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 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