

# 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

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