

## 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.**



## 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.**



## 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.**



## 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.**



## 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.

## 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.

## 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.

## 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.

TEXT READABILITY CONSENSUS CALCULATOR  
www.ReadabilityFormulas.com

Timestamp: 04/14/2020 — 12:57:40am

1.

Flesch Reading Ease score: 86 (text scale)  
Flesch Reading Ease scored your text: easy to read.

2.

Gunning Fog: 7 (text scale)  
Gunning Fog scored your text: fairly easy to read.

3.

Flesch-Kincaid Grade Level: 5  
Grade level: Fifth Grade.

4.

The Coleman-Liau Index: 7  
Grade level: Seventh Grade

5.

The SMOG Index: 4  
Grade level: Fourth Grade

6.

Automated Readability Index: 6  
Grade level: 10-11 yrs. olds (Fifth and Sixth graders)

7.

Linsear Write Formula: 7  
Grade level: Seventh Grade.

---

READABILITY CONSENSUS

---

Based on (7) readability formulas, we have scored your text:

Grade Level: 6  
Reading Level: easy to read.  
Age of Reader: 10-11 yrs. olds (Fifth and Sixth graders)

---

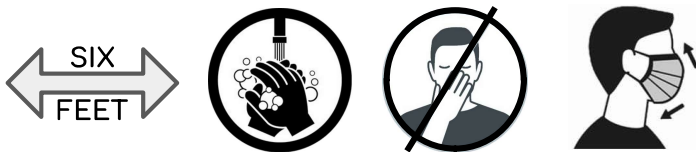
**OLD  
VERSIONS:**

## What is COVID-19?

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

### Protecting yourself and loved ones

Doctors recommend staying at home as much as possible. If you must leave the home for work, groceries, or fresh air, you should - **keep a distance of 6 feet between yourself and others, avoid touching your face, and frequently wash your hands for at least 20 seconds each time. Doctors now suggest wearing masks when leaving the home.** Masks may protect you, but importantly, they can help stop the spread of the virus from people who are infected but don't have symptoms. **If you feel sick, please stay at home!**

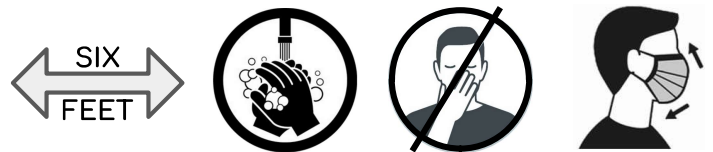


## What is COVID-19?

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

### Protecting yourself and loved ones

Doctors recommend staying at home as much as possible. If you must leave the home for work, groceries, or fresh air, you should - **keep a distance of 6 feet between yourself and others, avoid touching your face, and frequently wash your hands for at least 20 seconds each time. Doctors now suggest wearing masks when leaving the home.** Masks may protect you, but importantly, they can help stop the spread of the virus from people who are infected but don't have symptoms. **If you feel sick, please stay at home!**

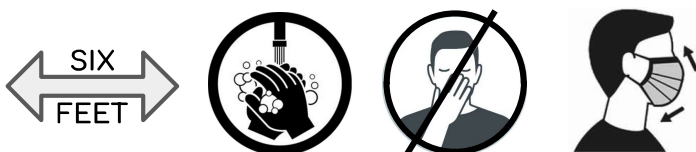


## What is COVID-19?

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

### Protecting yourself and loved ones

Doctors recommend staying at home as much as possible. If you must leave the home for work, groceries, or fresh air, you should - **keep a distance of 6 feet between yourself and others, avoid touching your face, and frequently wash your hands for at least 20 seconds each time. Doctors now suggest wearing masks when leaving the home.** Masks may protect you, but importantly, they can help stop the spread of the virus from people who are infected but don't have symptoms. **If you feel sick, please stay at home!**



## What is COVID-19?

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

### Protecting yourself and loved ones

Doctors recommend staying at home as much as possible. If you must leave the home for work, groceries, or fresh air, you should - **keep a distance of 6 feet between yourself and others, avoid touching your face, and frequently wash your hands for at least 20 seconds each time. Doctors now suggest wearing masks when leaving the home.** Masks may protect you, but importantly, they can help stop the spread of the virus from people who are infected but don't have symptoms. **If you feel sick, please stay at home!**



## Using Your Face Mask

Your mask should fit snugly around your nose and mouth, covering both, without making breathing difficult.

To safely take the mask off, be careful not to touch your eyes, nose, and mouth. Wash your hands immediately before and after removing the mask.

Cloth face coverings should not be placed on young children under age two, or anyone who has trouble breathing.

When not in use, store your mask in a paper bag.

## Cleaning Your Face Mask

Ideally, reusable face masks should be cleaned once a day. Any of these methods can be used:

- Disinfect masks for an hour in a bowl with one part bleach in three to four parts water, then rinse them and hang them in sunlight to dry.
- You can boil your mask for 10 minutes in boiling hot water.
- Launder the mask in the washing machine on its 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.

## Using Your Face Mask

Your mask should fit snugly around your nose and mouth, covering both, without making breathing difficult.

To safely take the mask off, be careful not to touch your eyes, nose, and mouth. Wash your hands immediately before and after removing the mask.

Cloth face coverings should not be placed on young children under age two, or anyone who has trouble breathing.

When not in use, store your mask in a paper bag.

## Cleaning Your Face Mask

Ideally, reusable face masks should be cleaned once a day. Any of these methods can be used:

- Disinfect masks for an hour in a bowl with one part bleach in three to four parts water, then rinse them and hang them in sunlight to dry.
- You can boil your mask for 10 minutes in boiling hot water.
- Launder the mask in the washing machine on its 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.

## Using Your Face Mask

Your mask should fit snugly around your nose and mouth, covering both, without making breathing difficult.

To safely take the mask off, be careful not to touch your eyes, nose, and mouth. Wash your hands immediately before and after removing the mask.

Cloth face coverings should not be placed on young children under age two, or anyone who has trouble breathing.

When not in use, store your mask in a paper bag.

## Cleaning Your Face Mask

Ideally, reusable face masks should be cleaned once a day. Any of these methods can be used:

- Disinfect masks for an hour in a bowl with one part bleach in three to four parts water, then rinse them and hang them in sunlight to dry.
- You can boil your mask for 10 minutes in boiling hot water.
- Launder the mask in the washing machine on its 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.

## Using Your Face Mask

Your mask should fit snugly around your nose and mouth, covering both, without making breathing difficult.

To safely take the mask off, be careful not to touch your eyes, nose, and mouth. Wash your hands immediately before and after removing the mask.

Cloth face coverings should not be placed on young children under age two, or anyone who has trouble breathing.

When not in use, store your mask in a paper bag.

## Cleaning Your Face Mask

Ideally, reusable face masks should be cleaned once a day. Any of these methods can be used:

- Disinfect masks for an hour in a bowl with one part bleach in three to four parts water, then rinse them and hang them in sunlight to dry.
- You can boil your mask for 10 minutes in boiling hot water.
- Launder the mask in the washing machine on its 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.