COVID-19 Coronavirus
Question and Answer
March 8, 2020

Multiple cases of COVID-19 have been confirmed in Westchester County and it is expected that more cases of COVID-19 will be identified in the future.

How is COVID-19 spread?
The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) via respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

What are the symptoms of COVID-19?
The most common symptoms are similar to those of the flu, including fever and cough. Young people are less likely to exhibit the more severe symptoms of respiratory distress.

What should I do if my child is sick with fever and cough?
You should call your child's primary care provider to discuss your child's symptoms. If you have a history of recent international travel or a potential exposure to a person with confirmed COVID-19 this is important information to relay to your care provider via telephone.

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. As the situation evolves, the criteria for testing may further change.

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.

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.

Hotline Phone Numbers
NYS Department of Health COVID-19 Hotline (888) 364-3065
Westchester County COVID-19 Information Call 211