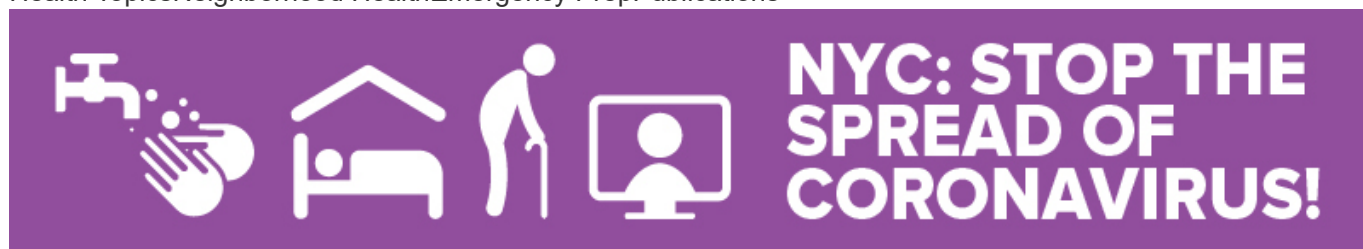




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## Coronavirus Disease 2019 (COVID-19)

### Recent Guidance and NYC Cases

**New York, stay home. Healthy or sick, all New Yorkers need to stay home as much as possible.**

- **New:** Novel Coronavirus Outbreak Factsheet (PDF, March 15)
- Stop the Spread of Coronavirus Flyer (PDF, March 15)

*Other languages coming soon.*

### Bars, Restaurants and Entertainment Venues Closed

Starting Tuesday, March 17, restaurants, bars and cafes may only serve food take-out and delivery. Nightclubs, movie theaters, small theater houses and concert venues must all close.

### NYC Public School Buildings Closed

New York City public schools will be closed to students and staff on Monday, March 16. Starting Tuesday, March 17, schools will move toward a new Remote Learning Model for all school days until Spring Recess.

- More information on NYC public school building closures

### Case Count in NYC

NYC residents tested positive (as of March 16 at 11:30 a.m.): **463\***

*\* This case count does not include people with COVID-19 related illness who have not been tested.*

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 widespread community transmission of COVID-19 in New York City, meaning the sources of new infections are unknown. Everyone in New York City should act as if they have been exposed to COVID-19. That means monitoring your health closely and staying home from work if you are sick. New Yorkers who are not sick should also stay home as much as possible and avoid all unnecessary social interactions.

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, sore throat or shortness of breath. Most people with COVID-19 have mild to moderate symptoms and fully recover without complications. Less commonly, COVID-19 may lead to pneumonia, hospitalization or death.

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. Face masks need to be reserved for the health care system.

### Daily Activities

- Stay home. All New Yorkers — healthy or sick — need to stay home. You should only leave your home for essential tasks, such as work (if you cannot work from home), getting groceries and supplies or essential medical care. Try to use delivery services when possible.
- 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 all 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 allow 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.
- Avoid crowded spaces including restaurants and bars that are not following the guidance above.

### **If You Are Sick, Stay Home**

- If you are sick, stay home. If you do not feel better in 3 to 4 days, consult with your health care provider. Try to call, text, telemedicine or use your patient portal to contact your physician.
- Avoid the emergency department and other places you seek healthcare if you are not severely ill. Stay home and keep healthcare access available for others with more severe illness.
- 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 for seven days after your symptoms started and for three days after your fever has stopped without the use of fever-reducing drugs, such as Tylenol and ibuprofen, and your cough or sore throat symptoms have improved.

### **When to Stay Home, Self-Monitor and Get Tested**

All New Yorkers should consider themselves potentially exposed to coronavirus. That means that everyone should stay home as much as possible, even if they do not have any symptoms of COVID-19. While at home, all New Yorkers should self-monitor. Self-monitoring means you check yourself for fever and remain alert for cough, shortness of breath or sore throat. It is really important that people who have these symptoms stay home and do not attend work, school, public events or group gatherings.

Most illness caused by coronavirus is mild. If think you have COVID-19 and your illness is mild, you do not need to see your doctor and you do not need to get tested. This is because getting tested will not change how your doctor will take care of you. If you do not feel better in three to four days, call your provider.

### **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. Use telephone, text, telemedicine or a patient portal to reach out rather than going to your doctor in person.
- 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 to come to medical care. You do not need to be tested unless you are admitted to the hospital.

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

## You should stay at home and avoid other people:

- All New Yorkers should try to stay home as much as possible, even if they feel well. Avoiding events and other unnecessary interactions will slow the spread of COVID-19.
- People who are sick must stay home. In these cases, if you do not feel better after three to four days, consult with your health care provider by phone, text, telemedicine, or patient portal. They will help decide if you should seek in-person care.
- If you stay home because you are sick, stay home for at least seven days after your illness started and three days after your fever has ended without fever-reducing medicines.

## 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
- Guidance for Congregate Settings (PDF, March 15)
- Business and Non-Health Care Settings Guidance (PDF, March 13)
- Non-Health Care Setting General Disinfection Guidance (PDF, March 13)
- Commercial or Residential Building General Disinfection Guidance (PDF, March 5)
- 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](#)[▶ Recent Travelers and Home Self-Monitoring](#)[▶ Posters](#)[▶ Unique Guidance for Specific Professions and People at Higher Risk](#)[▶ Recent Press Releases](#)