



Dear Ardsley Community,

As of Saturday morning there were 17 Village residents confirmed to have tested positive for COVID-19. To everyone who has tested positive we wish you and your families a speedy recovery.

Unfortunately, what we don't know is how many other people are sick and have not been tested, can't get tested or have been tested but have not yet received the results. So the numbers we receive from the County on any given day do not reflect the reality of the situation. The reality is that the numbers will keep going up because more people are getting sick and more people are getting tested. At this point you should act as if you have been exposed, stay home and monitor for symptoms. We must do everything we can to help stop the spread of the virus and not overburden our first responders and medical community.

We need to monitor our own health and the health of those close to us. According to the Westchester Department of Health's precautionary advice COVID-19 symptoms include fever, shortness of breath, and a dry cough. If you have any of these symptoms you can contact your healthcare provider, call 211 Westchester Coronavirus hotline, and in more serious cases call the NYS COVID-19 testing hotline at (888) 364-3065.

If you test positive for COVID-19, or even if you suspect you have it, but have not been tested, please notify the Ardsley Police Department at (914) 693-1700. If you call 911 in case of emergency, we plead with you that you inform both the 911 operator taking your call and our first responders when they arrive to assist you of your symptoms.

Your personal information will remain confidential except if our first responders are called to respond to your home, in which case they will be alerted so that they can don the necessary protective equipment. As you are aware from news reports, personal protective equipment is limited, therefore it is not practical for our first responders to wear it for every house call. This is why we are requesting that you notify us.

County Mental Health Services

We know that social isolation and financial hardship will take a toll on mental health in our community. The Westchester County Department of Community Mental Health (DCMH), together with its partner agencies, will be offering guidance and support to Westchester County's residents as they cope with the impact of the COVID-19. People may experience stress, fear, grief, depression and anxiety. DCMH will be implementing educational and supportive services through various forms of communication, including a dedicated

telephone resource line, social media, taped video recordings, chat lines, printed materials and linkage to counseling.

DCMH will partner with different organizations and private clinicians to provide the following supports:

- DCMH Information, Support and Referral line at (914) 995-1900 8 a.m. to 8 p.m./Text #914-461-7281.
- Behavioral Health Crisis Prevention and Response Team (Available for psychiatric emergencies).
- On-going educational and supportive services on such topics as coping, addressing anxiety, parenting through this difficult time, and mindfulness exercises through various tele-communication.
- Psychological response to targeted groups as needed.
- Peer-to-Peer Support through DCMH provider network.
- Access to counseling and other supportive services through provider network and pro bono clinicians.
- Services and supports to targeted populations such as parents, teens, seniors, health care workers, first responders, LGBTQ communities and those with pre-existing mental health or substance use conditions.

In order to reach as many people as possible many pages on Westchester County's website are now available for translation into 23 languages.

The following New York State links provide important information:

<https://esd.ny.gov/esd-covid-19-related-resources>

<https://ag.ny.gov/coronavirus>

<https://esd.ny.gov/novel-coronavirus-faq-businesses>

<https://www.labor.ny.gov/workerprotection/laborstandards/coronavirus-complaints.shtm>

<https://www.sba.gov/funding-programs/disaster-assistance>

<https://apps.health.ny.gov/pubpal/builder/survey/nys-covid19-tracking-offers>

<https://coronavirus.health.ny.gov/home>

If you believe an employer is in violation of either existing labor laws or recently issued executive orders you can contact the NYS Attorney General's Office at (212) 416-8700 or Labor.Bureau@ag.ny.gov

Please do not hesitate to reach out to me for anything.

Nancy

Nkaboolian@ardsleyvillage.com