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.

NYC Health

Bill de Blasio
Mayor

Oxiris Barbot, MD
Commissioner