

The Centers for Disease Control and Prevention (CDC) have issued recent updates on precautions that local communities can take in response to the coronavirus (COVID-19). By practicing healthy habits, you can protect yourself and those around you. The CDC recommends the following:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer made with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- CDC does not recommend for people that well to wear face masks to protect themselves from respiratory diseases, including COVID-19. Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the virus to others. The use of face masks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Individuals who are experiencing symptoms and may have traveled to areas of concern or have been in contact with persons who have traveled to these areas or believe they have been exposed to the virus should call ahead to their healthcare provider before presenting for treatment.

New York State Department of Health has set up a web page <https://www.health.ny.gov/diseases/communicable/coronavirus/> as well as a Hotline Phone Numbers to call for more information:

- People under self-quarantine or exposure to known case, call
- (866) 588-0195
- NYS Department of Health COVID-19 Hotline (888) 364-3065
- Westchester County COVID-19 Information dial 211 from your mobile

If you are interested in additional information about COVID-19, the resources listed below may be of some assistance:

New York City Department of Health information on Coronavirus
New York State Department of Health information on Coronavirus
CDC Prevention Tools and Resources