



NEW YORK STATE SENATOR

James L. Seward

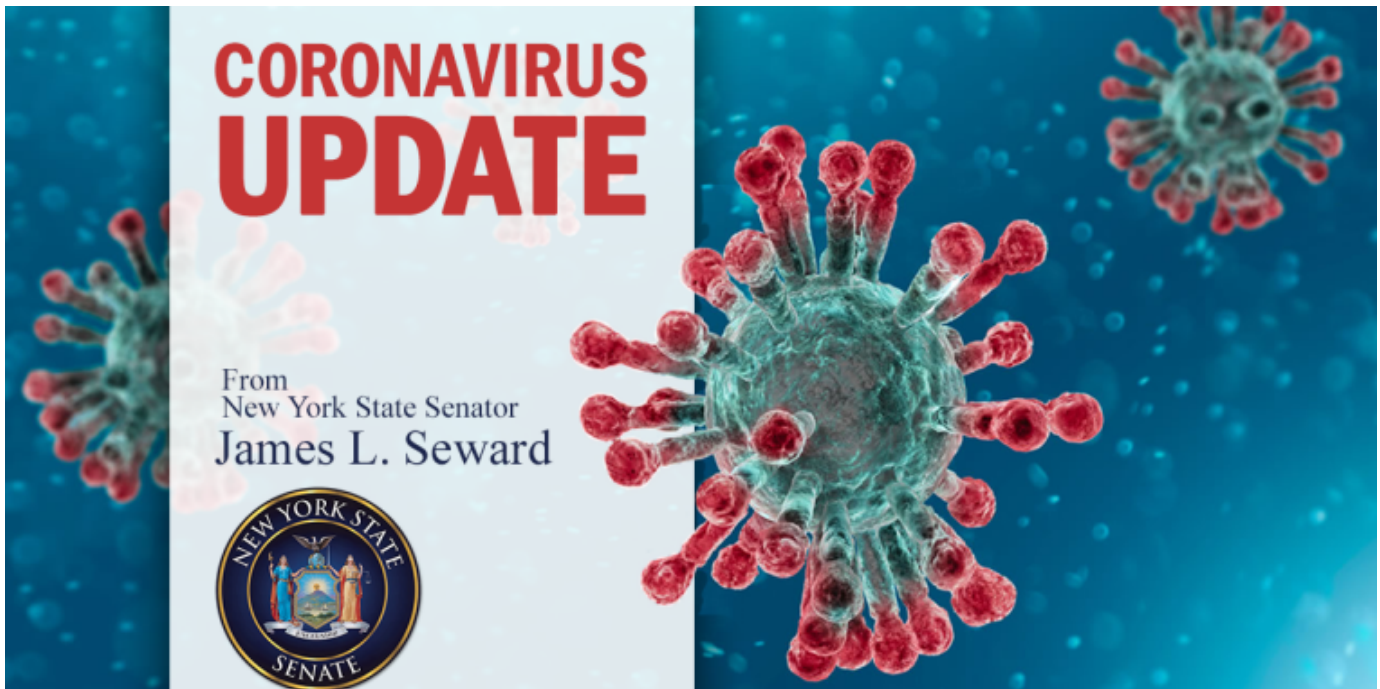
Seward Urges Vigilance, Continue to Observe Safety Guidelines

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ONEONTA, 04/23/20 -- State Senator James L. Seward (R/C/I – Oneonta) today urged people to continue to follow recommended health and safety guidelines to prevent the spread of the Coronavirus.

“In light of what I have been through, contracting Coronavirus and now recovering from the insidious disease, I want to urge everyone to continue to observe recommended health guidelines to prevent further spread,” said Senator Seward. **“I have heard of those who are not taking health recommendations seriously, and I can tell you from my experience - that is a crucial mistake.”**

Among the most recently implemented state requirements, any individual who is over age two is required to cover their nose and mouth with a mask or cloth face-covering when in a public place and unable to maintain, or when not maintaining, social distance.

Additionally, the New York State Department of Health recommends:

Everyone should:

- Wash your hands often with soap and water for at least 20 seconds, especially before you eat.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Avoid close contact with people who are sick. Keep a distance of at least 6 feet to help slow the spread of COVID-19.
- Cover your cough and sneezes with a tissue and discard it in a closed container.
- Clean frequently touched surfaces and objects.

For people who are sick:

- Stay home.
- If you have a fever, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicines, such as acetaminophen.
- Keep sick household members away from others. If you have a separate room that is best.
- Use soap and water, a bleach and water solution, or EPA-approved household products. You can make your own cleanser with a mixture of 1 cup of liquid unscented chlorine bleach in 5 gallons of water.
- Avoid sharing personal items.
- Anyone at high risk for complications should talk to their healthcare provider for more information.

“New York State will recover from this pandemic and we need to be preparing a blueprint to reopen businesses and get people back to work. However, now is not the time to relax our vigilance. Following safety guidelines has put us in position to start looking ahead, and I urge everyone to keep up the fight,” concluded Seward.

Additional information, including instructions on how to make your own face-covering, can be found at www.cdc.gov and <https://coronavirus.health.ny.gov/home>