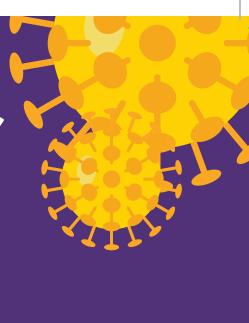# Protect yourself and others from COVID-19

Help reduce the spread of novel coronavirus and keep yourself and your community healthy.

Practice "Social Distancing"

- Stay at home as much as possible
- Keep 6 feet of distance from others in public
- Avoid large gatherings or events
- Avoid unnecessary appointments
- Cancel unnecessary travel plans

Wash Your Hands & Cover Your Cough

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces

Look Out for NYers At-Risk

- Avoid visiting those most at risk
- Offer your help in getting those most at risk groceries and other goods
- Take special caution to avoid exposing those most at risk

Stay up to date www.health.ny.gov/coronavirus

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