

# Stay informed about the CORONAVIRUS



Information from the  
New York State Assembly



## How can I protect myself?

You should take steps commonly used to prevent the spread of illnesses, such as:

- frequently washing your hands with soap and water for at least 20 seconds
- avoiding touching your eyes, nose and mouth
- covering your cough or sneeze with a tissue
- staying home when you're sick
- avoiding contact with someone who is sick
- disinfecting frequently touched objects and surfaces at home and at work

For updates and more information, visit the New York State Department of Health website at [www.ny.gov/coronavirus](http://www.ny.gov/coronavirus) or call 888-364-3065.



Sign up for email updates from the CDC at  
[www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html](http://www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html).

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