

## The Coronavirus: What to Do

### What to watch for:

Symptoms including, fever, cough, and shortness of breath.

In adults, emergency warning signs\* that require immediate treatment:

1. Difficulty breathing or shortness of breath
2. Persistent pain or pressure in the chest
3. New confusion or inability to arouse
4. Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

### What to do if you get sick:

- Stay home and call your doctor.
- Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.
- If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for [how to take care of yourself at home](#).
- Know when to get emergency help.
- Get medical attention immediately if you have any of the emergency warning signs listed above.

### Who is at higher risk?

- People who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

## Family and caregiver support:

- **Know what medications your loved one is taking** and see if you can help them have extra on hand.
- **Monitor food and other medical supplies** (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- **Stock up on non-perishable food** to have on hand in your home to minimize trips to stores.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.

## What is Social Distancing?

*Social distancing is critical during a pandemic* (Mounk Y, ["Cancel Everything."](#) The Atlantic, March 10, 2020). However, this phrase seems often misinterpreted as simply staying far away from others, even in one-on-one or small-group settings. In fact, this means canceling larger events altogether.

[fact sheet on social distancing](#)

["The Dos and Don'ts of 'Social Distancing,'"](#)

["Social Distancing: This Is Not a Snow Day"](#)

["Why outbreaks like coronavirus spread exponentially, and how to 'flatten the curve'"](#)

## Further information about COVID-19

- CDC's [health communication resources](#)
- CDC information on [stigma and COVID-19](#)
- CDC information on [COVID-19 and children](#)

- CDC offers several free handwashing resources that include [health promotion materials](#), information on [proper handwashing technique](#), and tips for families to help children develop good handwashing habits.
- Other health and education professional organizations may also have helpful resources your school can use or share, such as [the American Academy of Pediatrics](#)[external icon](#)
- CDC's information on [helping children cope with emergencies](#)
- [Stigma prevention and facts about COVID-19](#)
- [Myths vs. Facts webpage](#)
- [Myths vs. Facts PDF \(English\)](#)
- [Myths vs. Facts PDF \(Spanish\)](#)

**Helpful articles:**

<https://www.sciencealert.com/here-s-how-to-keep-the-coronavirus-anxiety-at-bay>

[Compassion in difficult times](#)

<https://www.nytimes.com/2017/12/11/well/mind/how-loneliness-affects-our-health.html>

## **For Goshen students**

In order to support our students who qualify for federal meal programs, the Goshen Central School District Food Services Department will provide both breakfast and lunch during the long term school closure due to the COVID-19 virus.

Food will be available for pick up from 11 a.m.-1 p.m. Monday through Friday, beginning Monday, March 16 to Friday, April 3, 2020, at the Main Street Administration Building, 227 Main Street in Goshen. Families should look for the yellow school bus.

Families who qualify for federal meal programs may pick up breakfast and lunch at the same time. Additional meals are available if needed. Questions can be directed to Food Services Director Al Muhlnickel at 845-615-6491.

## **For Mental Health Therapists**

Many therapists and psychiatrists are currently moving towards providing sessions only via teleconferencing for the indefinite future. Others are offering teletherapy as options for those who are immunocompromised, showing symptoms, are in a vulnerable population, or who might have great anxiety about using public transportation, etc.

Helpful information for therapists:

Join Facebook Group Hudson Valley Therapists in Practice (HV-TIP). There is a lot of useful information and discussion on this topic within the group.

Also, free training tomorrow on Emergency Telemental Health Implementation: Moving Fast While Maintaining Standard of Care:

<https://personcenteredtech.com/2020/03/14/emergency-telemental-health-implementation-moving-fast-while-maintaining-standard-of-care/>

## **Food Pantries in Orange County New York**

If you are an Orange County New York resident and need food, call or stop by a local food bank or pantry for assistance. While they mostly depend on donations from the community in order to operate, the centers can provide items such as perishable food stuff, canned goods, baby formula, and fruits and vegetables.

Each pantry is open limited hours and it is recommended to call in advance for hours and/or to set up an appointment. If a location can't meet your need, a social worker or volunteer can often refer someone to other local charities, churches, community action agencies, or non-profit organizations in the region.

### **Florida Community Food Pantry**

1 North Main Street

Florida, New York, 10921

Call (845) 544-3566

The center provides a package of groceries, free food, and other items weekly to those in the Orange County community who are in need of help. Clothing distribution services are also offered.

### **Monroe United Methodist Church**

Location is 47 Maple Avenue East

Monroe, NY, 10950

Telephone number - 845-783-6378

Qualified families or individuals can receive a two to three day supply of nutritious food, as resources allow. The amount provided will be based on the size of the family as well as any special needs they may have. Over the course of the year, the church may also sponsors holiday events (Easter, Thanksgiving, and Christmas) in order to supplement low income and others in need with free, generous holiday meals. A thrift store is also available on site for clothing and other items.

