

## What is COVID-19?

COVID-19 is a disease caused by a new virus that spreads from coughs and sneezes. It may also spread from breathing and talking. Common symptoms include fever, cough, and shortness of breath. Many people who are infected will not have symptoms, but are able to spread the virus.

### Protect yourself and loved ones

Doctors are asking us to stay home. If you must leave the home for work, groceries, or fresh air:

- stay six feet away from others
- don't touch your face
- wash your hands often, for 20 seconds each time
- wear a mask

Masks may protect you, but they also help stop the spread of the virus from people who are infected but don't feel sick. **If you feel sick, please stay at home! If you have trouble breathing or constant chest pain, call a doctor or the emergency room.**



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## Using Your Mask

- Your mask should be snug around your nose and mouth, and cover both without making it hard to breathe.
- Wash your hands just before and just after taking the mask off. To safely take the mask off, be careful not to touch your eyes, nose, and mouth.
- Cloth face masks should not be placed on children under age two, or anyone with trouble breathing.
- When not in use, store your mask in a paper bag.



## Cleaning Your Mask

If you can, clean cloth face masks once a day. You can:

- Boil your mask for 10 minutes in boiling hot water
- Wash the mask with soap. You can put it in the washing machine - use highest heat setting. Air dry.

### Other Helpful Resources

NYC Updates: text COVID to 692-692.  
[www.nyc.gov/coronavirus](http://www.nyc.gov/coronavirus)  
NY State Department of Health  
Coronavirus Hotline: 1-888-364-3065.

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