

UPDATE: COVID-19 Information for Saratoga County

April 12, 2020

Ballston Spa, NY — The Saratoga County Department of Public Health today announced that there are 221 confirmed cases of COVID-19 in Saratoga County and 12 of those individuals are hospitalized at this time. The Department also confirmed the county's sixth death — a county resident who recently passed away in New Jersey.

The importance of masks and how to make your own

The Department of Public Health is encouraging all individuals to wear a mask any time they are out in public. That being said, we are aware of mask shortages. The CDC has a helpful resource on its website outlining how to wear a mask and instructions on how to make a homemade mask. That link can be accessed [here](#).

Social distancing and quarantine

The Saratoga County Department of Public Health is reminding people to continue to practice physical distancing and limit interaction with others during this holiday weekend. The virus can spread from one person to another, even if the carrier is asymptomatic. Minimizing interactions between people will help prevent the spread and flatten the curve.

If you know you have been exposed to a person who has tested positive for COVID-19, do not wait for the phone call from the Department of Public Health. Immediately go home and self-quarantine from others. Quarantine is a way to help limit the spread of a contagious disease and is meant to keep a person separate from others before illness sets in. We know that the virus can be spread up to 48 hours before symptoms appear. That is why it is crucial to social distance and wear a mask in public.

Do not run out to get tested right away after an exposure because the virus takes a while to incubate before a test will read positive. Should a test be taken too early, it will read negative but could give a false sense of security due to the time it takes for the virus to incubate. It can take anywhere from 2 to 14 days for the virus to read as positive on a test. Even if the test is done early, you will need to remain in quarantine for 14 days.

As a reminder, some people never get symptoms, and some have only have mild symptoms, like loss of taste and loss of smell. Not everyone gets a fever. The Department of Public Health is here to answer your questions and help you through the spread. Follow all the recommendations, as no one is exempt from getting this virus. Stay home and stay safe!