**First Assembly Of God Food Pantry**

13 Route 6

Port Jervis, New York 12771

Dial the center at 845-856-1826

**Country Kids Food Pantry**

30 Goshen Avenue

Washingtonville, NY, 10992

(845) 496-2119

**Good Samaritan Food Pantry, C/o Trinity Lutheran Church**

Address is 12 Schofield St.

Walden, NY 12586

Main Phone number of pantry is 845-778-2008

**Greenwood Lake Food Pantry**

41 Windamere Avenue

Greenwood Lake, New York, 10925

**Highland Mills Methodist Church**

Food pantry address: 654 Route 32  
Highland Mills, NY, 10930  
(845) 928-6177

**Holy Innocents Food Pantry**

401 Main St.  
Highland Falls, NY, 10928

**New Windsor Food Pantry**

244 Union Avenue  
New Windsor, New York 12553  
Cal 845-565-7750

A food pantry is open the third Friday of the month.

**Union Presbyterian Church Food Pantry**

41 Jacqueline Street  
New Windsor, New York, 12553

**Warwick Ecumenical Food Pantry**

135 Forester Avenue  
Warwick, NY, 10990

**Saint Paul's United Methodist Church**

58 West Main Street  
Middletown, NY, 10940  
Call 845-343-4425 for hours.

The church offers meals, groceries, and support for the needy and low income.

**Grace United Methodist**

265 Van Ness Street  
Newburgh, New York 12550  
Main phone number is 845-561-0176



Referrals from the Orange County Salvation Army may use this church as an emergency food source. Resources can be accessed at most one time per month and families can receive enough food for up to three meals for three days. Aid is focused on the homeless and low income families in the region.

**Goodwill Church**

2117 Rte 208, Montgomery, New York, 12549  
(845) 457-5959

**Salvation Army Port Jervis Corps**

Location is 99 Ball Street

Port Jervis, NY 12771

Main Phone number is 845-856-3214

Social services and emergency assistance is offered. The non-profit provides a package of free food and canned goods for low income families and individuals. The center also provides lunch during the week to anyone in need of a free, healthy hot meal.

**Holy Name Of Jesus Catholic Church**

Address of pantry is 45 Highland Avenue

Otisville, NY 10963

Call 845-386-1320 for intake

A thrift store and food pantry are available.

**Sacred Heart Church**

353 Main Street, Highland Falls, New York, 10928

(845) 446-2674

**Saint George Church**

Address is 105 Grand Street

Newburgh, NY, 12550

(845) 561-5355

**Helping Hands Of Drew United Methodist Church**

49-51 Sussex Street

Port Jervis, New York, 12771

**Salvation Army Middletown Corps**

80 West Main Street

Middletown, NY 10940

Telephone - 845-343-0821

Programs offered are wide ranging. The agency provides a package of food for low income individuals and families. Other resources may include Angel Tree gifts, holiday meals, winter coats for children, and summer meals.

**Easter Seals**

88 East Main Street

Port Jervis, New York 12771

Call 845-858-2874

Runs a monthly outreach program that provides clothing, food and household items to anyone in need of help.

## **Ulster County Food Pantries**

Ulster County families from all backgrounds turn to a food pantry for help. They will not discriminate based on age, race or religion. In fact, many applicants are senior citizens or families with children that need some affordable food to make it through a crisis.

### **Wawarsing Town**

Address is 108 Canal Street

Ellenville, New York, 12428

For information, dial 845-647-7800

They receive donations from local stores, such as Wal-Mart, and provide day-old bread, fruits, coffee and pastries.

### **Rosendale food pantry**

45 James Street

Rosendale, NY, 12472

Main phone - 845-205-2822

The location can only be used once per month. Up to 3 days worth of free food is provided to an Ulster County household.

**Phoenicia United Methodist Church**

21 Church Street

Phoenicia, NY 12464

Main Phone - 845-688-5828

The Shandaken Food Pantry and soup kitchen is on site.

**Saint Joseph's Catholic Church**

Location is 34 South Chestnut Street

New Paltz, New York, 12561

**Saugerties Area Council Of Churches**

44 Livingston Street

Saugerties, NY, 12477

845-255-5635

Volunteers work at the churches and feed children as well as struggling families.

**Saint Joseph's Mission Church**

Conifer Lane

Hurley, NY, 12443

Dial 845-255-5635

The food bank meets special requests. A doctor's referral is needed, and meals or groceries can be prepared for people with diabetes, hypertension, or AIDS/HIV.

**New Day Tabernacle Church**

38 Fire House Road

Plattekill, NY, 12568

Main phone - 845-566-4441

Only supports children and families in the Plattekill/Wallkill School District.

