

Help Prevent the Spread of COVID-19



1 Clean, then disinfect high-touch surfaces—like tables, buttons, and handles—before and after you use them.

2 Do not “hug” or shake dirty laundry before washing. Clean, then disinfect hampers.

3 Wash clothes at the warmest possible setting with your usual detergent and then dry completely.

4 Avoid crowded elevators. Use the stairs when possible or wait for the elevator to be unoccupied.

5 Stay 6 feet away from other people, and wear a face mask or covering. Avoid crowded areas when possible.

6 Avoid touching high-contact surfaces like elevator buttons, handrails, and door handles when possible.

7 Clean, then disinfect shared tools before and after you use them.

8 Stay 6 feet away from other people. Avoid crowded areas if possible.

9 Wear a face mask or covering.

10 When you come home, take off your shoes and thoroughly wash your hands (for at least 20 seconds with soap and warm water).

11 Clean, then disinfect high-touch objects and surfaces—like remote controls, light switches, and doorknobs—at least once a day.

12 Open windows and turn on a fan to bring in fresh air if possible.

13 Routinely clean and disinfect surfaces and things that you regularly touch—like handles, appliances, countertops, knobs, and light switches.

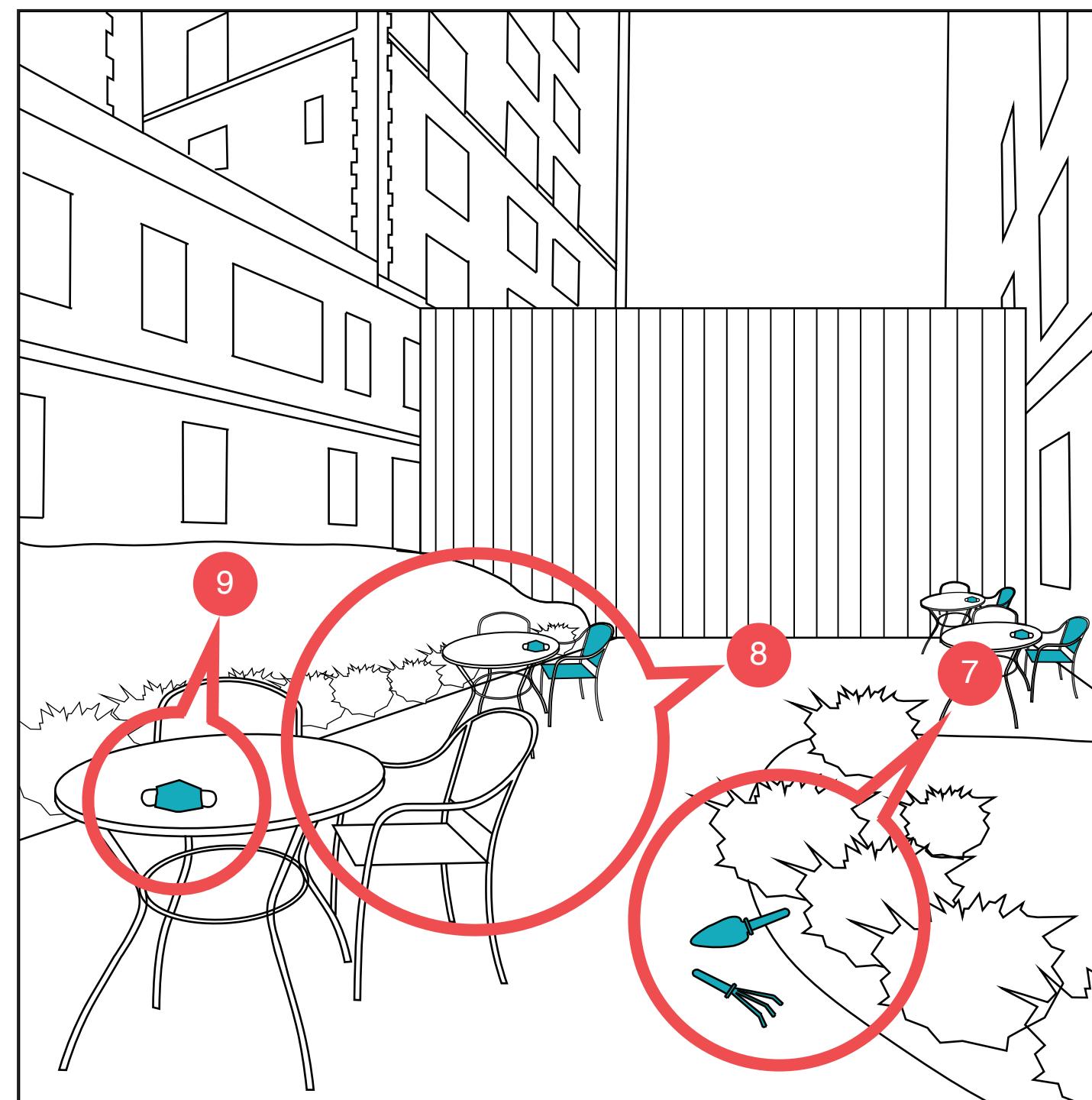
14 Thoroughly wash your hands before eating or preparing food (for at least 20 seconds with soap and warm water).

