

## Staying Well

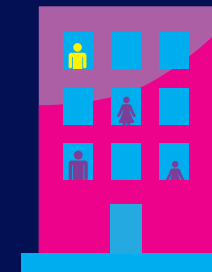
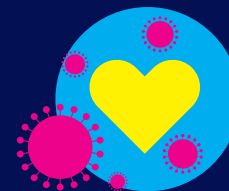


- + Go to an emergency room or call 911 if you have symptoms such as:
  - Difficulty breathing
  - Shortness of breath
  - Chest pains
  - Confusion
  - Blue lips or face
  - Trouble speaking
  - Facial droop
  - Numbness in the face, arm, or leg
  - Seizure
  - Uncontrolled bleeding
  - Weakness or 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**

The NYC Test & Trace Corps will make sure that anyone who has COVID-19, or has been in contact with someone with COVID-19, has the resources to safely separate at home. **You can request to speak with a Resource Navigator** through your contact tracer or monitor.

To contact a resource navigator directly, call **1-212-COVID19 (1-212-268-4319)**, press **5** for help to safely separate, and press 5 to leave a voicemail with your name, phone number, and the resource need you have. A resource navigator will call you back.

To learn more, visit [TestandTrace.NYC](https://www.testandtrace.nyc.gov) or call the Test & Trace Hotline at **1-212-COVID19 (212-268-4319)**



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

If you think you have been exposed to COVID-19 or are experiencing symptoms, **DON'T WAIT. SEPARATE!**

You can qualify for a **FREE hotel room for up to 10 days to safely separate and protect your loved ones.**

**COVID-19 transmission is common in households, and it happens fast among families and roommates living together. Call 1-212-COVID19 (212-268-4319) and press 4 to book a room.**

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](https://www.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. One person can 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.