



# CORONAVIRUS Updates

Social distancing can help slow the spread of coronavirus, ensuring New York hospitals can treat patients effectively.



## Do's of social distancing:

- Try to keep at least 6 feet of distance between yourself and others
- Avoid close contact, such as shaking hands and hugging
- Avoid frequently touched surfaces like doorknobs and handrails
- This doesn't mean you can't go outside – consider taking a walk, going for a jog or visiting a park

## How can I protect myself and others?

You should take steps commonly used to prevent the spread of illnesses, such as:

- frequently washing your hands with soap and water for at least 20 seconds;
- avoiding touching your eyes, nose and mouth;
- covering your cough or sneeze with a tissue;
- staying home when you're sick;
- avoiding contact with someone who is sick;
- disinfecting frequently touched objects and surfaces at home and at work; and
- practice social distancing.

## CORONAVIRUS UPDATES

- All NYC schools are closed through at least April 19.
- All students can pick up breakfast and lunch between 7:30 a.m. and 1:30 p.m. from any NYC school building.
- The New York State Court System ordered all eviction proceedings and pending eviction orders to be suspended statewide until further notice.
- Starting at 8 p.m. on March 16, all gyms, movie theaters, bars, restaurants and casinos will close, but restaurants and bars can still provide takeout and delivery services. Gatherings of 50 people or more are also prohibited.
- The state is strongly encouraging essential services, such as gas stations, grocery stores, pharmacies and medical facilities, to stay open.

For updates and more information, visit the New York State Department of Health website at [www.ny.gov/coronavirus](http://www.ny.gov/coronavirus) or call 888-364-3065.

Sign up for email updates from the CDC at [www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html](http://www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html)