

# Novel Coronavirus (COVID-19) Prevention

## and "social distancing" by Choices Mental Health Counseling PLLC

### Prevention

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your face with unwashed hands.
- Avoid close contact with people who are sick.
- **Stay at home when you are sick.**
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

**Presently, it is recommended that all, or nearly all, individual therapy sessions at this office be conducted online with telehealth applications like FaceTime. Group sessions are suspended until at least until May 1<sup>st</sup> 2020.**

**We will remain available throughout at [845-513-5002](tel:845-513-5002) or by email at [tom@choicesmhc.com](mailto:tom@choicesmhc.com).**

### Symptoms

Novel coronavirus may cause mild to severe respiratory symptoms including:

- cough
- fever
- trouble breathing and
- pneumonia

CDC says symptoms may appear in as few as 2 days or as long as 14 days after exposure to the virus.

**If you have symptoms that are contagious, please do not come to this office (whether it is corona virus or something else). Call or visit your MD or urgent care unit if possible. Take care of yourself and our community. Thank you.**

### How Does Novel Coronavirus Spread?

Most cases are likely to be spread from person to person by droplets when coughing. Since COVID-19 is very new, health authorities continue to carefully watch how this virus spreads.

### More Information

Call the NYS Department of Health Coronavirus Hotline: 888-364-3065.

### Mental Health and Addiction Recovery Resources

Resources related to emotional self-care (as well as updates on this office's availability) are on the website of Choices Mental Health Counseling PLLC at [choicesmhc.com/?q=covid-19](http://choicesmhc.com/?q=covid-19).

Online 12-step meetings and supports are linked on the same page. "Social distancing" does not mean to go it alone. Use your phone or computer to stay in touch with close friends and family.

Choices Mental Health Counseling PLLC

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Sources: [health.ny.gov/diseases/communicable/coronavirus/](http://health.ny.gov/diseases/communicable/coronavirus/) and [cdc.gov/COVID19](http://cdc.gov/COVID19)  
and [sullivan.ny.us/departments/publichealth/coronavirus](http://sullivan.ny.us/departments/publichealth/coronavirus)