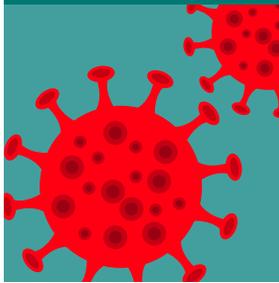


# COVID-19 Fact Sheet



## 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 surfaces<sup>1</sup>
- ◆ **The World Health Organization suggests “Doing the Five”:**<sup>2</sup>



**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](https://www.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](https://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](https://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](https://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*<sup>3</sup>

- ◆ **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**<sup>4</sup>

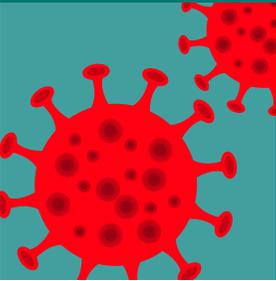


<sup>1</sup> [cdc.gov/coronavirus/2019-ncov/prepare/prevention.html](https://cdc.gov/coronavirus/2019-ncov/prepare/prevention.html)

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

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

<sup>4</sup> [cdc.gov/coronavirus/2019-ncov/faq.html](https://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](https://coronavirus.health.ny.gov/home)) or the Centers for Disease Control and Prevention (CDC) website ([cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html))
- ◆ NYC residents can get local updates in multiple languages at [www.nyc.gov/coronavirus](https://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](https://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](mailto: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](mailto: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](https://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](https://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](https://coronavirus.health.ny.gov/get-involved-how-you-can-help)

