

Staying Well



- + Go to an emergency room or call 911 if you have symptoms such as:
 - Difficulty breathing
 - Shortness of breath
 - Chest pains
 - Confusion
 - Blue lips or face
 - Trouble speaking
 - Facial droop
 - Numbness in the face, arm, or leg
 - Seizure
 - Uncontrolled bleeding
 - Weakness or fainting
 - Vomiting that won't stop
- + Seek mental health support if you need it. It can be stressful to have to stay separated from others. Resources are available to all New Yorkers regardless of immigration status or insurance coverage.
 - **NYC Well** offers 24/7 well-being and emotional support. For free counseling call **1-888-NYC-WELL** (1-888-692-9355) or Text **WELL** to **65173**
- + It has never been easier to get a COVID-19 vaccination in NYC. People 5 and older are eligible for vaccination and those 16 and older who are fully vaccinated are eligible for a vaccine booster shot. Vaccines are available at no cost to you and regardless of immigration status. To find a vaccination site near you, schedule an appointment (available at certain sites) or request an at-home vaccination appointment, **visit <https://vax4nyc.gov>** or call **877-VAX-4NYC** (877-829-4692).

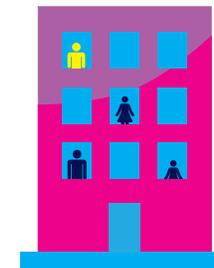
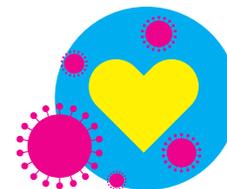
The NYC **Test & Treat** program will make sure anyone who has COVID-19 can get tested and connected to care to aid their recovery.

For the **Emergency Food Assistance Program** (EFAB), please call **311** or visit **<https://access.nyc.gov/programs/emergency-food-assistance>** to learn more about enrolling and/or where to find local food pantries.

For assistance with COVID-19 treatments, vaccination appointments, and resources for **Long COVID** (Aftercare), please call **1-212-COVID-19 (212-268-4319)**.

To learn more, visit **TestandTreat.NYC** or call the **Test & Treat** Hotline at **1-212-COVID19 (212-268-4319)**

**NYC
HEALTH+
HOSPITALS**



HOW TO SEPARATE SAFELY AT HOME: Tips for People Diagnosed with or Exposed to COVID-19

Being diagnosed with COVID-19 means that you got a COVID test and it came back positive (which means you have COVID-19).

Being exposed to COVID-19 means that you were in close contact with someone who has COVID-19.

Staying Inside



- + **Do not go outside** unless you need essential medical care, such as dialysis, or for medical emergencies.
 - If you need to go outside to get medical care, **wear a mask**. Let your doctor know ahead of time that you have been diagnosed with or exposed to COVID-19.
 - Call **1-844-NYC-4NYC (1-844-692-4692)** if you do not have a doctor. If you need other medical care, try to speak with a doctor over the phone or video. You can get care regardless of your immigration status or ability to pay.
 - If you are safely separating at home and need urgent care, use our virtual **ExpressCare** service at **expresscare.nyc**
 - Safely and quickly connect with an emergency room (ER) doctor using your smart phone or computer. The doctor will prescribe medication if necessary or give you details on receiving additional care after your virtual visit.
 - On-screen interpreters are available in over 200 languages, including American Sign Language. You can get care regardless of your immigration status or ability to pay.
- + Do not go to school or work.

- + If you need a letter to give to your employer explaining that you cannot go to work or have questions about job protection and the new **Paid Family Leave** program related to COVID-19, please call **855-491-2667**. The rules regarding working during quarantine vary by industry. Contact your employer if you have questions.
- + Do not invite people into your home.
- + Have groceries and other items you need delivered to you.



Protecting People in your Household

- + **Stay at least six feet** from others at all times.
- + Wear a mask. This protects others because you could spread COVID-19 even if you do not feel sick.
- + Stay in a different room. If you need to be in the same room, move around furniture to sit further apart.
- + Sleep alone in a room that has a window with good airflow. If you share a bed, sleep head-to-toe or have one person sleep on the couch or floor.
- + Use a different bathroom, if possible. If you share a bathroom, clean anything you touch after each use.
- + If you breastfeed, continue to breastfeed. Wear a mask while breastfeeding. Wash your hands before breastfeeding.
 - If you pump, wash pump parts with soap and water right away. Wipe down outside of bottles if other household members will feed the baby.

Washing your Hands



- + **Wash your hands** often with soap and water for at least 20 seconds. Make sure to wash before:
 - Touching other people (if you are a caregiver)
 - Making food
 - Touching any items that others use, like medicines
- + If soap and water are not available, use hand sanitizer that has at least 60% alcohol.

Coughing and Sneezing



- + **Cover your mouth and nose** when you sneeze or cough. Use a tissue, your elbow, or your sleeve. Do not use your hands. Throw out used tissues right away and wash your hands afterward.

Keeping Clean



- + **Clean and disinfect surfaces** and objects that you touch often. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucet, and sinks.
 - Clean surfaces after each use or at least once every day. Use soap and water or a household cleaning spray or wipe.
- + Use your own plate, bowl, and utensils. Do not share these or food with anyone.
- + Avoid sharing other personal household items. This includes combs, toothbrush, cups, sheets, or blankets.