15 Do not share personal items such as cups, utensils, and towels with people outside of your household.

16 Keep the vent fan on when the bathroom is in use.

17 Clean, then disinfect high-touch surfaces regularly (sink, faucet, toilet seat and handle, light and vent switch, etc.). Keep toiletries away from the sink.

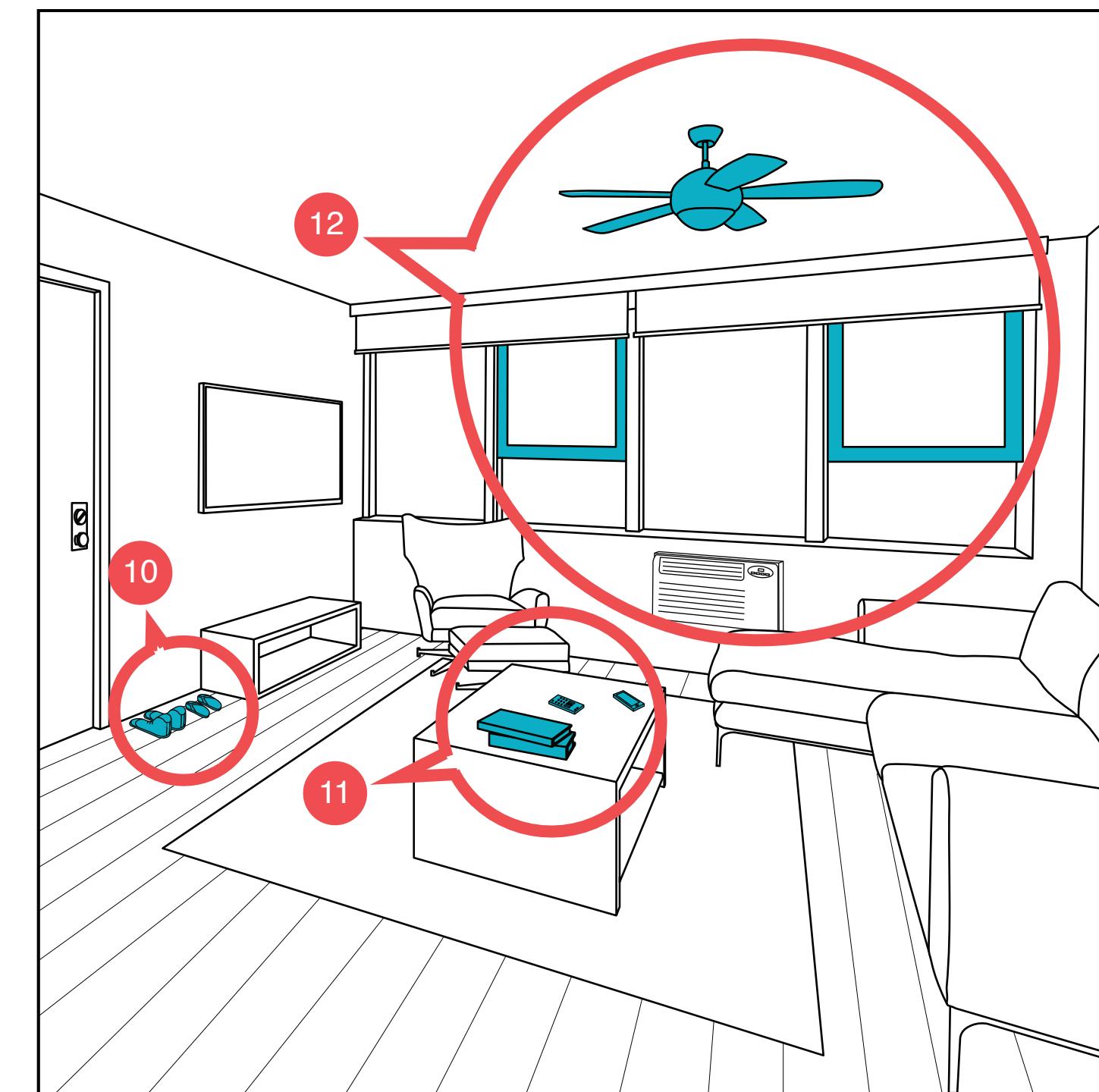
18 Keep the toilet lid closed, especially when flushing the toilet.



