

STOP THE SPREAD OF CORONAVIRUS (COVID-19)!



PROTECT YOURSELF AND OTHERS

- Wash your hands with soap and water often, for at least 20 seconds every time, or use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing. Do not use your hands.
- Do not touch your eyes, nose and mouth with unwashed hands.
- Do not shake hands. Instead, wave or elbow bump.
- Pay closer attention to your health than usual and beware of cold or flu symptoms.
- Get a flu shot. Although the flu vaccine does not protect you from COVID-19, it helps prevent flu with symptoms similar to a coronavirus infection.



WHAT ELSE CAN I DO

- Reduce overcrowding. Consider telecommuting or stagger work hours.
- Walk or bike to work if possible. If the train is too packed, wait for the next one.
- If you have family or friends who are older adults or have chronic conditions, do not visit them if you feel sick.
- Get information from trusted sources like the NYC Department of Health. Information on social media may not be accurate.



WHAT TO DO IF YOU GET SICK

- Stay home and call your doctor if you have symptoms like coughing, shortness of breath, fever, sore throat.
- If you do not feel better in 24-48 hours, seek care from your doctor.
- Avoid going to public places.
- If you need help getting medical care, call 311.
- NYC will provide care regardless of immigration status or ability to pay.



WHERE TO GET MORE INFORMATION

- Text "COVID" to 692-692
- Visit website nyc.gov/coronavirus.
- If you experience discrimination or harassment because of race, country of origin, or other status, call 311 to report to the NYC Commission on Human Rights.
- If you feel stressed or anxious, call NYC Well at 888-692-9355 or send a text message "WELL" to 65173. NYC Well is a confidential helpline that is available 24/7 in over 200 languages.



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Home Self-Monitoring Guidelines for COVID-19



What is home self-monitoring

Home self-monitoring means you check yourself for fever and remain alert for cough or shortness of breath. Everyone on home self-monitoring has been provided a plan for whom to contact during the self-monitoring period to determine whether medical evaluation is needed if they develop fever, cough or shortness of breath. People on home self-monitoring are also asked to stay at home and avoid going outside for the entire self-monitoring period. You should not attend work, school, public events or group gatherings. You can get a doctor's note online at nyc.gov/health/coronavirus if you need to provide documentation of your absence to your school or employer.



What should I do while in home self-monitoring

- Take your temperature twice a day.
- Check for symptoms — cough or shortness of breath.
- Stay at home and remain out of public places. Do not go to school or work.
- If you have fever or symptoms, call the NYC Health Department at 347-396-7990.
- You need to do this for 14 days since the day you left the CDC designated country that requires home self-monitoring, even if you spent time in another country before entering the U.S.



Why do I need to home self-monitor?

To stop the spread of the virus that causes COVID-19 in the U.S., all people who spent time in areas designated by the CDC, within the last 14 days, are being screened at the airport for COVID-19 symptoms and risk factors for infection. After this screening:

- Travelers arriving in NYC from CDC-designated areas, who have no symptoms, will be transported to a quarantine location in NYC as directed by the CDC.
- Most travelers returning from CDC-designated areas, who have no symptoms, will be given information about home self-monitoring. They can continue to their destination. Their local health department will then be in contact with the travelers to provide more information.
- Others with possible exposures to the virus that causes COVID-19 may also be asked to home self-monitor by the NYC Health Department.



What to do in these situations

- If members of your household were not in one of these countries, they can continue to go to school and work. If you develop fever, cough or shortness of breath, other members of your household should stay home until your symptoms are checked out by a medical provider.
- If you have a medical emergency while you are in home self-monitoring, you should call 911 and tell the operator about your recent travel.
- If you develop fever, cough or shortness of breath while in home self-monitoring, avoid close contact (within 6 feet) with other people, and call the NYC Health Department at 347-396-7990 for further instructions.
- If you need to see a doctor or health care provider for a medical problem, you should call your provider ahead of your visit and let them know about your recent travel.



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