

# Protect yourself from **Coronavirus** and other viruses that can make you **sick!**

## **Wash** **Your** **Hands**

Wash with soap and water  
for at least 20 seconds.

or

Clean with alcohol based  
hand sanitizer.



## **Cover Your Cough**



Cover your mouth and nose with a tissue when you  
cough or sneeze.

Dispose of tissue after one use!

or

Cough or sneeze into your upper sleeve, not your  
hands.

Avoid touching your face, mouth or eyes.

## **Feeling Sick?**

If you are feeling sick, stay home and consider getting  
medical attention, as soon as possible.



For current information on this matter you can call the Novel Coronavirus Hotline at  
1-888-364-3065 or visit: <https://health.ny.gov/diseases/communicable/coronavirus/>

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT**  
**1**

**Diseases can make anyone sick regardless of their race or ethnicity.**

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**FACT**  
**2**

**The risk of getting COVID-19 in the U.S. is currently low.**

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

**FACT**  
**3**

**Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT**  
**4**

**You can help stop COVID-19 by knowing the signs and symptoms:**

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**FACT**  
**5**

**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

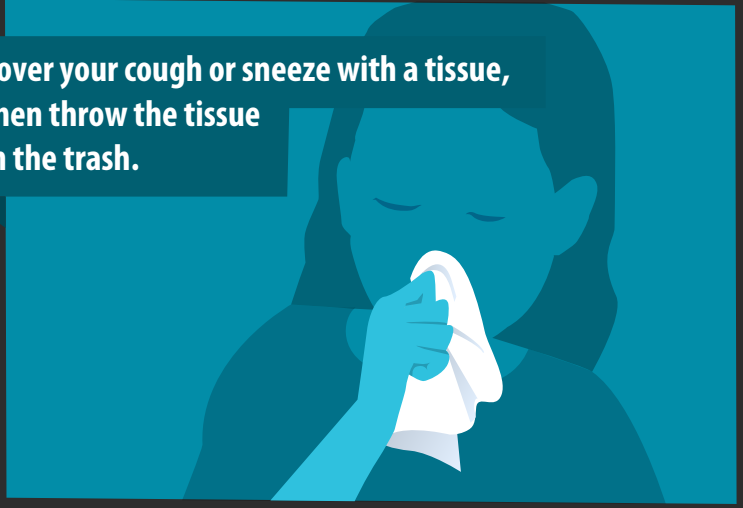
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



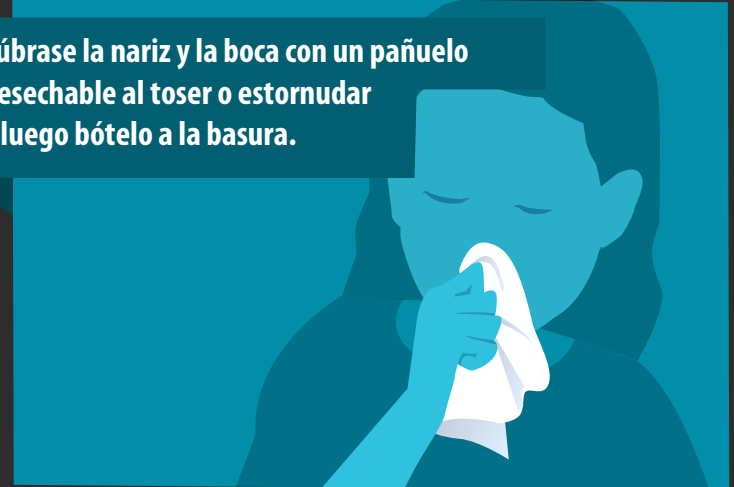
For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

Ayude a prevenir la propagación de virus respiratorios como el nuevo COVID-19.

Evite el contacto cercano con las personas enfermas.



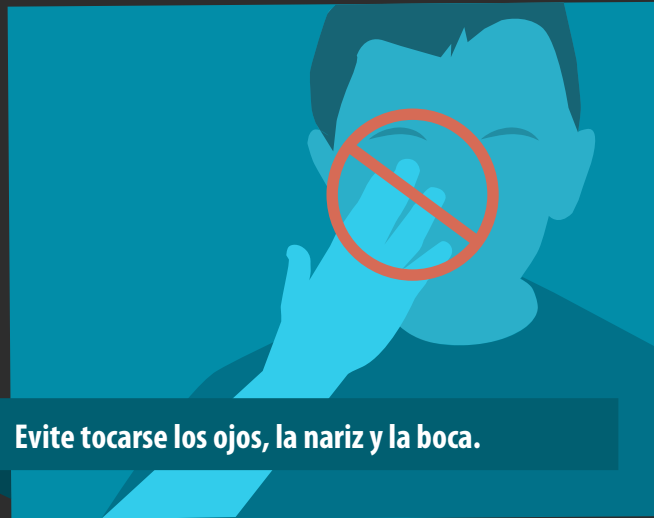
Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelos a la basura.