**Woodstock Reformed Church**

Address is 18 Tinker Street

Woodstock, New York, 12498

An emergency food pantry is on site. Fruits, dairy, canned meat, and more is for the working poor. Holiday meals are served too.

**His Love Unveiled Food Pantry**

Location is 2393 Route 300

Wallkill, NY, 12589

845-895-3006

**Rochester Food Pantry**

22 Main Street

Accord, NY, 12404

For intake, call 845-626-7501

Up to a four day supply of emergency food is for low income Ulster County families.

**Saint John The Evangelist Church**

915 Route 212

Saugerties, NY, 12477

**Ulster County Community Action Committee**

70 Lindsley Street

Kingston, New York, 12401

845-338-8750

A leading non-profit in the region. There can be a box of package of food for low income individuals and families. Other programs include clothing, referrals to Christmas programs, financial aid, or applications to government resources such as SNAP food stamps.

**Ellenville United Methodist Church**

Food bank is at 85 Canal St.

Ellenville, New York, 12428

845-527-7616

Christmas meals are served to people too, including the homeless or unemployed.

**Family Outreach**

191 Bedell Ave

Highland , NY 12528

**Memorial United Methodist Church**

1928 Route 44/55

Modena, NY, 12548

Call the pantry at 845-883-7142

**Saint Mary's Church**

71 Grand Street

Marlboro, New York, 12542

For intake, call 845-236-4340

A free food pantry has groceries, fresh food, holiday food baskets, and soap/hygiene items.

**Calvary Chapel Highland**

Location is 64 Vineyard Avenue

Highland, New York, 12528

845-691-7030

The food bank is only for households that are local to Highlands.

### **Saint Vincent Depaul-Saint James Church**

North Road

Milton, New York, 12547

Main phone - 845-795-5430

The volunteers help the working poor and vulnerable. Senior citizens can apply for home delivered meals, there is free food from a pantry, and other social services. Financial aid, clothing, and school supplies may be provided too.

### **Loaves And Fishes Food Closet**

Address: 45 Bridge Street

Wallkill, NY, 12589

845-895-2181

The faith based charity mostly offer referrals. Callers can learn about everything from local housing in Ulster to food pantries and meal sites.

### **Salvation Army Kingston Corps**

35 Cedar Street

Kingston, NY 12401

The local Ulster County non-profit. Boxes of food, shelter, Christmas toys from Angel Tree, and free back to school supplies are offered. Case managers can also help with employment and other financial needs.

### **Ellenville Seventh Day Adventist Church**

161 Center Street

Ellenville, New York 12428

845-647-5998

There is emergency food and other basic needs those who are eligible for Medicare or Medicaid, such as seniors or the disabled in Ulster County.

### **Christ the King Episcopal Church**

Stone Ridge, NY, 12484

Dial 845-687-4013

Thanksgiving and Christmas meals, food baskets, and other aid is available from the pantry for needy families.

### **Catholic Charities Community Services Of Ulster County**

6 Adam Street

Kingston, New York, 12401

Phone number is 845-340-9170

A food pantry and other financial aid/social services are run. A focus is on individuals with special needs. There may also be clothing, household goods, and case management.

### **Atonement Lutheran Church**

Address: 100 Market Street

Saugerties, New York, 12477

Dial 845-246-8322 for hours.

In addition to the regular pantry, a mass distribution occurs monthly. Groceries, rice, soup, and more is passed out to qualified low income families in the area.

### **Hosanna Assembly Of God**

Location is 178 Canal Street

Ellenville, NY, 12428

### **Clinton Avenue United Methodist Church**

122 Clinton Avenue

Kingston, NY, 12401

Dial the non-profit at 845-331-7188

The food pantry is for low-income individuals, senior citizens living on a pension or families in the community.

### **People's Place**

Main address is 773 Broadway

Kingston, NY 12401



845-338-4030

A client choice food pantry as well as clothing closet is run by this Ulster County charity.

### **Shandaken Town**

7209 Route 28

Shandaken, New York 12480

Dial 845-688-7165

They partner with the Department of Social Services to process Food Stamp applications.

### **Ulster County Department Of Social Services**

1061 Development Court

Kingston, New York, 12401

Phone - 845-334-5000

Provides applications to government grants and financial assistance, through SNAP food stamps, section 8 housing vouchers, and other programs.

### **YWCA Of Ulster County**

Address is 209 Clinton Ave

Kingston, New York 12401

Main phone number is 845-338-6844

Many supplies and food programs are for low income parents, including single mothers in Ulster County. Free formula, clothing, strollers, cribs, diapers, car seats, baby supplies and more are for income qualified parents.

