

# Coronavirus Update with Resource Listings

Dear Red Hook Residents,

We will get through this, together. Despite the difficulties imposed on us by the Coronavirus pandemic, we, along with our State and County partners, are working diligently to pull together resources, protect our communities and develop strategies to cope with this new reality.

It is paramount that we comply with federal, state, and local directives to socially distance ourselves from one another, wash our hands frequently, sanitize surfaces, and stay home. The Governor's Executive Order orders now that residents stay home unless they are providing an "essential service".

For a list of essential services [CLICK HERE](#).

For more detailed information on the coronavirus, please visit the following websites:

- [Dutchess County - Coronavirus](#)
- [New York State Department of Health - Coronavirus](#)
- [Center for Disease Control - Coronavirus](#)

We have been diligently working to prepare the Town of Red Hook, prevent spread of the virus and prepare for increased assistance to our residents. Below is information on some important efforts underway and ways to help here in town.

## **What to Do If You Think You Are Sick**

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, the CDC recommends you 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.

- If it is an actual emergency, call [911](#).
- Steps to help prevent the spread of COVID-19 if you are sick can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

NuVance Health has opened up 2 testing site locations near Northern Dutchess for pre-screened individuals. [Click Here](#) for information.

# What to do if you are sick with coronavirus disease 2019 (COVID-19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



CS 314937-0 03/05/2020

For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

## **Town of Red Hook Public Notification Feature**

The Town of Red Hook has a notification feature for residents who want to stay informed about their local government. During the Covid-19 pandemic, the Town will use this feature to send updates to residents. **We encourage Red Hook residents to sign up for notifications by clicking the button below.**

[Sign Up for Public Alerts](#)

You can also sign up for email updates from the **Dutchess County Department of Behavioral and Community Health:**

[Dutchess County Email Updates](#)

They also maintain a hotline number at [845-486-3555](tel:845-486-3555)

## **Town Government**

While **Town Hall** remains closed to the public during office hours, all departments are functioning on a next day service with drop boxes.

The **Town Recycling Center** remains open. Please practice social distancing.

For any town hall related business you may need to complete, the following are the contact numbers for each department.

Categories	Telephone
<a href="#">Animal Control</a>	845-452-7722 Ext. 431
<a href="#">Assessor's Office</a>	
<a href="#">Building &amp; Zoning</a>	845-758-4623 or 845-758-4603
<a href="#">Business Office</a>	845-758-4601
<a href="#">Highway Department</a>	845-758-4615
<a href="#">Planning</a>	845-758-4613
<a href="#">Purchasing Department</a>	845-758-4612
<a href="#">Recreation Department</a>	845-758-4625
<a href="#">Recycling Center</a>	845-758-4606
<a href="#">Town Supervisor</a>	845-758-4622 or 845-758-4602
<a href="#">Town Board</a>	
<a href="#">Town Clerk/Receiver of Taxes</a>	845-758-4606 or 845-758-4607
<a href="#">Town Justices</a>	
<a href="#">Water Department</a>	845-758-4608
<a href="#">ZBA</a>	(845)758-4624
<a href="#">Trails Committee</a>	845-758-4410

For direct links to the Town Departments, click below.

[Town Website Directory](#)

## Volunteer Efforts

Neighbors throughout our community are coming together to help each other. The Town is currently looking for volunteers to help our citizens who may need assistance during this difficult time. This could include shopping for groceries, delivering prepared foods, and checking in on neighbors.

To volunteer/get assistance log onto the website listed below

(website and hotline should be operational by Thursday, March 26<sup>th</sup>)

[RedHookResponds.org](https://www.RedHookResponds.org)

or

Call the Hotline at **(845) 640-4788**

Dutchess County has a similar effort called the **Dutchess Responds Fund**, [click here](#) to donate.

## Food Resources

- The **Office for the Aging** is delivering ready to eat frozen meals (5) at a time.
- Homebound Delivered Meals is available for anyone who needs delivered meals during this public health emergency.

[Home Delivered Meals](#)

[Office for the Aging](#)

**The Various Red Hook Food Pantries are available for community members. To**

access their resources/volunteer or to donate;

[Donate to the Northeastern  
Regional Food Bank](#)

[UMC Food Pantry](#)

[Red Hook Harvest and  
Other Food Pantries](#)

### **Red Hook Food Establishments**

Red Hook restaurants and farms are important food security resources for our Town during this time and we should support them to the extent we are able to. While restaurants are closed to in-house customers, many are offering takeout service (including curbside pickup) and some are offering delivery. We have created a list of restaurants, delis, and other food establishments that are currently offering one or more of these services. We will be continually updating the list to reflect any changes in service.

