Coronavirus / COVID-19
What you need to know:

Source: https://www.cdc.gov/coronavirus

Stay home - required by the New York State Governor
Avoid close contact with other people - no large groups!
No parties, no-in person religious services, no community gatherings
Keep a distance of six feet between people
No basketball, soccer, or other team sports

Stay home if you are sick, have a cough or fever
Call before going to a doctor's office, urgent care or emergency room
Call the COVID-19 information line at 315-798-5431 if you have questions
Ask for an interpreter if you need language help
CALL 911 if you have a medical emergency!

Cough or sneeze into a tissue and then wash your hands
OR
Cough or sneeze into the inside of your elbow
Throw tissues away into a trash can

Wash your hands often with soap and water for 20 seconds
OR
Use hand sanitizer frequently

Clean surfaces in your home each day with disinfectant (tables, doorknobs, countertops, phones, TV remotes, keyboards, toilets, faucets, and sinks)

Keep updated with new information
Go to The Center's website www.thecenterutica.org
Follow The Center on Facebook @TheCenterUtica

If you need services call **The Center (315) 738-1083.**
The Center staff is working and can help you.

English