### **Christ's Lutheran Church**

26 Mill Hill Road

Woodstock, NY, 12498

A soup kitchen is on site.

### **New Beginnings Church**

The soup kitchen is at 69 Center Street

Ellenville, NY, 12428

**Shiloh Baptist Church**

Address: Berme Road

Ellenville, New York, 12428

845-647-8662

A free, hot lunchtime meal is served by the charity.

**Ulster County Office For The Aging**

1003 Development Court

Kingston, NY, 12401

Dial 845-340-3456

The non-profit operates Meals on Wheels, which will bring a client food or a hot meal.

There are also 7 feeding sites in the county for the disabled or senior citizens to drop in at. Transportation may be arranged to.

For the locations of other food pantries, dial 914.923.1100.

**National Charity Organizations**

**Catholic Charities** is a network of local churches and social service agencies. The organization will assist those that qualify, regardless of their religion, race, gender, or age. They focus on reducing poverty and strengthening families over the long term. Food, housing, charity health care services, emergency financial aid, clothing, holiday assistance and much more is offered.

888-744-7900 or

<https://catholiccharitiesny.org/our-agencies/catholic-charities-community-services-orange-sullivan-ulster>

**Love Inc.** is a national, faith based charity. Each local center will partner with dozens of churches, non-profits and religious groups in an effort to help families that are facing a one time crisis with basic needs or overdue bills. Clients can receive referrals to resources such as food, Christmas and holiday programs, or clothing. Some Love charity locations may also coordinate emergency financial assistance for expenses such as rent, car repairs, or energy bills.

Mid-Hudson Love INC

Phone: 845-471-0102 Fax: 845-471-0532

Street Address: 94 Market Street, Poughkeepsie, NY 12601

<http://www.mid-hudsonloveinc.org/>

## **United Way**

<https://www.unitedwayoc.org/>

### **Support 2-1-1**

If you or someone you know needs help, dial 2-1-1 for free access to information and referrals to services that provide basic needs including food, clothing and shelter; legal services; drug treatment; employment support; childcare; eldercare and more. The confidential helpline, funded by United Way of the Dutchess-Orange Region, is available 24 hours a day, seven days a week. It is staffed by knowledgeable and caring call specialists who can communicate with callers in over 150 languages, as well as TTY for the hearing impaired.

Trouble dialing 2-1-1? Dial 1-800-899-1479 or visit them online!

In times of disaster, 2-1-1 can give callers up-to-date information on emergency shelters, road conditions, etc., relieving pressure on 9-1-1, which is meant to answer true emergency calls.

**National Suicide Prevention Lifeline**

1-800-272-8255

**County Resources**

**Orange/Ulster Co. NY Warm Line**

845-452-2728 Ext 301

**Orange County NY Mobile Mental Health**

1-888-750-2266

**Orange County NY HELPLINE**

1-800-832-1200

**Ulster County NY Mobile Mental Health**

1-844-277-4820

**Ulster**

**County Contact**

**People USA** People USA's Rose Houses are short-term crisis respites that are home-like alternatives to hospital psychiatric ERs and inpatient units. Rose Houses are open and immediately accessible 24/7/365 for hospital diversion. The service is 100% voluntary. While at Rose House, guests have access to a full, customizable menu of services.

**Ulster and Orange**

592 Ulster Avenue, Suite A

Kingston, NY 12401

Walden, NY 12586

People USA's Rose House

<https://people-usa.org/program/rose-house/>

**Text4Teens** is now available 24 hours a day by texting 845-391-1000.

Jewish Family Services

720 Route 17M Middletown, NY 10940 845.341.1173

F: 845.342.6436 info@jfsorange.org

<http://www.jfsorange.org/>

Mission Statement: At Jewish Family Service of Orange County, we are dedicated to welcoming all members of the entire Orange County community connecting them to resources and services that can provide support and comfort. Our mission is to empower all people facing challenging times to live with dignity, hope, and strength. Our doors are open to the entire community.

### **Access Supports**

<https://accesssupports.org/>

888.750.2266

### **ORANGE COUNTY**

#### **Transportation**

845-695-1181

Dolson Avenue

225 Dolson Avenue, Suite 403

Middletown, NY 10940

845-343-8100

#### **Goshen Access Center**

2001 State Route 17M, 2nd Floor

Goshen, NY 10924

845-294-6185

Fax 845-294-6019

#### **New Windsor**

67 Windsor Highway

New Windsor, NY 12553

845-562-6850

Fax 845-562-1354

#### **The Kaplan Family Center**

#### **Mental Health & Substance Use Urgent Care**

21 Grand Street

Newburgh, NY 12550

845-562-7244

Fax 845-245-4477

**Access 24/7**

888.750.2266

Immediate help when stress, depression and other mental health issues create a personal crisis.