wash your hands

1. Wet
2. Soap
3. Scrub
4. Rinse
5. Dry
6. Turn off water

Wash for 20 seconds to protect yourself and your family from infection.
PREVENT THE SPREAD OF COVID-19 IN NYC!

TAKE THESE STEPS:

Stay home if sick
Only leave for essential medical care and testing or other essential errands.

Keep physical distance
Stay at least 6 feet away from other people.

Wear a face covering
You can be contagious without symptoms. Protect those around you by wearing a face covering.

Keep your hands clean
Wash your hands often with soap and water or use hand sanitizer if soap and water are not available.

If you are at increased risk of severe illness from COVID-19, you should still stay home as much as possible. Those at increased risk are adults age 50 or older (adults 65 and older are at the highest risk), and those who have other health conditions.

Get tested: There are COVID-19 testing sites in all five boroughs. To find a site, visit nyc.gov/covidtest or call 311.

For the latest information, visit nyc.gov/coronavirus.
STOP THE SPREAD OF CORONAVIRUS: MAINTAIN SIX FEET OF DISTANCE

All New Yorkers must wear a face covering when outside their home if unable to maintain at least 6 feet of distance between themselves and others.


Call 311 to report harassment, discrimination, or a violation.

Text COVID to 692-692 for real-time updates or visit nyc.gov/coronavirus.

*Messages and data rates may apply. Check your wireless provider plan for details.
Cover Your Cough

Cover your mouth and nose with a tissue when you cough or sneeze.

or

Cough or sneeze into your upper sleeve, not your hands.

You may be asked by a health care provider to wear a face mask in public. Don’t worry if you see others wearing masks. They are preventing the spread of germs.

Put your used tissue in a waste basket.

Wash Your Hands after coughing or sneezing.

Wash with soap and water.

or

Clean with alcohol-based hand sanitizer.

For more information, visit nyc.gov/health/flu.
Stop the Spread of COVID-19!
Learn How to Take Care of Yourself and Others at Home.

What Are the Symptoms of COVID-19?
• The most common symptoms are fever, cough, sore throat and shortness of breath. Other symptoms include feeling achy, loss of taste or smell, headache, and diarrhea.
• Most people with coronavirus disease 2019 (COVID-19) will have mild or moderate symptoms and can get better on their own.

Who Is Most At Risk for Serious Illness?
• People age 50 or older (people age 65 or older are at the highest risk)
• People who have other health conditions, such as:
  ◦ Lung disease
  ◦ Asthma
  ◦ Heart disease
  ◦ Obesity
  ◦ Diabetes
  ◦ Kidney disease
  ◦ Liver disease
  ◦ Cancer
  ◦ A weakened immune system

What Should I Do If I Get Sick With COVID-19 Symptoms?
If you are sick with COVID-19 symptoms, assume you have it. When you are sick:
• If you have trouble breathing, pain or pressure in your chest, are confused or cannot stay awake, or have bluish lips or face, call 911 immediately.
• Call your doctor if you are age 50 or older or have a health condition that puts you at increased risk, or if you do not feel better after three days.
• Always contact a doctor or go to the hospital if you have severe symptoms of COVID-19 or another serious health issue.
• Do not leave your home except to get necessary medical care or essential food or supplies (if someone cannot get them for you).
• If you must leave your home:
  ◦ Avoid crowded places.
  ◦ Stay at least 6 feet from others.
  ◦ Cover your nose and mouth with a bandana, scarf or other face covering.
  ◦ Wash your hands before you go out, and use alcohol-based hand sanitizer while outside.
• Household members can go out for essential work and needs but should monitor their health closely.
If you or someone in your home is sick:

- Create physical distance:
  - Do not have visitors.
  - Stay at least 6 feet from others.
  - Sleep head-to-toe if you share a bed with someone who is sick, or sleep on the couch.
  - Keep people who are sick separate from those at risk for serious illness.

- Cover up:
  - Cover your nose and mouth with a bandana, scarf or other face covering when you are within 6 feet of others.
  - Cover your cough or sneeze with a tissue or your inner elbow.

- Keep it clean:
  - Throw tissues into the garbage immediately after use.
  - Wash your hands often with soap for 20 seconds, especially after you cough or sneeze.
  - Use alcohol-based hand sanitizer if you are unable to wash your hands.
  - Frequently clean surfaces you touch, such as doorknobs, light switches, faucets, phones, keys and remote controls.
  - Wash towels, sheets and clothes at the warmest possible setting with your usual detergent, and dry completely.
  - Do not share eating utensils with others, and wash them after every use.

### When Can I Leave My Home After Being Sick?

- If you have been sick, stay home until:
  - You are fever-free for three days without Tylenol or other medication and
  - It has been at least seven days since your symptoms started and
  - Your symptoms have improved

**Reminder:** New York is on PAUSE. This means that even if you have been sick, you should only leave your home for essential work or errands, or to exercise, while staying at least 6 feet from others.

### Need Help?

- If you are having a medical emergency, call 911.
- If you do not have a doctor but need one, call 844-NYC-4NYC (844-692-4692). New York City provides care, regardless of immigration status, insurance status or ability to pay.
- For more information, call 311 or visit nyc.gov/coronavirus.