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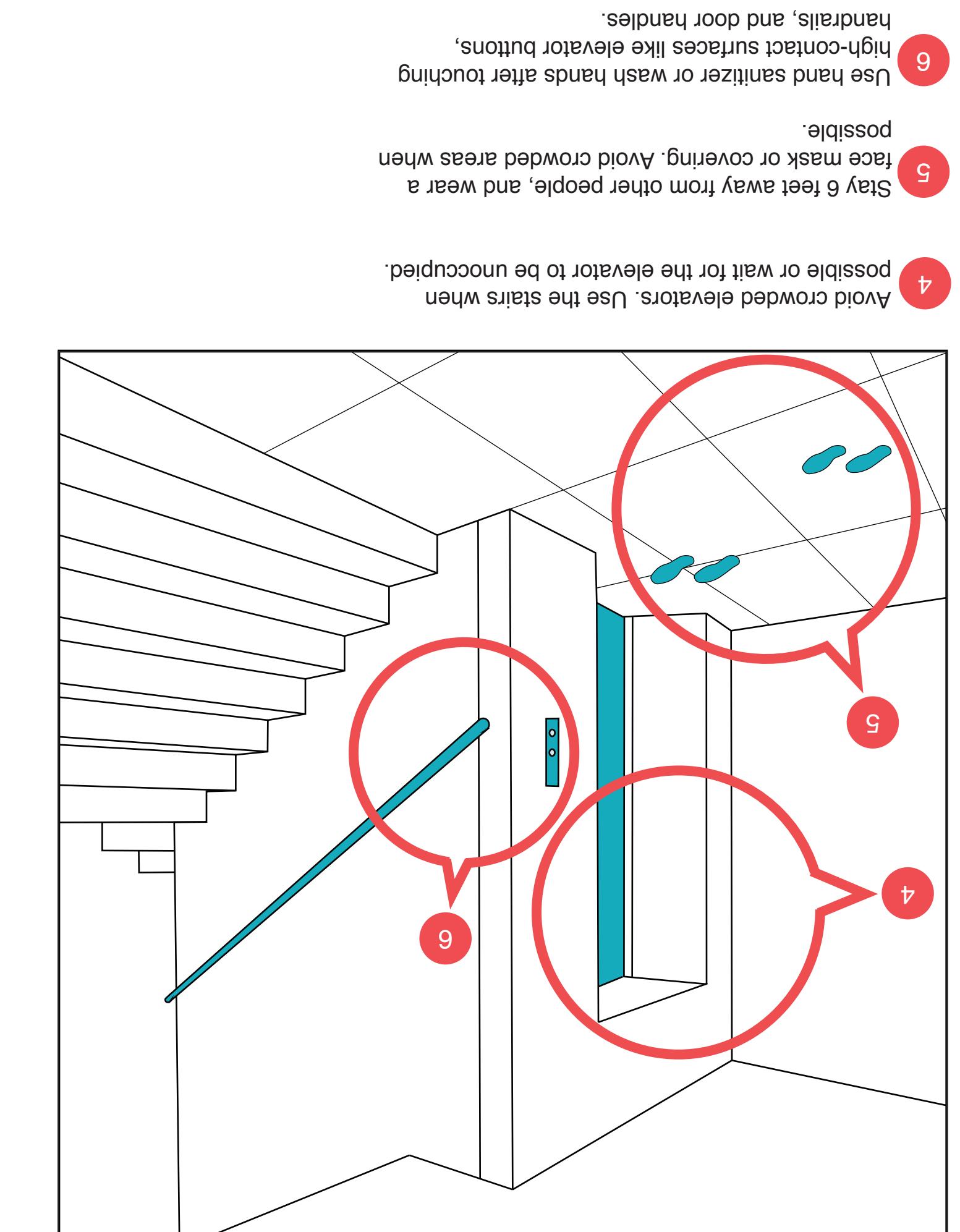
9 Wear a face mask or covering.



