webpage](#). You should monitor your symptoms and call your health care provider if you feel sick with fever, cough, or have difficulty breathing. **If you need to go to your doctor's office or an emergency room, call ahead and tell them about your recent travel and your symptoms.** The same precautions should be taken if you have been in close contact with someone who has confirmed COVID-19. You should also avoid contact with others.

Who can be tested for COVID-19?

New York State is now able to perform testing for COVID-19. All testing performed on patients in Westchester County must be approved by the Westchester County Department of Health. The CDC has developed specific criteria for who can be tested for COVID-19. As the situation evolves, the criteria may change. For the most current testing criteria, visit the [CDC Evaluating and Reporting Persons Under Investigation \(PUI\) webpage](#).

Is there a vaccine or treatment for COVID-19?

There is currently no vaccine to prevent COVID-19. There is also no specific treatment for COVID-19 disease at this time. However, most people will recover on their own after resting and drinking plenty of fluids. To relieve symptoms, people with the virus can take pain and fever medication, use a room humidifier or take hot showers to help ease a sore throat and cough.

What can I do to protect myself?

You should go about your daily life, but take the same precautions that you would during cold and flu season:

- [Wash your hands](#) often with soap and water for at least 20 seconds. Use alcohol based hand sanitizer if soap and water are not available.
- Cough or sneeze into your sleeve or a tissue (not your hands), then throw the tissue in the trash.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a cleaning product that contains bleach.

Will wearing a surgical mask protect me from COVID-19?

Surgical masks do not protect the person wearing the mask from infection with COVID-19. Surgical masks should only be worn by people showing symptoms of COVID-19 to help prevent the spread of disease to others. In addition, N95 respirator masks are not recommended for the general public and should only be worn by health care workers who have been properly fitted for them.

Should I travel during the COVID-19 outbreak?

If you are planning to travel, visit the [CDC Coronavirus Disease 2019 Information for Travel webpage](#) for the latest travel advisories related to COVID-19.

Hotline Phone Numbers

- People under self-quarantine or exposure to known case, call (866) 588-0195
- NYS Department of Health COVID-19 Hotline (888) 364-3065
- Westchester County COVID-19 Information Call 211

Additional Resources

- [Coronavirus Disease 2019](#) (CDC)
- [Coronavirus Disease \(COVID-19\) Outbreak](#) (WHO)
- [Novel Coronavirus](#) (NYSDOH)
- [COVID-19 for Childcare Providers and Schools](#) (NYSDOH)
- As of March 4, 2020: [Coronavirus Fact Sheet](#) (WCDH)
- [Letter to School Administrators](#) (NYSDOH, NYSED)
- [Letter to Parents/Gaurdians](#) (NYSDOH, NYSED)
- [Letter to Universities and Colleges](#) (NYSDOH)
- [COVID-19 Fact Sheets](#) (CDC)