#StopTheSpread

Test. Trace. Take Care.

TEST

Get a COVID-19 Test and an Antibody test to know if you have been exposed to the virus. The tests are FREE, confidential and safe. More than 200 testing sites are now open.

Learn more here:
- Call NYC Health and Hospitals line: 844-NYC-4NYC (1-844-692-4692)
- Call 311 and say COVID19 Test
- Find mobile sites and nearest testing sites online: nyc.gov/covidtest
- Text COVID TEST to 855-48
- COVID19 Hotline: 844-NYC-4NYC (692-4692)
- Department of Health and Mental Hygiene: 866-692-3641
- https://www.nychealthandhospitals.org/covid-19-testing-sites/

TRACE

Answer the call of the Contact Tracers – they provide support to New Yorkers who test positive for COVID-19 and their close contacts. The conversation is confidential. Contact tracing is meant to protect you, your family, and friends.

Tracers cannot ask you about your immigration status or Social Security Number. Contact tracers ask cases and contacts if they would like to be referred to a resource navigator for help with resources e.g. food, medical care, accessing medicine.
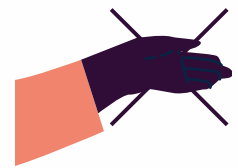
Learn more here: https://www.nychealthandhospitals.org/test-and-trace/tracing/

TAKE CARE

Protect Yourself and Your Loved Ones – Safely isolate in a free, comfortable and convenient hotel room or at home.

https://www.nychealthandhospitals.org/test-and-trace/take-care/
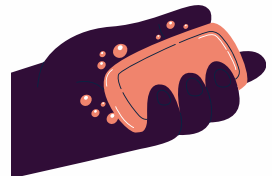
Rubbing ALCOHOL

NYIC

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PRACTICE GOOD HYGIENE.

Stop hand shakes and use non-contact greeting methods.

Clean hands at the door and schedule regular hand washing reminders.

Disinfect surfaces like doorknobs, tables, and desks regularly.

Avoid touching your face and cover your coughs and sneezes.

Increase ventilation by opening windows or adjusting air conditioning.

LIMIT MEETINGS AND NON-ESSENTIAL TRAVELS.

Use video conferencing instead of face-to-face meetings.

When video calls are not possible, hold your meetings in well-ventilated rooms and spaces.

Suspend all non-essential travels and trips.

FREE COVID-19 HOTEL PROGRAM

If you tested positive for COVID-19 it is important that you self-isolate and do not come in close contact with others. NYC is providing a free isolation hotel program for those whose home may not allow for self-isolation. Hotel rooms are also available for New Yorkers without COVID-19 but live with someone who has tested positive.

To get connected, health providers and their patients who are interested in staying in a hotel for 10-14 days can call 1-844-692-4692 to begin the screening process. Hours of Operation 9AM-9PM.

- A medical provider will assess your situation and then refer you to a hotel if appropriate.
- Health care providers cannot and will not ask you about your immigration status or Social Security Number. Your information is not collected.
- This program, including food, linens, Wi-Fi, and local phone service is free.
- If you have questions about the program, please email hotels@oem.nyc.gov.