

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
Call your doctor if you think you are sick
Ask for an interpreter if you need language help



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
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)

**Please stay informed: Go to The Center's website
www.thecenterutica.org**

