

UPDATE: COVID-19 Information for Saratoga County April 19, 2020

Ballston Spa, NY — The Saratoga County Department of Public Health Services today announced that there are 269 confirmed cases of COVID-19 in Saratoga County and 11 of those individuals are hospitalized at this time. The Department also confirmed the county's tenth death from COVID-19 — a 67-year-old female from Malta.

The importance of masks

Face masks must be worn if individuals are out in public and especially while doing essential shopping for groceries or at the pharmacy. They must also be worn if individuals are:

- In a situation where one is unable to maintain a six-foot distance
- Traveling in a public or private transportation carrier or for hire-vehicle (i.e., bus, train, taxi, Uber, Lyft)

Essential businesses must provide face coverings or masks to all essential workers for both the employees' protection and to protect others. Employees who directly interact with the public should self-monitor themselves each day before work for signs and symptoms of COVID-19. We are seeing a variety of symptoms with COVID-19.

Monitor daily for the following:

- temperature (check to see if experiencing fevers or chills)
- loss of taste and loss of smell
- dry chronic cough
- shortness of breath
- nausea, vomiting and diarrhea
- extreme fatigue or severe headache

Essential workers are not to go to work if ill and should contact their healthcare provider.

How to make a mask or face covering at home

That being said, the Department of Public Health Services is 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](#). Individuals should be careful not to touch their eyes, nose and mouth when removing their face covering and wash hands immediately after removing. Be sure to wash your homemade mask often.