[List of Red Hook Food Establishments](#)

### **Local Farm Stands/Stores**

<a href="#">Dutchess Creamery</a> / 6780 Rt 9, Rhinebeck	845-868-3320
<a href="#">Greig Farm</a> / 223 Pitcher Lane, Red Hook	845-758-8007
<a href="#">Kesicke Farm</a> / 229 Middle Rd, Rhinebeck	845-590-9642
<a href="#">Northwind Farms</a> / 185 West Kerley Corners Rd, Tivoli	845-757-5591
<a href="#">Sawkill Farm</a> / 7782 Albany Post Rd, Red Hook	845-835-8142

## **School Breakfast, Lunches, and Heat-to-Eat Meals TO GO**

From **8-10:30**, Red Hook Central School District will offer curbside grab & go breakfast and lunch for any child in need of a meal **Monday-Friday**. Pick up will be at **Mill Road Elementary School on the K-2 side**. You will not have to leave your car.

Starting March 25<sup>th</sup> they will also have heat-to-eat meals.

To RSVP to this program, please email [schoolmeals@rhcsd.org](mailto:schoolmeals@rhcsd.org).

You may request delivery from Mr. Popp at [jpoppp@rhcsd.org](mailto:jpoppp@rhcsd.org) if you absolutely are unable to pick up at Mill Road during the week. If you need an occasional delivery, we have faculty who have volunteered to deliver. Please contact Barbara Murray at [bmurray@rhcsd.org](mailto:bmurray@rhcsd.org) or Chris Wood at [cwood@rhcsd.org](mailto:cwood@rhcsd.org) for the occasional delivery need.

If you would like to volunteer with this program, please use thier sign-up genius, which will continue to be updated. <https://www.signupgenius.com/go/9040848a8a822abf58-food>

If you have additional questions or concerns, please email us at [foodservices@rhcsd.org](mailto:foodservices@rhcsd.org).

## **Red Hook Harvest**

If you need additional food assistance outside of school meals, please contact **Red Hook Harvest** at [redhookharvest@gmail.com](mailto:redhookharvest@gmail.com).

## **Business Support**



Many businesses have been impacted by the Coronavirus and the implementation of safety precautions

The **Small Business Administration** (SBA) is providing loans and grants and has launched an online application for loans up to \$2M called the **Disaster Loan Assistance**

[Click here](#)

Information is available on the **Dutchess Business Network** website for small businesses in our area;

[Click here](#)

If you or someone you know have lost their job and wish to file for **New York State Unemployment**;

[click here](#).

## **Healthcare workers**

NYS is reaching out to see who may be available to provide assistance in addressing our healthcare needs.

To explore opportunities to assist click on NYS Health's link.

<https://coronavirus.health.ny.gov/get-involved-how-you-can-help>

A significant blood supply shortage exists - to find out where and how you can donate link to the

[The American Red Cross here](#)

# NOTICE

Before visiting, please make sure you **do not have** a fever, shortness of breath, cough, nasal congestion, runny nose, sore throat, or other symptoms of a viral illness.



**Help prevent the spread of flu and coronavirus and other illnesses.  
Let's keep our community healthy!**

For more information about COVID-19 visit  
**[DutchessNY.gov/Coronavirus](https://DutchessNY.gov/Coronavirus)**  
or call **(845) 486-3555**



[Download PDF of COVID Poster](#)

## **Managing Anxiety and Stress**

The CDC has put together a list of suggestions and resources for those people who are experiencing anxiety during this pandemic. It is important to remember to do the following:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

[Link to CDC Managing Anxiety & Stress Page](#)

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***Your Government is always available to assist you. Please contact me at 845-758-4622 or [rmckeon@redhook.org](mailto:rmckeon@redhook.org)***

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. Stay informed with guidance, precautions and news at...

[DutchessNY.gov/coronavirus](https://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](https://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.

[Find Out More](#)

## Resource List as of March 24th

(in order of appearance)

