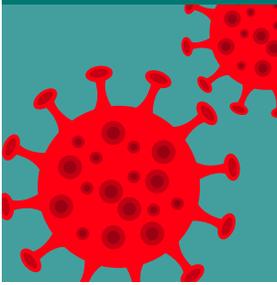


COVID-19 Fact Sheet



Reducing the Spread of COVID-19

- ◆ **Practice social distancing** – this can help slow the spread of the virus and **flatten the curve**, ensuring our hospital system can handle the surge in hospital admissions
- ◆ There is not yet a vaccine, so the best way to prevent the illness is by avoiding exposure
- ◆ You can protect yourself and others by washing your hands often, maintaining distance from others, **STAYING AT HOME**, covering coughs and sneezes and disinfecting surfaces¹
- ◆ **The World Health Organization suggests “Doing the Five”:**²



HANDS
Wash them
often



ELBOW
Cough
into it



FACE
Don't
touch it



SPACE
Keep safe
distance



HOME
Stay if
you can

Resources for New Yorkers during this transition

- ◆ For families with young children whose schools are closed, a resource for educational YouTube channels can be found at ***learnathome.withyoutube.com***
- ◆ **Unemployment Insurance** – The 7-day waiting period has been waived for New Yorkers directly affected by COVID-19.
Visit ***labor.ny.gov/unemploymentassistance.shtm*** for more information or to file a claim.
- ◆ **COVID-19 Sick Leave** – The Assembly recently passed legislation that guarantees sick leave and financial compensation for New Yorkers subject to a mandatory or precautionary order of quarantine or isolation. Visit ***paidfamilyleave.ny.gov/COVID19*** to learn more.
- ◆ **Support for Small Businesses** – The U.S. Small Business Administration (SBA) offers a host of financial support and loan programs for small businesses affected by COVID-19. Visit ***www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources*** to learn more.

Symptoms



Cough



Shortness of breath or difficulty breathing

- ◆ Symptoms of COVID-19 may appear *2-14 days* after exposure and can include **cough, shortness of breath, or difficulty breathing**
- ◆ Other symptoms may include: **fever, chills, repeated shaking with chills, muscle pain, headache, sore throat or new loss of taste or smell.**

This list is not all inclusive. Please consult your health care provider.

- ◆ Emergency warning signs include:
 - ▶ **trouble breathing,**
 - ▶ **persistent/painful chest pressure** and
 - ▶ **bluish lips or face.**

If you exhibit any of these symptoms, *call your health care provider immediately*³

- ◆ **Sick individuals should not leave their home unless to receive medical care and only after a telehealth visit to determine if leaving the home is in the best interest of their health**⁴

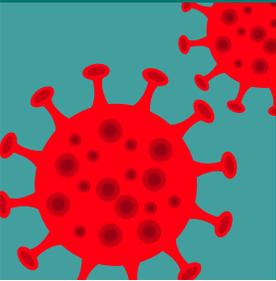


¹ [cdc.gov/coronavirus/2019-ncov/prepare/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html)

² [who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)

³ [cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

⁴ [cdc.gov/coronavirus/2019-ncov/faq.html](https://www.cdc.gov/coronavirus/2019-ncov/faq.html)



COVID-19 Fact Sheet

Additional information

- ◆ Stay informed at the New York State Department of Health website (coronavirus.health.ny.gov/home) or the Centers for Disease Control and Prevention (CDC) website (cdc.gov/coronavirus/2019-ncov/index.html)
- ◆ NYC residents can get local updates in multiple languages at www.nyc.gov/coronavirus
- ◆ Call the state Novel Coronavirus (COVID-19) Hotline at **1-888-364-3065**
- ◆ To find your local health department visit nyscho.org/directory
- ◆ New York State Domestic Violence Hotline: **1-800-942-6906**; NYC: **1-800-621-HOPE**
- ◆ Were you the victim of a hate crime or incident of bias? Contact the state Attorney General's Office: **1-800-771-7755** or civil.rights@ag.ny.gov
- ◆ For free and confidential emotional support, consultation and referral to a local provider, call the state's Coronavirus Mental Health Hotline at **1-844-863-9314**

Ways to help hospitals and donate supplies



- ◆ If you are interested in donating spare N95 masks, latex and nitrile gloves, wipes, goggles or other medical supplies, contact **646-522-8477** or COVID19supplies@esd.ny.gov for more information
- ◆ There is a severe blood shortage due to the cancellation of blood drives. The Red Cross has provided directives on how to safely donate blood during this time at redcrossblood.org/donate-blood/dlp/coronavirus--covid-19--and-blood-donation.html
- ◆ The state is also seeking health, mental health and other related professionals to help address the comprehensive health needs of New Yorkers during this pandemic. Visit coronavirus.health.ny.gov/get-involved-how-you-can-help to learn more.
- ◆ Other ways to help can be found at coronavirus.health.ny.gov/get-involved-how-you-can-help

