

What to do and where to get accurate up-to-date information on the Coronavirus (COVID-19)

The best way to prevent illness is to avoid being exposed to the virus.

- Wash your hands often with soap and warm water for at least 20 seconds.
- Carry and use a hand sanitizer that is at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick, to protect yourself, co-workers and others.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- If you experience flu-like symptoms and have traveled to areas of concern or have been in contact with somebody who has, call ahead to your health care provider before going in to get instructions on how to proceed.
- Keep your immune system strong by getting enough sleep, eating well and taking medications as prescribed.
- It is not too late to get a flu shot.

How it is Transmitted

- The virus is thought to spread mainly from person-to-person by coughing or sneezing.
- It may be possible for a person to become infected by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes.
- Contact with fecal matter from an infected person may also transmit the virus.

There is currently no vaccine to prevent COVID-19.

There are no recommendations for the general public to use a face mask.

It is thought that COVID-19 can live for 9 days at room temperature and can be killed by disinfectant. Symptoms have appeared within 5 days of exposure, but the range could be between 1 and 14 days. Many people infected with it have flu like symptoms and recover at home.

Resources

Link to County Websites https://www.health.ny.gov/contact/contact_information/
NY State Information <https://www.health.ny.gov/diseases/communicable/coronavirus/>
USA <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
NYC Specific <https://www1.nyc.gov/site/doh/health/health-topics/coronavirus.page>

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