

UPDATE: COVID-19 Information for Saratoga County May 20, 2020

Ballston Spa, NY — The Saratoga County Department of Public Health Services today announced the most current stats on COVID-19 in Saratoga County.

- Confirmed cases of COVID-19: 434
- Deaths: 15
- Recovered cases: 349
- Active cases: 70
- Hospitalizations: 6
- Total tested: 8,873

Facebook Live event

Earlier today, officials from Saratoga County and community partners hosted a **Facebook Live event** to answer questions from residents related to COVID-19. The hour-long event was hosted on the Saratoga County Office of Emergency Services Facebook page and featured:

- Aric Butts RN, BSN – Registered Nurse, Saratoga Hospital
- Craig Hayner – Saratoga County Clerk
- Cathleen Medick, RN, BSN – Director of Patient Services, Saratoga County
- Dr. Michael Patton – Superintendent, Saratoga Springs City School District

Community members can re-watch the stream [here](#).

What businesses should consider prior to reopening

The Capital Region has started the reopening process. This will take place in phases, and not all businesses will be allowed to reopen immediately. A breakdown of the businesses that are included in each phase can be found [here](#).

As we begin Phase I, it is important that businesses have their safety plans in place. Templates can be found [here](#).

Every business should be thinking about the following things:

- Physical spacing and incorporating distancing where possible
- Personal Protective Equipment
- Health screening process for employees
- Cleaning protocols and supplies
- Log of people in the building (employees and visitors)

Mental Health Awareness Month Resources

This is a difficult and changing time for everyone. May is Mental Health Awareness Month, and we want to share a handful of resources and information that county residents can take advantage of:

- New York has offered free access to [Headspace](#) for meditation purposes during COVID-19.
- [SAMHSA Disaster Distress Helpline](#)
- [Managing Anxiety in an Anxiety-Provoking Situation](#)
- [CDC - Manage Anxiety and Stress](#)
- New York State COVID-19 Emotional Support Helpline: 1-844-863-9314
- Parson's Mobile Crisis Team: 518-292-5499
- Healing Springs Recovery Center: 518-306-3048
- Wellspring: 518-584-8188
- National Suicide Prevention Hotline: 1-800-273-8255
- OASAS Hopeline: 1-877-846-7369
- [Saratoga County Department of Mental Health and Addiction Services](#): 518-584-9030

Saratoga Center for the Family is also providing a "Coping During COVID-19: Positive Pandemic Coping Skills for Adults" webinar this Friday. To register, [click here](#).

Data Dashboard enhanced

The dashboard now includes more comprehensive information and charts on positive cases. A link to the data dashboard, which is updated on weekdays, can be found at the top of the Saratoga County Department of Public Health Services' COVID-19 website, located [here](#).