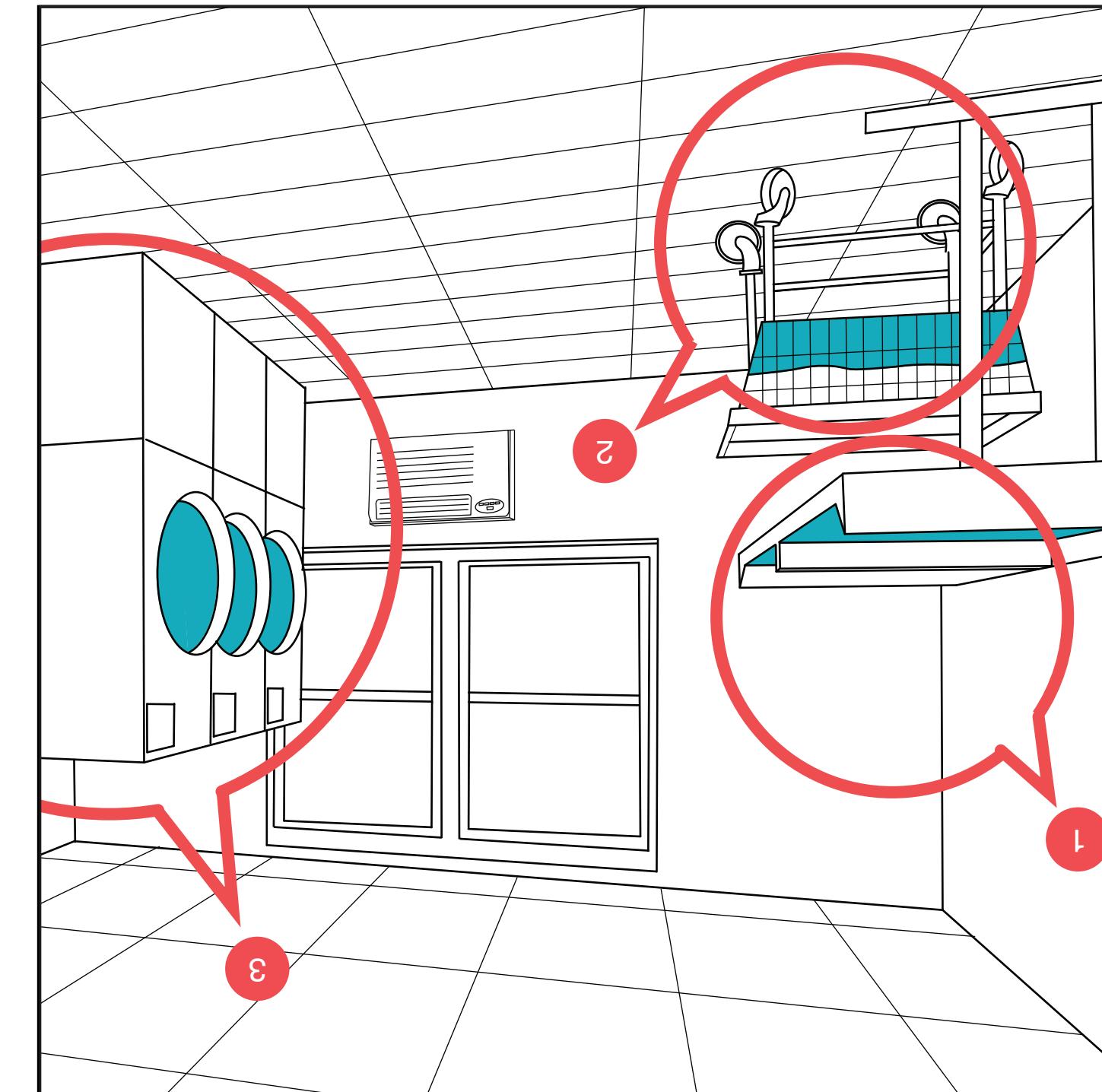
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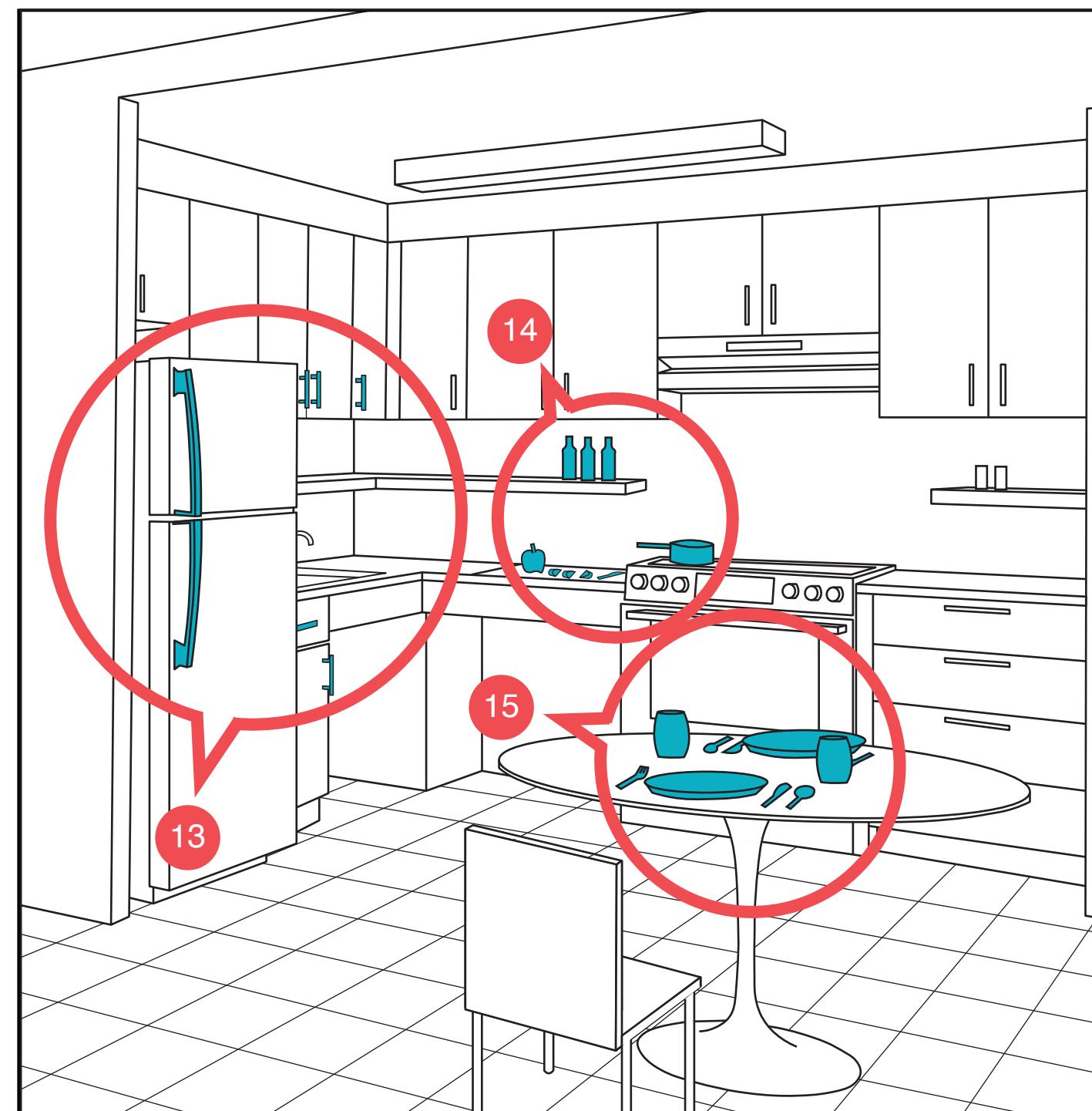
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- 4 Avoid crowded elevators. Use the stairs when possible or wait for the elevator to be unoccupied.
- 5 Stay 6 feet away from other people, and wear a face mask or covering. Avoid crowded areas when possible.
- 6 Use hand sanitizer or wash hands after touching high-contact surfaces like elevator buttons, handrails, and door handles.



