

## What is COVID-19?

COVID-19 is a disease caused by a new virus that spreads from coughs and sneezes. It may also spread from breathing and talking. Common symptoms include fever, cough, and shortness of breath. Many people who are infected will not have symptoms, but are able to spread the virus.

### Protect yourself and loved ones

Even though it's hard to avoid some crowded places, like shelters, try to:

- avoid crowded areas and public transit
- stay six feet away (~2 arms' length) from others
- don't touch your face
- wash your hands often, for 20 seconds each time
- if you can, use take-away options for food
- wear a mask at all times

Masks help protect you, but also stop the spread from those who are infected but don't feel sick. **If you feel sick, alert your case manager or shelter staff.**



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## Using Your Mask

- Your mask should be snug around your nose and mouth, and cover both without making it hard to breathe.
- Wash your hands just before and just after taking the mask off. To safely take the mask off, be careful not to touch your eyes, nose, and mouth.
- Cloth face masks should not be placed on children under age two, or anyone with trouble breathing.
- When not in use, store your mask in a paper bag.



## Cleaning Your Mask

Disposable face masks should be replaced daily. To clean a cloth face mask, you can:

- Boil your mask for 10 minutes in boiling hot water.
- Wash the mask with lots of soap and warm water.

### Other Helpful Resources

NYC Updates: text COVID to 692-692.  
[www.nyc.gov/coronavirus](http://www.nyc.gov/coronavirus)  
NY State Department of Health  
Coronavirus Hotline: 1-888-364-3065.

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