

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.

Symptoms



Fever



Cough



Shortness of breath

- ◆ Symptoms of COVID-19 may appear *2-14 days* after exposure and can include **fever, cough** and **shortness of breath**

- ◆ 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

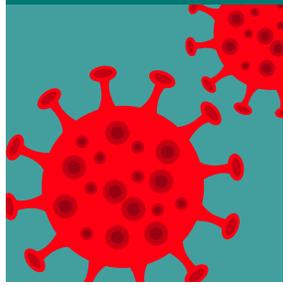
¹ cdc.gov/coronavirus/2019-ncov/prepare/prevention.html

² who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

³ cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

⁴ coronavirus.health.ny.gov/system/files/documents/2020/03/faqscovid19_32120doh.pdf





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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 nysacho.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

U.S. Census Changes



To ensure a complete count and protect public health, the U.S. Census Bureau has made the following changes to its schedule:

- ◆ **The national deadline is extended from July 31 to August 14**
- ◆ **Door-to-door outreach campaigns are postponed until May**

Invitations to participate in the 2020 Census have been mailed to households across the country. If you haven't received the mailing, it's coming soon.

Every New Yorker will have the option of responding by mail, by phone or online.

Visit 2020census.gov to fill out the questionnaire online or learn more.

