

Mayor's Messages: Important Covid-19 Resources

The resources below are pulled from previously published **Mayor's Messages** and will be updated on a periodic basis.

Symptoms, Testing and Isolation/Quarantine

Symptoms: The typical [symptoms](#) of Covid-19 are fever, cough, shortness of breath, fatigue. If you have these symptoms **stay home** (avoid public places and public transportation), **separate yourself from others** (use a separate bedroom and bathroom, eat separately, have your linens washed frequently), and **call the Covid-19 hotlines** to notify the authorities so that you can be given the help you need while protecting your family and neighbors. Here are the numbers to call:

- People under self-quarantine or exposure to known case: call (866) 588-0195
- NYS Department of Health Covid-19 Hotline: call (888) 364-3065
- Westchester County Covid-19 Information: call 211
- St. John's Riverside Hospital that has facilities in Dobbs Ferry and Yonkers has a special emergency Covid-19 number that residents can call to establish if they need to be tested and to arrange for testing: call 914-964-4706.
- You can also call our police department at 914-478-2344 - they have been fielding calls from residents and will know where to send you

Testing: The County has provided guidance on when testing protocols kick in [HERE](#). Until more tests become available tests will be provided to: people who were in close proximity to a person who has been diagnosed with Covid-19 (same office, classroom etc.); people who have come back from a hot spot and have developed symptoms; or people who have been quarantined and developed symptoms. As more tests become available the categories of qualified persons should broaden. More hospitals and private practices are getting access to Covid-19 testing: Currently testing is available at:

- State public health lab
- NYC public health lab
- LabCorb and Northwell labs
- New Rochelle mobile testing site. Patients must call ahead to make an appointment: 888-364-3065. Priority is given to New Rochelle residents and vulnerable populations, like senior citizens and people with underlying respiratory issues.
- New York State is opening a drive-thru COVID-19 mobile testing facility in the Bronx.

Isolation and Quarantine Protocols:

The CDC defines the two terms [HERE](#):

- **Isolation** separates sick people with a contagious disease from people who are not sick. The County's isolation protocol for Covid-19 is [HERE](#).

- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. The County's quarantine protocol for Covid-19 is [HERE](#) and the NYS protocols can be found [HERE](#).

As per the State's/County's quarantine protocol, the point of a "self-quarantine" is to avoid mixing with other people. If you are being asked to work from home please don't refer to that as "self-quarantine" as it will confuse others. If you are not clear what protocols you and your family should be following please call the self-quarantine hotline (866) 588-0195 to get accurate guidance.

WHO Message: Test, Isolate and Contact Trace

The urgent message from the World Health Organization (WHO) is to [test and isolate people who have become infected, and then to contact trace](#). "Contact tracing" means tracing back your contacts over the past 14 days to establish exposure. If you suspect an infection in your family: **immediately self-quarantine and begin the process of "contact tracing"**. Please don't wait to be told to self-quarantine as it may take time to test and notify you of what you need to do. And please do start contact tracing (which means tracing back your contacts over the past 14 days) so that when you are eventually tested, if you test positive, you have the necessary information readily available. **If you have been quarantined please follow the directions you were given – we are all counting on you!**

Finally, and of course this is entirely voluntary, please notify our First Responders so they are properly protected when they come to provide assistance. We have been informed that an entire Fire Department in New York City is in quarantine because the members were not properly informed prior to assisting a resident who was infected. We simply cannot afford to have that happen to our Fire/EMS team. We have established a confidential hotline: 914-231-8988 and email hohquarantine@hastingsgov.org, so residents who are affected can notify Police Chief David Dosin and Fire Chief John Lindner of their condition.

Additional Resources:

The core advice for individual citizens remains the same as summarized on the County site [HERE](#). You can see past Mayor's Messages [HERE](#), the Village website Covid-19 page [HERE](#), and messages from the Schools [HERE](#).

The CDC site is constantly being updated so check back in for guidance related to [schools, colleges and universities](#), [businesses and employers](#), [places of worship](#), [higher risk populations](#) (older adults and people who have severe chronic medical conditions), [pregnant women and children](#), [homeless shelters](#) and [large gatherings](#). There is also advice for [travellers](#).

See also:

- [CDC 2019 Coronavirus](#)
- [New York State Department of Health Novel Coronavirus website](#)
- [Westchester County COVID-19 updated](#)