

## - Coronavirus Prevention Update -

Ellenville Regional Hospital (ERH) and Ellenville Regional Rural Health Network takes the health and safety of our patients, staff and community very seriously. There are confirmed cases of Coronavirus (COVID-19) in New York so we want to assure you that measures are in place for protection. ERH's Providers, Infection Control and Clinical Operations have been actively coordinating protocols with Ulster County and New York State Department of Health.

In order to prevent the potential spread of coronavirus at public gatherings we are temporarily suspending Ellenville Regional Rural Health Network programs until May 31, 2020, at which time we will reassess risk of exposure.

CDC guidance states that the virus is spread from person-to-person exposure between people who are in close contact with one another, within about 6 feet, and through respiratory droplets from an infected person coughing or sneezing. Symptoms include fever, cough, and difficulty breathing. The overall risk of serious illness from COVID-19 is low. Most patients with infection will experience mild upper respiratory symptoms including fever and cough. Those at greatest risk are the elderly and those with existing chronic medical conditions such as COPD, diabetes, and cardiovascular disease. Children who have been infected seem to experience mild upper respiratory illness or no illness at all.

ERH can administer COVID-19 testing if directed by the DOH. The tests are sent out to Wadsworth Laboratory in Albany. All clinical staff are trained to follow isolation procedures to protect themselves and the patients.

### **SIGNS & SYMPTOMS**

**Mild Symptoms** - If you have flu-like symptoms and are not experiencing shortness of breath, please stay home to protect yourself and your community. Contact your doctor to discuss your symptoms and decide the best course of action.

**Severe Symptoms** - If you are feeling severely ill, and are having trouble breathing, please get yourself to our ED. If unable to do so, please call 911. Alert the 911 dispatcher of any risks you may have for the Coronavirus including travel in the last 14 days, or close contact with someone who has tested positive to have the virus.

**No Symptoms** - If you have recently traveled to an affected area or have been exposed to infected individuals, but are not sick, DOH has asked that you to stay home on self-isolation which will likely last 14 days. Please notify your provider and the DOH and follow instructions.

*Protect yourself. Avoid touching your face, eyes, nose or mouth with unwashed hands, stay home when you're sick, cover your cough or sneeze with a tissue and discard, clean frequently touched objects, and wash your hands often with soap and water for at least 20 seconds. Good hygiene is critical.*

**If you think you've been exposed to Coronavirus, please CALL OUR EMERGENCY DEPARTMENT FIRST at (845) 647 – 6400 ext. 264 before coming to the hospital.** We have implemented protocols to limit potential spread in the Emergency Department, so **it is essential individuals who think they have been exposed, call before coming to the hospital so we can arrange to follow isolation protocols.**

### **For more information you can also call:**

- NYS CORONAVIRUS INFORMATION HOTLINE (24/7) at 1-888-364-3065
- Ulster County Department of Health and Mental Health COVID-19 Line 845-443-8888 (7am-9pm All Days)