

# COVID-19: GUIDANCE AND SAFETY TIPS

---

## What is updated guidance on personal hygiene?

- Continue to practice good hygiene, wash your hands often with soap and water for at least 20 seconds, avoid touching your face, cough and sneeze into a tissue or your sleeve (not your hands), and do not shake hands - greet people with an “elbow bump” or a wave instead.
- Monitor your health more closely than usual for cold or flu symptoms.

## What should I do if I feel sick?

- First and foremost, if you are sick, **STAY HOME**. If you are experiencing any cold or flu-like symptoms – cough, sneezing, fever, shortness
- of breath, sore throat – stay home and call your doctor.
- If after 24-48 hours you are not feeling any better, seek medical care immediately.
- Additionally, the City is advising those with chronic lung disease, heart disease, cancer, diabetes, or a weakened immune system to avoid unnecessary events and gatherings.

## What if I cannot afford medical care?

- Health care is available to all in NYC regardless of ability to pay. Call 311 to get connected with a provider.

## Should I go to work?

- If you are experiencing cold or flu-like symptoms, **STAY HOME**. Call your employer and let them know. If you don't feel better after 24-48 hours, seek care from your doctor.

## Should I consider telecommuting?

- If you're sick **STAY HOME**.
- The City is advising private-sector employers and employees to consider telecommuting where possible.

- Additionally, we are asking private-sector employers and employees to stagger work hours. For example, instead of 9 a.m.- 5 p.m., change some work hours to 10 a.m.- 6 p.m. or 8 a.m. - 4 p.m. to help reduce overcrowding during rush hour.

## Should I send kids to school?

- Same advice as above. If your child is experiencing any cold or flu-like symptoms have them **STAY HOME**. If they don't feel better after 24-48 hours, seek care from your doctor.

## Can I take public transportation?

- Yes, but remember to practice good hygiene – avoid touching your mouth or face, wash your hands often with soap for 20 seconds following the ride, and cough and sneeze into your sleeve (not your hands).
- We are also asking New Yorkers to help with overcrowding – if you can get to where you need to go by walking or riding a bike - do so to help keep yourself and other New Yorkers healthy.
- If you can come into work an hour later or earlier to help avoid rush hour, please do so.
- When taking the subway, if the train is too packed be patient and wait for the next one.

## Can I go to public gatherings? Church? Sporting events? Museums?

- If you are sick, **STAY HOME**.
- If you have chronic conditions like heart disease, diabetes, a compromised immune system, chronic lung disease and/or cancer, we are advising you to avoid unnecessary events and gatherings.
- If you have no symptoms, it's okay to go to events but we're asking New Yorkers to continue to practice good hygiene and remain vigilant about their health.

### **Will New York City be cancelling large events?**

- Right now no large events or public gatherings are cancelled but the City will continue to monitor developments and adjust as needed.
- Text **COVID** to **692-692** to get regular coronavirus updates.

### **Can I visit my elderly family members?**

- Again, if you're sick, **STAY HOME**. If you are not sick, it is fine to visit your family members but please continue to practice good hygiene.
- Additionally, if you have family or friends who have one of the following conditions – heart disease, diabetes, a compromised immune system, chronic lung disease and/or cancer – do not visit them if you feel sick.

### **Should I wear a mask?**

- Again, if you are sick, stay home and call your doctor. If you are not feeling any better after 24-48 hours, seek medical care. Consult with your doctor to determine if wearing a mask if necessary.
- If you're not sick, there is no need to wear a mask in public.

### **Do I need to leave New York City? Can people come to New York City to visit me?**

- Starting today, all international school trips for the remainder of the school year have been cancelled. Additionally, all government international travel of non-essential personnel has been cancelled as well.
- There is no need to leave New York City and New York City continues to remain open for business.
- Continue to monitor guidance from the CDC and the State Department on travel warnings and directives for specific countries.

### **Do I need extra supplies / canned goods?**

- It is always good to have what you and your family needs on hand, but there is no need to stock up on extra supplies.
- However, as a good practice, if you have an underlying medical condition(s), we recommend contacting your pharmacy to make sure you have restocked on your prescriptions.

### **Can I go to restaurants?**

- Again, if you're sick, **STAY HOME**.
- If you do not have symptoms, it is fine to go about your daily life - just continue to practice good hygiene.

### **Can I walk my dog? Can animals transmit?**

- No, animals are not known to transmit COVID-19 and you should feel free to walk your dog.

### **Can I take a cab or Uber?**

- Yes but continue to practice good hygiene as listed above and crack a window to help reduce recirculated air.

### **How can I stay up to date on the latest information?**

- If you have any questions on finding medical care call 311.
- To get regular updates on the latest developments with coronavirus in New York City text **COVID** to **692-692**. You will receive regular SMS texts with the latest news and developments.
- For additional information head to: [nyc.gov/coronavirus](https://nyc.gov/coronavirus)

# NYC: STOP THE SPREAD OF CORONAVIRUS!

New Yorkers working together can slow the spread of Coronavirus (COVID-19) in New York City.



## PROTECT YOURSELF AND OTHERS

- Wash your hands with soap and water often.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing.
- Do not touch your face with unwashed hands.
- Do not shake hands. Instead wave or elbow bump.
- Monitor your health more closely than usual for cold or flu symptoms.



## PROTECT THE MOST VULNERABLE

- If you have chronic conditions like lung disease, heart disease, diabetes, cancer or a weakened immune system, avoid unnecessary gatherings and events.
- If you have family or friends who have one of these conditions, do not visit them if you feel sick.



## STAY HOME IF SICK

- Stay home and call your doctor if you have symptoms like coughing, shortness of breath, fever, sore throat.
- If you do not feel better in 24-48 hours, seek care from your doctor.
- If you need help getting medical care, call 311.
- NYC will provide care regardless of immigration status or ability to pay.



## REDUCE OVERCROWDING

- Consider telecommuting.
- Stagger work hours, starting earlier or later.
- Walk or bike to work, if possible.
- If the train is too packed, wait for the next one.

Text **COVID** to **692-692** for real-time updates or visit [nyc.gov/coronavirus](https://nyc.gov/coronavirus).

Call **311** to report harassment or discrimination.

*\*Messages and data rates may apply. Check your wireless provider plan for details.*

**NYC**  
Health

Bill de Blasio  
Mayor  
Oxiris Barbot, MD  
Commissioner