Source	Website	Phone
NYS Defined Essential Services	<a href="https://www.wivb.com/news/a-list-of-essential-services-defined-by-new-york-state/">https://www.wivb.com/news/a-list-of-essential-services-defined-by-new-york-state/</a>	
Dutchess County Coronavirus	<a href="https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm">https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm</a>	845-486-3400
NYS Department of Health – Coronavirus	<a href="https://coronavirus.health.ny.gov/home">https://coronavirus.health.ny.gov/home</a>	1-888-364-3065
Center for Disease Control Coronavirus	<a href="https://www.cdc.gov/coronavirus/2019-nCoV/index.html">https://www.cdc.gov/coronavirus/2019-nCoV/index.html</a>	800-232-4636
Steps to Prevent Covid-19 / CDC	<a href="https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html">https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html</a>	800-232-4636
NuVance Health testing sites	<a href="https://www.dutchessny.gov/Departments/County-Executive/Nuvance-Health-Opens-COVID-19-Collection-Sites-in-Dutchess-Ulster-Counties.htm">https://www.dutchessny.gov/Departments/County-Executive/Nuvance-Health-Opens-COVID-19-Collection-Sites-in-Dutchess-Ulster-Counties.htm</a>	
Sign Up for Public Alerts	<a href="https://www.redhook.org/list.aspx">https://www.redhook.org/list.aspx</a>	
Dutchess County Email Updates	<a href="https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm">https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm</a>	845-486-3400 Hotline #: 845-486-3555
Town of Red Hook Directory	<a href="https://www.redhook.org/directory.aspx">https://www.redhook.org/directory.aspx</a>	
Red Hook Responds	<a href="http://www.redhookresponds.org">www.redhookresponds.org</a>	Hotline # (845) 640-4788
Dutchess County Response Fund	<a href="https://communityfoundationshv.org/DutchessResponds">https://communityfoundationshv.org/DutchessResponds</a>	
Home Delivered Meals	<a href="https://www.dutchessny.gov/Departments/Aging/OFA-Home-Delivered-Meals-Groceries.htm">https://www.dutchessny.gov/Departments/Aging/OFA-Home-Delivered-Meals-Groceries.htm</a>	845-486-2555
Office for the Aging	<a href="https://www.dutchessny.gov/Departments/Aging/Office-for-the-Aging.htm">https://www.dutchessny.gov/Departments/Aging/Office-for-the-Aging.htm</a>	845-486-2555

North-eastern Regional Food Bank	<a href="https://regionalfoodbank.net/">https://regionalfoodbank.net/</a>	518-786-3691
United Methodist Churches Food Pantry	<a href="http://redhook.umchurches.org/?page_id=80">http://redhook.umchurches.org/?page_id=80</a>	845-750-3057
Red Hook Harvest	<a href="http://redhookharvest.com/donate-food">http://redhookharvest.com/donate-food</a>	
Red Hook Food list	<a href="https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3A54610bbd-1b21-40b3-8ed9-add37a00ddec">https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3A54610bbd-1b21-40b3-8ed9-add37a00ddec</a>	
Dutchess Creamery	<a href="https://dutchesscreamery.com/#experience">https://dutchesscreamery.com/#experience</a>	845-868-3320
Greig Farm	<a href="https://www.greigfarm.com/">https://www.greigfarm.com/</a>	845-758-8007
Kesicke Farm	<a href="http://www.kesickefarm.com/">http://www.kesickefarm.com/</a>	845-590-9642
North-wind Farms	<a href="http://www.northwindfarmsallnatural.com/">http://www.northwindfarmsallnatural.com/</a>	845-757-5591
Sawkill Farm	<a href="https://sawkillfarm.com/">https://sawkillfarm.com/</a>	845-835-8142
RHCS Volunteer Sign-up	<a href="https://www.signupgenius.com/go/9040848a8a822abf58-food?fbclid=IwAR2v6o47zCYkPO2F5H5QzGfWKRozx80k7drfw10v4nM3cysE_uDvheK2Qlg">https://www.signupgenius.com/go/9040848a8a822abf58-food?fbclid=IwAR2v6o47zCYkPO2F5H5QzGfWKRozx80k7drfw10v4nM3cysE_uDvheK2Qlg</a>	Email: schoolmeals@rhcsd.org
Red Hook Harvest		Email: redhookharvest@gmail.com
Small Business Administration	<a href="https://lnkd.in/dmRfwXt">https://lnkd.in/dmRfwXt</a>	1-800-659-2955
Dutchess Business Network	<a href="https://dutchessbnn.com/">https://dutchessbnn.com/</a>	
NYS Unemployment	<a href="https://www.ny.gov/services/get-unemployment-assistance">https://www.ny.gov/services/get-unemployment-assistance</a>	888-469-7365
NYS Health	<a href="https://coronavirus.health.ny.gov/get-involved-how-you-can-help">https://coronavirus.health.ny.gov/get-involved-how-you-can-help</a>	
COVID Poster	<a href="https://www.dutchessny.gov/Departments/DBCH/Docs/Senior-Friendship-Center-COVID-sign.pdf">https://www.dutchessny.gov/Departments/DBCH/Docs/Senior-Friendship-Center-COVID-sign.pdf</a>	
CDC Managing Anxiety	<a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>	1-800-985-5990
Find Out More	<a href="https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm">https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm</a>	845-486-3400
Robert Mckeon	Email: <a href="mailto:rmckeon@redhook.org">rmckeon@redhook.org</a>	845-758-4622