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.
Call 311 to report harassment or discrimination. Call 888-NYC-WELL, text "WELL" to 65173 or chat online at nyc.gov/nycwell to connect with a counselor.

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