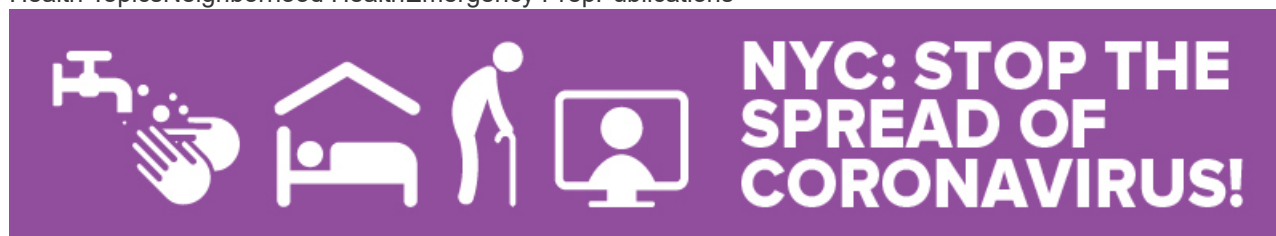




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Health Topics Neighborhood Health Emergency Prep Publications



Coronavirus Disease 2019 (COVID-19)

Recent Guidance and NYC Cases

- Novel Coronavirus Outbreak Factsheet (PDF, March 13)
- Stop the Spread of Coronavirus Flyer (PDF)

Other Languages: 繁體中文 | 简体中文 | Español | Русский | Kreyòl ayisyen | 한국어 | Italiano | Français | 日本語

Case Count in NYC

NYC residents tested positive (as of March 13, 2 p.m.): **154***

** The information included in this table is subject to change as investigations are ongoing..*

Coronaviruses are a group of viruses that can cause illnesses ranging from mild diseases, such as a cold, to more serious illnesses, such as pneumonia. Recently, a new coronavirus was detected that had not been previously seen in humans. The disease, called COVID-19, can be spread from person to person.

There is now "community transmission" of COVID-19 in New York City, meaning the sources of new infections are unknown.

There are no vaccines or specific treatments available for COVID-19. However, medicine and vaccine research is underway.

- If you are a health care provider, see our Information for Providers page.
- If you are being harassed due to your race, nation of origin or other identities, **call 311** or file a complaint online.
 - NYC Protections Based on Immigration Status and National Origin (PDF)
 - Other Languages: Español
- If you are planning any travel outside the U.S., visit CDC's Travelers' Health webpage for the latest travel notices.

Symptoms, Chronic Health Risks

Symptoms of COVID-19 commonly include fever, cough or shortness of breath. An infection can result in death, but that is a rare outcome. Most people with COVID-19 have mild symptoms and fully recover without complications.

People who are at most risk for severe illness are older adults or those who have chronic health conditions, such as

- Lung disease
- Heart disease
- Diabetes

- Cancer
- A weakened immune system

Prevention

The following precautions can help you stay healthy. You do not need to wear a face mask if you are not feeling sick, unless you are instructed to do so by your health care provider.

Daily Activities

- Wash your hands with soap and water often, for at least 20 seconds every time, or use an alcohol-based hand sanitizer.
- Do not touch your face unless you recently washed your hands.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing. Do not use your hands.
- Do not shake hands. Instead, wave or elbow bump.
- If you are an older adult or have any of the chronic health conditions listed above, avoid unnecessary gatherings and events.

Public Gatherings

New Restrictions and Guidance for Large Events

Existing and future standalone events with attendance exceeding 500 people, including parades, sports events, performances, races and rallies, are canceled until further notice. Programming will also be canceled at indoor venues with consistent seating capacity over 500.

New Restrictions and Guidance for Establishments

Establishments with a capacity of 500 people or fewer, including concert venues, theaters, museums, department stores and religious institutions, are required to maintain an occupancy level at or below 50% of their legal capacity to ensure maximum social distancing.

For more information about places of public gathering and scheduled events, contact those facilities or visit their websites.

Avoiding Crowds in NYC

- Private employers should consider allowing employees to work from home or stagger their work hours.
- Walk or bike to work, if possible.
- If the train or bus is too crowded, wait for the next one.

When You Feel Sick

- Stay home. If you do not feel better in three to four days, contact your health care provider.
- If you need help getting medical care, **call 311**. You can get care in NYC regardless of immigration status or ability to pay.
- If you have family or friends who are older adults or have chronic conditions, do not visit them if you feel sick.
- Stay home until you are fever-free for 72 hours without the use of fever-reducing drugs, such as Tylenol and ibuprofen.

When to Self-Monitor, When to Test

Self-monitoring means you check yourself for fever and remain alert for cough, shortness of breath or other cold or flu-like symptoms. People who have these symptoms should stay home and not attend work, school, public events or group gatherings.

If you think you need to visit your doctor, be sure to call ahead first and talk to them about your symptoms.

You can continue your daily activities if you:

- Do not have fever, cough, shortness of breath or other cold or flu-like symptoms.
- Have not been told by your health care provider or Health Department officials that you need to home self-monitor.
- Have been in contact with a person who has been told to home self-monitor. Only people contacted by the Health Department need to home self-monitor

You should consult with your doctor if you have:

- Fever, cough, shortness of breath or other cold or flu-like symptoms and do not feel better after three to four days.
- Mild symptoms and are an older adult or have any of the chronic health conditions listed above.

You and your provider will decide if you need testing. Your provider may first perform other tests to rule out common illnesses.

If you need help finding a health care provider, **call 311**.

You should stay at home and avoid other people if you are:

- Sick. In these cases, if you do not feel better after three to four days, consult with your health care provider and stay home for at least three days after your symptoms have improved and fever has ended without fever-reducing medicines.
- Recently returned home from an area with sustained spread and restrictions on travel to the U.S.. Even if you do not have symptoms, the federal government is stating you need to home self-monitor for 14 days since the day you left one of those countries.

Guidance for Schools, Businesses and Facilities

In addition to taking steps to protect yourself, learn how you can help keep COVID-19 from spreading in the following types of public facilities in your community:

- CDC: Considerations for School Closure (PDF)
- Schools K-12 (Staff and Students)
- Colleges/Universities
- Commercial or Residential Building General Disinfection Guidance (PDF, March 5)
- Non-Health Care Setting General Disinfection Guidance (PDF, March 6)
- Homeless Shelter Interim Guidance (PDF, March 4)

For more information and guidance on these topics, see CDC's Preventing COVID-19 Spread in Communities webpage.

Additional Resources for COVID-19[Expand All](#)[Collapse All](#)[▶ Other NYC Government Resources](#)[▶ Home Self-Monitoring](#)[▶ Posters](#)[▶ Unique Guidance for Specific Professions and People at Higher Risk](#)[▶ Recent Press Releases](#)