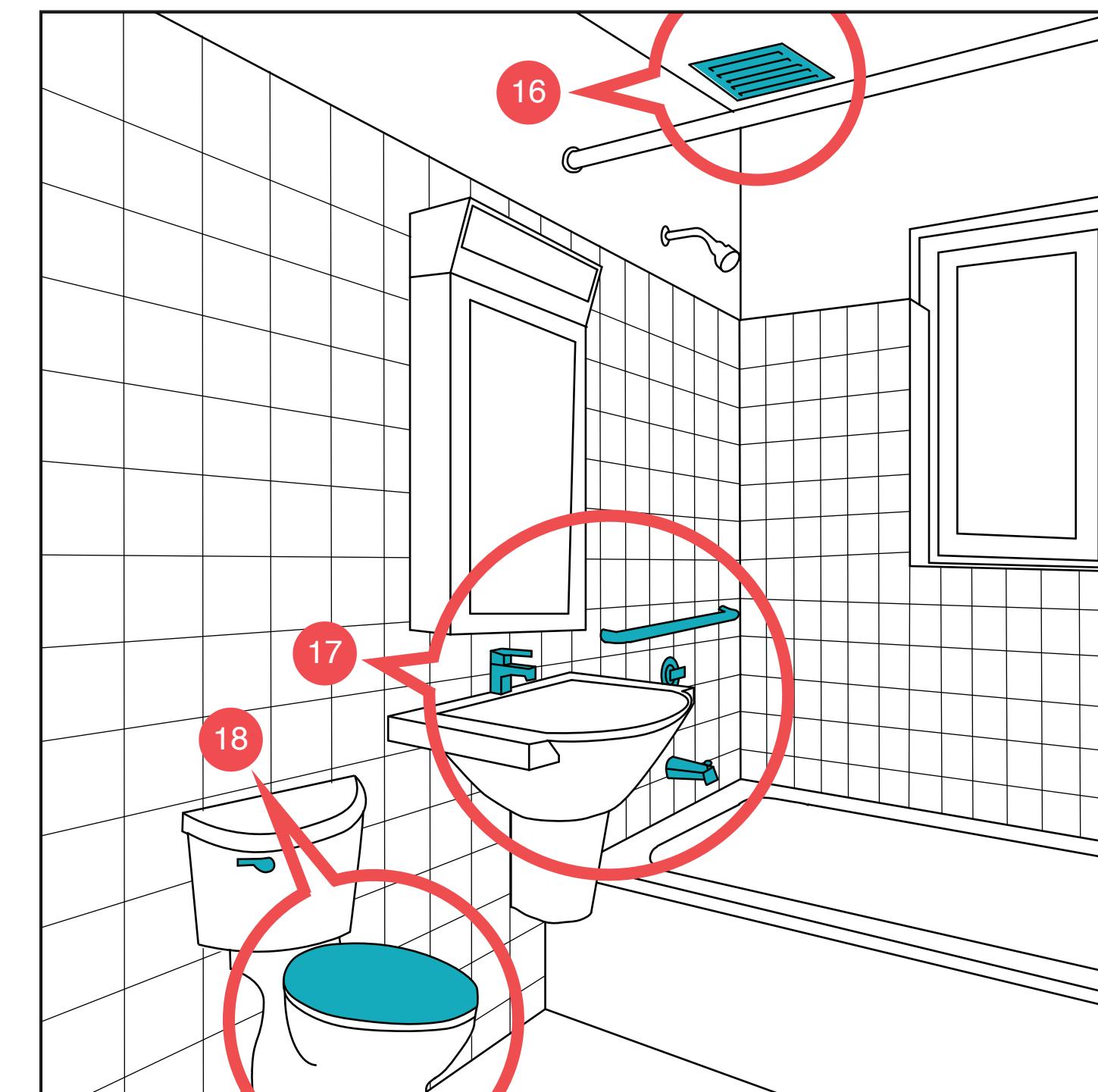
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- 3 Wash clothes at the warmest possible setting with your usual detergent and then dry completely.



