



HELP STOP THE SPREAD OF GERMS

During this time of uncertainty surrounding the Coronavirus or COVID-19, the following suggestions by the CDC and other health professionals will help STOP THE SPREAD OF GERMS and help keep you healthy. The safety and health of our staff and patients is our #1 priority. We follow strict infection control measures at all our sites. Please try to follow these rules each and every day.

AVOID SHAKING HANDS WITH OTHERS. Germs are easily spread through handshakes. Use a wave or a nod of the head instead.

AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.

WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS. If soap and water aren't available, use an alcohol-based hand sanitizer.

AVOID TOUCHING YOUR EYES, NOSE AND MOUTH WITH YOUR HANDS.

COUGH/SNEEZE INTO YOUR ELBOW OR INTO A TISSUE TO PREVENT SPREADING FLUID OR DROPLETS, THROW THE TISSUE AWAY IN THE TRASH AND WASH YOUR HANDS WITH SOAP AND WARM WATER OR USE AN ALCOHOL-BASED HAND-SANITIZER.

STAY HOME IF YOU ARE SICK.

CLEAN AND DISINFECT FREQUENTLY-TOUCHED SURFACES: Cell phones, pocketbooks, countertops, computer keyboards, home phones and work areas, etc.

MAKE SURE TO GET YOUR FLU SHOT.

WHEN YOU SHOULD SEEK TREATMENT

If you believe you have symptoms such as cough, fever or shortness of breath and, if you believe you have been exposed to the COVID-19 virus, before going to your provider's office, call ahead and let them know your symptoms and whether or not you have traveled. Your doctor can advise you as to whether or not you need to be evaluated further.

For more information, please refer to

- www.cdc.org
- www.health.ny.gov
- www1.nyc.gov/site/doh/index.page