NEW YORK
ACADEMY
OF ART

Hello all, I hope everyone is safe and healthy. Here is your weekly set of health reminders and updates.

NYS on Pause Extended
All non-essential workers must continue to work from home through April 15th, and everyone is required to maintain a 6-foot distance in public.
https://coronavirus.health.ny.gov/home

NYS Hospital plan and updates
Governor Cuomo announced a statewide public-private hospital plan.
https://www.governor.ny.gov/news/amid-ongoing-covid-19-pandemic-governor-cuomo-announces-statewide-public-private-hospital-plan

New Potential Symptoms
There has been some speculation that gastrointestinal problems could be a symptom of Coronavirus. Again, monitor your health and if you have any concerns please contact your physician immediately.

Health Reminders
Reminders from the the Centers for Disease Control(CDC), NYC Health, and the World Health Organization(WHO) on how to help you and those close to you stay healthy. Have a read through and if you have any questions feel free to send them my way.

- **Wash your hands frequently**
  Regularly and thoroughly clean your hands with soap and water or an alcohol-based hand rub.
  Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

- **Maintain social distancing**
  Maintain at least 1 to 2 meters (3 -6 feet) distance between yourself and anyone who is coughing or sneezing.
  Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

- **Avoid touching eyes, nose and mouth**
  Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

- **Practice respiratory hygiene**
  Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
  Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

What to do if you are sick?

- **If you have fever, cough and difficulty breathing, seek medical care early**
  Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and **call in advance**. Follow the directions of your local health authority.
  Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

- **Stay informed on the latest developments about COVID-19.** Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.
  Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

 Check these sites for further information

https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html
https://www1.nyc.gov/site/doh/covid/covid-19-main.page
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

Be safe, we'll get through this together!
Best,

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