

What you should know about COVID-19 to protect yourself and others

Know about COVID-19
Coronavirus COVID-19 is an illness caused by a virus that can spread from person to person.

- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or less arm length) with a person who has COVID-19. COVID-19 is probably spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.

Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific medication for COVID-19, but you can seek your symptoms.
- If you need medical attention, call ahead.

Protect yourself and others from COVID-19

There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.

- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>

FACT 1 Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2 For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3 Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

FACT 4 There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5 You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

6 ft
Stay at least 6 feet (about 2 arms' length) from other people.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

When in public wear a cloth face covering over your nose and mouth.

Do not touch your eyes, nose, and mouth.

Clean and frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

COVID-19 Safety Procedures for Businesses

PROTECTING CUSTOMERS AND EMPLOYEES WORKING IN THE COMMERCIAL/RETAIL

Requirements for Business Customers

- Place masks on employees to use at all times.
- Clear an aisle for customers to pass through.
- Make employees face away from aisle and away from customers.
- Sanitize hands about every 15 minutes if you are not wearing gloves.

Sanitizing

- Change hands from entering/exiting the building.
- Use hand sanitizer.
- Use hand sanitizer if you have been in contact with anyone who has been coughing or sneezing.
- Use hand sanitizer if you have been in contact with anyone who has been touching a surface that has been touched by someone who has been coughing or sneezing.
- Use hand sanitizer if you have been in contact with anyone who has been touching a surface that has been touched by someone who has been coughing or sneezing.

Additional Safety Guidance for Any Business Customers

- Use hand sanitizer.
- Use hand sanitizer if you have been in contact with anyone who has been coughing or sneezing.
- Use hand sanitizer if you have been in contact with anyone who has been touching a surface that has been touched by someone who has been coughing or sneezing.
- Use hand sanitizer if you have been in contact with anyone who has been touching a surface that has been touched by someone who has been coughing or sneezing.

Notice

As a business, you are responsible for ensuring the health and safety of your employees and customers. It is your responsibility to ensure that your business is safe for everyone. This notice is to inform you of the requirements for businesses to protect their customers and employees from COVID-19. If you are a business, you must follow these requirements. If you are not a business, you do not need to follow these requirements.

Questions or Concerns?

Contact your local health department for more information. www.health.ny.gov

THIS AREA DEDICATED TO YOUR CUSTOMIZED BRANDING OR MESSAGE!

KEEP CALM AND WASH YOUR HANDS

www.cdc.gov/coronavirus

How to Protect Yourself and Others

Know how it spreads

- It is a respiratory virus that spreads through respiratory droplets when someone with COVID-19 coughs or sneezes.
- The virus is thought to spread mainly from person-to-person.
- Some people who are close contact with someone who has COVID-19 may also become infected.
- Those who are close contact with someone who has COVID-19 may also become infected.
- Those who are close contact with someone who has COVID-19 may also become infected.

Everyone should

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- Use hand sanitizer if you do not have soap and water available.
- Use hand sanitizer if you do not have soap and water available.
- Use hand sanitizer if you do not have soap and water available.

Clear your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- Use hand sanitizer if you do not have soap and water available.
- Use hand sanitizer if you do not have soap and water available.
- Use hand sanitizer if you do not have soap and water available.

Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- Use hand sanitizer if you do not have soap and water available.
- Use hand sanitizer if you do not have soap and water available.
- Use hand sanitizer if you do not have soap and water available.

Clear your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- Use hand sanitizer if you do not have soap and water available.
- Use hand sanitizer if you do not have soap and water available.
- Use hand sanitizer if you do not have soap and water available.

www.cdc.gov/coronavirus

Help Protect Yourself and Others from COVID-19

Practice Social Distancing

Stay 6 feet (2 arms' lengths) from other people.

And Wear a Cloth Face Covering

Be sure it covers your nose and mouth to help protect others. You could be infected and not have symptoms.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

