



NEW YORK STATE SENATOR

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## Coronavirus Update and Precautions

SHELLEY B. MAYER March 5, 2020

| ISSUE: **COVID-19**



Dear Friends:

For the past few days, I have been participating in conference calls with representatives from the Department of Health, the Office of Emergency Management and senior officials from Governor Andrew Cuomo's office regarding the spread of COVID-19 (coronavirus) in Westchester County. I have also spoken to the State Education Department, and I know they are working hard to provide guidance to school districts. Their information [can be found here](#).

I know the emergence of the virus has generated some fear, and as testing increases, we expect the number of diagnosed cases to increase in the short term, but the risk of becoming infected remains low. As of today, Thursday, March 5th, there are a total of 22 confirmed cases of coronavirus in the state. I urge everyone to take reasonable precautions and continue to look out for one another in our community.

### **NYS Department of Health Guidelines**

What can I do to protect myself?

- You should go about your daily life, but take the same precautions that you would during cold and flu season:
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol based hand sanitizer if soap and water are not available.
- Cough or sneeze into your sleeve or a tissue (not your hands), then throw the tissue in the trash.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a cleaning product that contains bleach.

To read more about the coronavirus and how you can keep yourself and your family safe, please visit the NYS Department of Health website at [health.ny.gov](https://health.ny.gov).

Wishing you well,

Shelley B. Mayer