

# COVID-19: GUIDANCE AND SAFETY TIPS

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## What is updated guidance on personal hygiene?

- First and foremost, if you are sick, **STAY HOME**. If you are experiencing any cold or flu-like symptoms – cough, sneezing, fever, shortness of breath, sore throat – stay home and call your doctor. If after 24-48 hours you are not feeling any better, seek medical care immediately.
- Otherwise, continue to practice good hygiene, wash your hands often with soap and water for at least 20 seconds, avoid touching your face, cough and sneeze into a tissue or your sleeve (not your hands), and do not shake hands - greet people with an “elbow bump or a wave” instead.
- Monitor your health more closely than usual for cold or flu symptoms.

## What should I do if I feel sick?

- **STAY HOME** and call your doctor. If you are not feeling better after 24-48 hours, seek medical care immediately.

## What if I cannot afford medical care?

- Health care is available to all in NYC regardless of ability to pay. Call 311 to get connected with a provider.

## Should I go to work?

- If you are experiencing cold or flu-like symptoms, **STAY HOME**. Call your employer and let them know. If you don't feel better after 24-48 hours, seek care from your doctor.
- Do not go back to work until you have been fever-free for 72 hours without the use of fever-reducing drugs like Tylenol or ibuprofen.

## Should I consider telecommuting?

- If you're sick **STAY HOME**.
- The City is advising employers and workers to consider telecommuting where appropriate.

- Additionally, we are asking employers and employees to stagger work hours. For example, instead of 9 a.m.- 5 p.m., change some work hours to 10 a.m.- 6 p.m. or 8 a.m. - 4 p.m. to help reduce overcrowding.

## Should I send kids to school?

- Same advice as above. If your child is experiencing any cold or flu-like symptoms have them **STAY HOME**.
- If they do not feel better after 24-48 hours, seek care from your doctor. Do not send them to school until they have been fever-free for at least 72 hours without the use of fever-reducing drugs like Tylenol or ibuprofen.

## Can I take public transportation?

- Yes, but remember to practice good hygiene – avoid touching your mouth or face, wash your hands often with soap for 20 seconds following the ride, and cough and sneeze into your sleeve (not your hands).
- We are also asking New Yorkers to help with overcrowding – if you can get to where you need to go by walking, riding a bike, taking a ferry, or taking a car, please do so and help keep yourself and other New Yorkers healthy.
- If you can come into work an hour later or earlier to help avoid rush hour, please do so. •When taking the subway, if the train is too packed be patient and wait for the next one.

## Can I go to public gatherings? Church? Sporting events? Museums?

- If you are sick, **STAY HOME**.
- If you have chronic conditions like heart disease, diabetes, a compromised immune system, chronic lung disease and/or cancer, we are advising you to limit your exposure to large gatherings and crowds.

- If you have no symptoms, it's okay to go to events but we're asking New Yorkers to continue to practice good hygiene and remain vigilant about their health.

### **Will New York City be cancelling large events?**

- Right now no large events or public gatherings are cancelled but the City will continue to monitor developments and adjust as needed.
- Text **COVID** to **692-692** to get regular coronavirus updates.

### **Can I visit my elderly family members?**

- Again, if you're sick, **STAY HOME**. If you are not sick, it is fine to visit your family members but please continue to practice good hygiene.
- We also ask that if your elderly family member has any of the following chronic conditions – heart disease, diabetes, a compromised immune system, chronic lung disease, and/or cancer – they avoid large gatherings and events.

### **Should I wear a mask?**

- Again, if you are sick, stay home and call your doctor. If you are not feeling any better after 24-48 hours, seek medical care. Consult with your doctor to determine if wearing a mask if necessary.
- If you're not sick, there is no need to wear a mask in public.

### **Do I need to leave New York City? Can people come to New York City to visit me?**

- Starting today, all international school trips for the remainder of the school year have been cancelled. Additionally, all government international travel of non-essential personnel has been cancelled as well.
- There is no need to leave New York City and New York City continues to remain open for business.
- Continue to monitor guidance from the CDC and the State Department on travel warnings and directives for specific countries.

### **Do I need extra supplies / canned goods?**

- It is always good to have what you and your family need on hand, but there is no need to stock up on extra supplies.
- However, as a good practice, if you have an underlying medical condition(s), we recommend contacting your pharmacy to make sure you have restocked on your prescriptions.

### **Can I go to restaurants?**

- Again, if you're sick, **STAY HOME**.
- If you do not have symptoms, it is fine to go about your daily life - just continue to practice good hygiene.

### **Can I walk my dog? Can animals transmit?**

- No, animals are not known to transmit COVID-19 and you should feel free to walk your dog.

### **Can I take a cab or Uber?**

- Yes.

### **How can I stay up to date on the latest information?**

- If you have any questions on finding medical care call 311.
- To get regular updates on the latest developments with coronavirus in New York City text **COVID** to **692-692**. You will receive regular SMS texts with the latest news and developments.
- For additional information head to: **[nyc.gov/coronavirus](https://nyc.gov/coronavirus)**