

# NEW YORKERS: STAY HOME TO STOP THE SPREAD OF CORONAVIRUS

New Yorkers working together and staying home can slow the spread of coronavirus (COVID-19) in New York City. When you go out for essential needs, work or to get fresh air, keep distance between yourself and others and take the following precautions.



## PROTECT YOURSELF AND OTHERS

- Keep at least 6 feet between 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.
- Monitor your health more closely than usual for cold or flu symptoms.



## IF YOU ARE SICK

- Stay home.
- If you have a cough, shortness of breath, fever, sore throat and do not feel better after 3-4 days, consult with your doctor.
- If you need help getting medical care, call 311.
- NYC will provide care regardless of immigration status or ability to pay.



## PROTECT THE MOST VULNERABLE

- Stay home if you have lung disease, heart disease, diabetes, cancer or a weakened immune system.
- Stay home and call, video chat or text with family or friends who have one of these conditions.



## REDUCE OVERCROWDING

- Stay home.
  - Telecommute if possible.
- If you do go out:**
- Stagger work hours away from peak travel times.
  - Walk or bike.
  - Do not gather in crowds.

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. Call 888-NYC-WELL, text "WELL" to 65173 or chat online at [nyc.gov/nycwell](https://nyc.gov/nycwell) to connect with a counselor.

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



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