

STAY HEALTHY!

There are many things you can do every day to help stop the spread of germs.



Cover your coughs and sneezes

Use your elbow or sleeve, not your hands.



Wash your hands for at least 20 seconds

Wash hands often with soap and water or use an alcohol-based hand sanitizer.



Avoid touching your face

Do not touch your eyes, nose or mouth with unwashed hands.

- If you have fever, cough and/or shortness of breath, and recently traveled to an area with ongoing spread of coronavirus, or have been in close contact with someone who has, go to your doctor.
- If you have symptoms but no travel history, stay home and call your doctor.
- If you need connection to a health care provider, call 311.

It is illegal to harass someone because of their race or national origin under the NYC Human Rights Law. Call **311** to report harassment or discrimination to the **NYC Commission on Human Rights**.

Visit nyc.gov/health for more information regarding **coronavirus** and the **flu**.