Steps to protect yourself and others from COVID-19
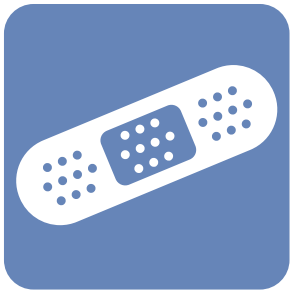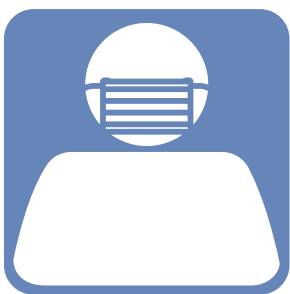
Get vaccinated! Visit vaccines.gov to find a site near you.

Follow CDC (cdc.gov) and county rules on wearing masks indoors in areas with substantial or high rates of COVID-19.

Wash your hands thoroughly with soap and water **for at least 20 seconds**, especially before eating.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Unvaccinated individuals **MUST wear a mask** at all times and maintain **6 feet social distancing** as much as possible

NEW YORK STATE | Department of Health