# STOP THE SPREAD OF COVID-19!
LEARN HOW TO TAKE CARE OF YOURSELF AND OTHERS AT HOME.

WHAT ARE THE SYMPTOMS OF COVID-19?

- The most common symptoms are fever, cough, sore throat and shortness of breath. Other symptoms include feeling achy, loss of taste or smell, headache, and diarrhea.
- Most people with coronavirus disease 2019 (COVID-19) will have mild or moderate symptoms and can get better on their own.
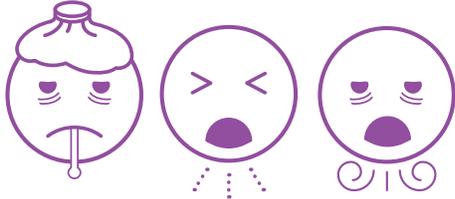
WHO IS MOST AT RISK FOR SERIOUS ILLNESS?

- People age 50 or older (people age 65 or older are at the highest risk)
- People who have other health conditions, such as:
  - Lung disease
  - Asthma
  - Heart disease
  - Obesity
  - Diabetes
  - Kidney disease
  - Liver disease
  - Cancer
  - A weakened immune system

WHAT SHOULD I DO IF I GET SICK WITH COVID-19 SYMPTOMS?

If you are sick with COVID-19 symptoms, assume you have it. When you are sick:

- If you have trouble breathing, pain or pressure in your chest, are confused or cannot stay awake, or have bluish lips or face, **call 911** immediately.
- Call your doctor if you are age 50 or older or have a health condition that puts you at increased risk, or if you do not feel better after three days.
- Always contact a doctor or go to the hospital if you have severe symptoms of COVID-19 or another serious health issue.
- Do not leave your home except to get necessary medical care or essential food or supplies (if someone cannot get them for you).
- If you must leave your home:
  - Avoid crowded places.
  - Stay at least 6 feet from others.
  - Cover your nose and mouth with a bandana, scarf or other face covering.
  - Wash your hands before you go out, and use alcohol-based hand sanitizer while outside.
- Household members can go out for essential work and needs but should monitor their health closely.

If you or someone in your home is sick:

- Create physical distance:
  - Do not have visitors.
  - Stay at least 6 feet from others.
  - Sleep head-to-toe if you share a bed with someone who is sick, or sleep on the couch.
  - Keep people who are sick separate from those at risk for serious illness.
- Cover up:
  - Cover your nose and mouth with a bandana, scarf or other face covering when you are within 6 feet of others.
  - Cover your cough or sneeze with a tissue or your inner elbow.
- Keep it clean:
  - Throw tissues into the garbage immediately after use.
  - Wash your hands often with soap for 20 seconds, especially after you cough or sneeze.
  - Use alcohol-based hand sanitizer if you are unable to wash your hands.
  - Frequently clean surfaces you touch, such as doorknobs, light switches, faucets, phones, keys and remote controls.
  - Wash towels, sheets and clothes at the warmest possible setting with your usual detergent, and dry completely.
  - Do not share eating utensils with others, and wash them after every use.

WHEN CAN I LEAVE MY HOME AFTER BEING SICK?

- If you have been sick, stay home until:
  - You are fever-free for three days without Tylenol or other medication **and**
  - It has been at least seven days since your symptoms started **and**
  - Your symptoms have improved
- **Reminder:** New York is on PAUSE. This means that even if you have been sick, you should only leave your home for essential work or errands, or to exercise, while staying at least 6 feet from others.

NEED HELP?

- If you are having a medical emergency, **call 911**.
- If you do not have a doctor but need one, **call 844-NYC-4NYC (844-692-4692).** New York City provides care, regardless of immigration status, insurance status or ability to pay.
- For more information, **call 311** or **visit nyc.gov/coronavirus.**

The NYC Health Department may change recommendations as the situation evolves.
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NYC Health