# PREVENT THE SPREAD OF COVID-19 IN NYC!

## TAKE THESE STEPS:

### Stay home if you're sick

Only leave for essential medical care and testing or other essential errands.

### Keep physical distance

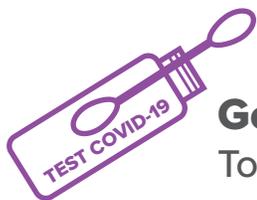Stay at least 6 feet away from other people.

### Wear a face covering

You can be contagious without symptoms. Protect those around you by wearing a face covering.

### Keep your hands clean

Wash your hands often with soap and water or use hand sanitizer if soap and water are not available.

**Get tested:** There are COVID-19 testing sites in all five boroughs. To find a site, visit **nyc.gov/covidtest** or call 311.

If you are at increased risk of severe illness from COVID-19, you should still stay home as much as possible. Those at increased risk are adults age 50 or older (adults 65 and older are at the highest risk), and those who have other health conditions.

For the latest information, visit **nyc.gov/coronavirus**.

**NYC** Health   **NYC HEALTH+ HOSPITALS** | **Test & Trace Corps**