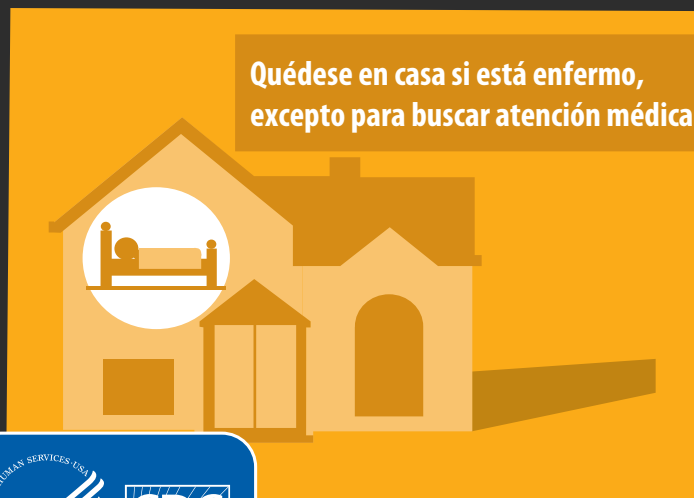
Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



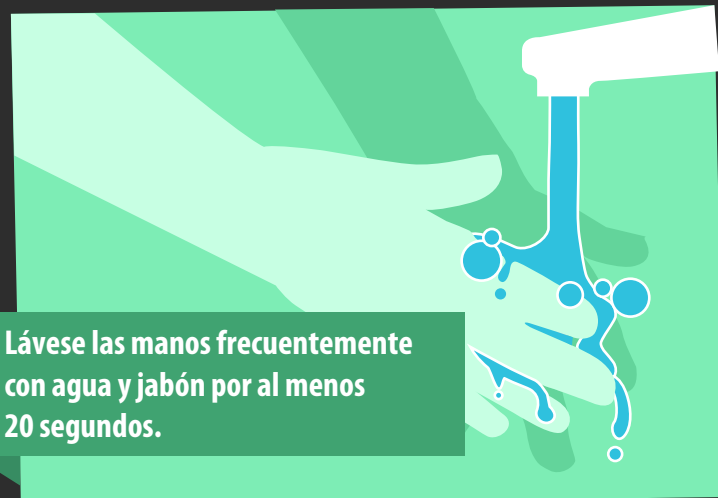
Evite tocarse los ojos, la nariz y la boca.



Quédese en casa si está enfermo, excepto para buscar atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



Para obtener más información: [www.cdc.gov/COVID19-es](http://www.cdc.gov/COVID19-es)

# 阻止病毒传播

帮助预防呼吸道病毒如 COVID-19 的传播。

避免与患病的人近距离接触。



咳嗽和打喷嚏时，用纸巾遮住口鼻，然后将纸巾扔进封闭的垃圾箱。



避免触碰自己的眼睛、鼻子和嘴巴。



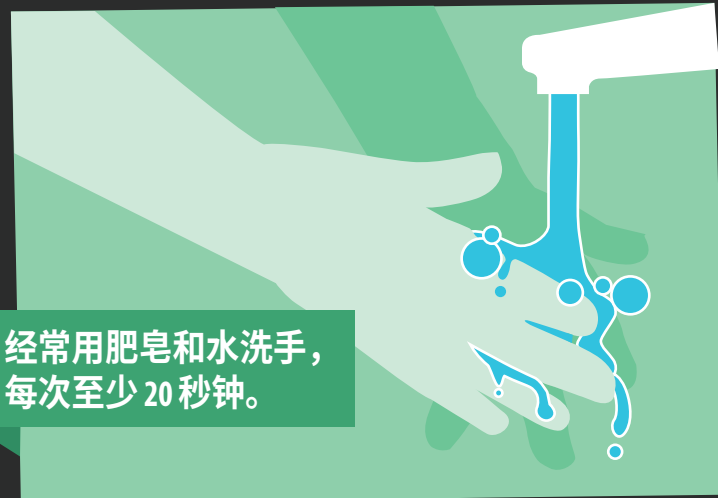
对频繁接触的物体和表面进行清洁和消毒。



生病时请留在家中，除非要接受医疗救治。



经常用肥皂和水洗手，每次至少 20 秒钟。



Los pacientes con COVID-19 han presentado enfermedad respiratoria de leve a grave.

Los síntomas\* pueden incluir

**FIEBRE**



**TOS**



\*Los síntomas pueden aparecer de 2 a 14 días después de la exposición.

Si usted ha estado en China o ha tenido contacto cercano con alguien con COVID-19 confirmado en las últimas 2 semanas y presenta síntomas, llame al médico.

**DIFICULTAD  
PARA RESPIRAR**



Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

**FEVER**



**COUGH**



\*Symptoms may appear 2-14 days after exposure.

If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.

**SHORTNESS OF BREATH**

