

Assemblymember
Phil Steck:

Stay informed about the CORONAVIRUS

In 2019, a novel coronavirus, COVID-19, that had not previously been found in humans was detected. While this is a serious public health issue, there is no reason to panic. New York State and federal health officials are carefully monitoring the outbreak, studying its spread and how to combat it and are working to find a vaccine.

How can I protect myself?

You should take steps commonly used to prevent the spread of illnesses, such as:

- frequently washing your hands with soap and water for at least 20 seconds;
- avoiding touching your eyes, nose and mouth;
- covering your cough or sneeze with a tissue;
- staying home when you're sick;
- avoiding contact with someone who is sick; and
- disinfecting frequently touched objects and surfaces at home and at work.

For updates and more information, visit the New York State Department of Health website at www.ny.gov/coronavirus or call 888-364-3065.

Sign up for email updates from the CDC at www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html.



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CORONAVIRUS: Q & A

What are the symptoms?

Symptoms range from mild to severe and include fever, cough and shortness of breath. Symptoms often appear two to 14 days after exposure.

How does it spread?

Health officials are studying how the virus spreads, but it's believed to spread from person-to-person via respiratory droplets that are released when an infected person coughs. Individuals are believed to be most contagious when they're the sickest.

When should I see a doctor?

If you develop a fever and symptoms of respiratory illness such as a cough or shortness of breath, call your health care provider before seeking treatment in person and tell them you may have the novel coronavirus so they can take proper precautions.

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