13 Routinely clean and disinfect surfaces and things that you regularly touch—like handles, appliances, countertops, knobs, and light switches.

14 Thoroughly wash your hands before eating or preparing food (for at least 20 seconds with soap and warm water).

15 Do not share personal items such as cups, utensils, and towels with people outside of your household.



16 Keep the vent fan on when the bathroom is in use.

17 Clean, then disinfect high-touch surfaces regularly (sink, faucet, toilet seat and handle, light and vent switch, etc.). Keep toiletries away from the sink.

18 Keep the toilet lid closed, especially when flushing the toilet.

COVID-19 can spread when people who are infected—even if they don't feel sick—come in close contact (within 6 feet) of others, or if they share unventilated indoor space. It is spread through droplets that are sprayed when a person coughs, sneezes, talks or sings.

Follow the tips below on other ways to stay safe in your building and avoid bringing COVID-19 home.

Core four actions for protecting yourself, your family, and your neighbors:

- 1 Stay home if sick: Only leave for essential medical care (including testing) or other essential errands.
- 2 Keep physical distance: Stay at least 6 feet away from anyone who is not a member of your household.
- 3 Wear a face mask or covering: You can be contagious without symptoms. Protect those around you by wearing a face mask or covering over your nose and mouth, especially when sharing indoor spaces with others.
- 4 Keep your hands clean: Wash your hands often with soap and water. Use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching your face with unwashed hands. Cover your cough or sneeze with your arm, not your hands.

Tips for protecting others in your home if you have COVID-19 or symptoms:

- Keep physical distance.
- Wear a face mask or covering.
- Keep your hands clean.
- Use a separate bathroom if available.
- Clean surfaces that are touched frequently.
- Do not share personal household items.
- If you share a bed, one person should sleep on the couch or head-to-toe in bed.

What should you do if you have COVID-19 symptoms?

- Consult with your health care provider.
- Get tested! Visit nyc.gov/covidtest to find a testing site near you or call 311.
- Stay home.

