

# 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:

- Phone Resources:
  - **844-NYC-4NYC (1-844-692-4692)**  
(NYC Health and Hospitals line)
  - **866-692-3641**  
(Department of Health and Mental Hygiene)
  - Call **311** and say **COVID19 Test**
  - Text **COVID TEST** to **855-48**
- Website Resources:
  - [nyc.gov/covidtest](https://nyc.gov/covidtest)
  - [nychealthandhospitals.org/covid-19-testing-sites/](https://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/>



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## STAY UP TO DATE WITH YOUR VACCINATIONS.

Anyone ages 5 and up can get the COVID-19 vaccine for free, regardless of immigration status, income level, and insurance coverage.

Booster shots are available for everyone ages 12 and up. Everyone should get their booster at least 5 months after the 2nd dose of Pfizer or Moderna and at least 2 months after the Johnson & Johnson dose.

### Where can I get vaccinated?

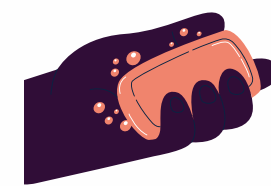
Vaccines are widely available at pharmacies, local health departments, clinics, Federally Qualified Health Centers, and other locations across New York State.

### To find a provider near you:

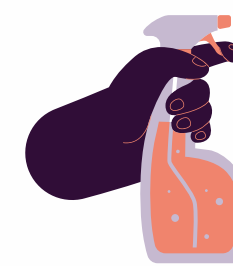
- Visit [Vaccines.gov](https://www.vaccines.gov)
- Text your ZIP code to [438829](https://www.438829.com)
- Call [1-800-232-0233](tel:1-800-232-0233) (TTY 888-720-7489)



## PRACTICE GOOD HYGIENE.



Regularly wash your hands.



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.

## FREE COVID-19 HOTEL PROGRAM

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](tel: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](mailto:hotels@oem.nyc.gov).

