# Winter 2022 COVID-19 Guidance

## for New Yorkers

**As COVID-19 cases and hospitalizations continue, you can help protect yourself and your community with these actions:**

### Get vaccinated.

- Everyone age 5 and older should get vaccinated against COVID-19 if they have not already. Getting vaccinated protects you from severe illness, hospitalization and death from COVID-19.

- Get a booster shot as soon as you are eligible. People age 12 and older should get boosted five months after their last dose of the Pfizer or Moderna vaccine, or two months after their Johnson & Johnson vaccine. Studies show boosters provide additional protection against the current COVID-19 variants to lessen symptoms and keep you out of the hospital.

### Stay home when sick.

- Stay home when sick, even if you only have minor symptoms.

- When sick, wear a well-fitting mask at home to protect others in your household. Consider wearing a higher-grade mask, such as an N95, a KN95 or a KF94, or two masks — wearing a cloth mask over a disposable mask makes a tighter fit and adds layers.

### Get tested.

- Get tested:
  - Right away if you feel unwell, even if you only have minor symptoms
  - After being exposed to someone with COVID-19
  - Before and after gathering with other people and traveling
  - Before seeing someone at high risk of severe COVID-19 illness, such as an older adult

- At-home tests may be less accurate than tests performed by a health care provider. If you have symptoms but test negative using an at-home test, go to a provider for a test to confirm the results. If you cannot go to a provider, take a second at-home test, which must be performed at least 24 hours after the first test.

### Wear a face mask.

- Wear a mask whenever you are outside your home.

- Consider wearing a higher-grade mask, such as an N95, a KN95 or a KF94, or a cloth mask over a disposable mask. Make sure your mask snugly covers your nose and mouth.

- Wear a mask at home if you or others in your household are sick or were recently exposed to COVID-19.

### Avoid crowds and limit gatherings.

- Avoid crowded spaces, especially indoors.

- Limit gatherings and follow these tips:
  - Consider attendees' COVID-19 risks, including their vaccination and booster shot statuses, underlying health conditions, and ages.
  - Meet outdoors or in a large indoor space, and limit the number of attendees.
  - Wear a well-fitting face mask when not eating or drinking, and ask others to do the same.
  - Recommend attendees get tested before and after the gathering. If anyone tests positive after, they should let other attendees know.

**Limit other activities, especially if you are immunocompromised, age 65 or older, or otherwise at increased risk of severe COVID-19 illness.**

- Ask your employer about options to limit your COVID-19 exposure (such as changing your schedule to avoid commuting during rush hour).

- Avoid crowded public places, especially those where you cannot wear a mask at all times or cannot maintain at least 6 feet of distance from others.

**Read these resources.**

- COVID-19 Testing: Frequently Asked Questions (available at **on.nyc.gov/testing-faq**)

- COVID-19 At-home Testing (available at **on.nyc.gov/home-testing**)

- Understanding Quarantine and Isolation (available at **on.nyc.gov/quarantine-isolation**)

- What to Do If You Have COVID-19 (available at **on.nyc.gov/covid-symptoms**)

For more information, visit **nyc.gov/health/coronavirus**.

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