



Novel Coronavirus (/)

Call the Hotline: [1-888-364-3065](tel:18883643065) (tel:18883643065) or [Ask a Question \(/form/ask-us-a-question\)](/form/ask-us-a-question)

[We're Stronger If We All Work Together. Get Involved: How You Can Help \(https://coronavirus.health.ny.gov/get-involved-how-you-can-help-0\)](https://coronavirus.health.ny.gov/get-involved-how-you-can-help-0)

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New York State on PAUSE

SECTIONS

10 Point Plan

(#10-point-plan)

File a
Complaint
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10 Point Plan

Governor Cuomo announced the "New York State on PAUSE" executive order, a 10-point policy to assure uniform safety for everyone.

The 10-point NYS on PAUSE plan is as follows:

1. Effective at 8PM on Sunday, March 22, all non-essential businesses statewide will be closed;
2. Non-essential gatherings of individuals of any size for any reason (e.g. parties, celebrations or other social events) are canceled or postponed at this time;
3. Any concentration of individuals outside their home must be limited to workers providing essential services and social distancing

**Essential
Businesses
Guidance
(#essential-
businesses-
guidance)**

- should be practiced;
4. When in public individuals must practice social distancing of at least six feet from others;
 5. Businesses and entities that provide other essential services must implement rules that help facilitate social distancing of at least six feet;
 6. Individuals should limit outdoor recreational activities to non-contact and avoid activities where they come in close contact with other people;
 7. Individuals should limit use of public transportation to when absolutely necessary and should limit potential exposure by spacing out at least six feet from other riders;
 8. 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;
 9. Young people should also practice social distancing and avoid contact with vulnerable populations; and
 10. Use precautionary sanitizer practices such as using isopropyl alcohol wipes.

EN ESPAÑOL (/EL-PLAN-NYS-PAUSE)

The maximum fine for violations of the state's social distancing protocol is \$1,000.

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File a Complaint

File a Complaint

If you are aware of any non-essential gatherings or any non-essential businesses or entities operating in violation of "New York on PAUSE" please choose the appropriate complaint below.

Governor Cuomo also announced the state is increasing the maximum fine for violations of the state's social distancing protocol from \$500 to \$1,000 to help address the lack of adherence to social distancing protocols. The Governor reminded localities that they have the authority to enforce the protocols.

[File a complaint against your employer or place of work](https://labor.ny.gov/workerprotection/laborstandards/coronavirus-complaints.shtm)
(<https://labor.ny.gov/workerprotection/laborstandards/coronavirus-complaints.shtm>).

[File a complaint about a business, location or incident in your community](https://mylicense.custhelp.com/app/ask) (<https://mylicense.custhelp.com/app/ask>).

You may also call 1-833-789-0470.

NEXT SECTION

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Essential Businesses Guidance

Essential Businesses Guidance

Empire State Development has released [guidance for determining whether a business enterprise is subject to a workforce reduction under recent executive orders \(https://esd.ny.gov/guidance-executive-order-2026\)](https://esd.ny.gov/guidance-executive-order-2026). It applies to each business location individually and is intended to assist businesses in determining whether they are an essential business.

Novel Coronavirus

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Essential Businesses

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Employers

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