

## **UPDATE: COVID-19 Information for Saratoga County**

### **April 14, 2020**

Ballston Spa, NY — The Saratoga County Department of Public Health today announced that there are 229 confirmed cases of COVID-19 in Saratoga County and 15 of those individuals are hospitalized at this time.

To date, the County has discharged 121 individuals from isolation. Of these individuals, 104 were confirmed positives and 17 were presumed positive. A total of 614 have been discharged from quarantine.

The sixth county death, which was reported on Sunday, was an 86-year-old male who spends his winters in New Jersey and died there.

#### Facebook Live event earlier this morning

Officials from Saratoga County hosted a Facebook Live event at 11:00 a.m. this morning to answer questions from residents related to COVID-19. The hour-long event featured staff from the Department of Public Health, the Office of Mental Health and the Office of Emergency Services. Highlights included an update on the number of recoveries as cited above and a discussion about homemade masks. The event can be viewed [here](#).

#### 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. 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 practice social distancing 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 two 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 mild symptoms, like loss of taste or smell. Not everyone gets a fever. The Department of Public Health is here to answer your questions. Follow all the recommendations from the County, State and Federal health departments as no one is exempt from getting this virus. Stay home and stay safe!