



## COUNTY OF DUTCHESS

DEPARTMENT OF BEHAVIORAL AND COMMUNITY HEALTH  
Office of the Assistant Commissioner

### COVID-19 Testing Procedure for Dutchess County Schools

#### Background

COVID-19 remains a serious public health threat to the residents of Dutchess County, NY. Recently, the Governor of New York State has approved that both public and private K-12 schools will be able to open for the upcoming school year and was given guidance documents to develop plans to safely re-open with many COVID-19 mitigations. One of those mitigations is to have a plan for COVID-19 testing for individuals in a school setting. Information about testing in Dutchess County is described below.

#### Symptoms of COVID-19

Symptoms of COVID-19 may appear 2-14 days after exposure and include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

#### Types of COVID-19 tests

There are two different types of tests – diagnostic tests and antibody tests.

- A diagnostic test can show if you have an active coronavirus infection and should take steps to quarantine or isolate yourself from others. Currently there are two types of diagnostic tests which detect the virus – molecular tests, such as RT-PCR tests, that detect the virus's genetic material, and antigen tests that detect specific proteins on the surface of the virus.
- An antibody test looks for antibodies that are made by your immune system in response to a threat, such as a specific virus. Antibodies can help fight infections. Antibodies can take several days or weeks to develop after you have an infection and may stay in your blood for several weeks or more after recovery. Because of this, antibody tests should not be used to diagnose an active coronavirus infection. At this time researchers do not know if the presence of antibodies means that you are immune to the coronavirus in the future.

#### How to be Tested for COVID-19

1. Contact your primary care physician to receive a prescription to visiting a testing site; or
2. Contact a testing site to schedule an appointment.

#### Testing sites in Dutchess County

Several sites have opened in Dutchess County offering diagnostic and/or antibody testing. Including:

- CareMount Medical Group
- Emergency One Urgent Care
- MidHudson Regional Hospital
- Nuvance Health
- Pulse-MD Urgent Care

- Rite Aid Pharmacy

The most up to date list of providers offering testing and the specific criteria for testing at each site is and will be maintained on Dutchess County's website at [dutchessny.gov/coronavirustesting](https://dutchessny.gov/coronavirustesting)

Be sure to review and understand the full list of requirements for each site **BEFORE** visiting.