



Dear Neighbor,

Educating yourself about the coronavirus reduces anxiety and empowers you to prevent and protect yourself and your family from getting sick. This email contains helpful information for you and your family to stay safe and healthy during this time. By working together, we will get through this public health crisis.



What are Coronaviruses?

Coronaviruses are a group of viruses that can cause either mild illness, such as a cold, or can make people sick with pneumonia.

What is the 2019 Novel Coronavirus/ COVID-19?

Recently, a novel (new) coronavirus was detected. A "novel coronavirus" is a strain that has not been previously detected in humans. The disease, called COVID-19, can be spread from person to person. COVID-19 – is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified in Wuhan, China.

COVID 19 CORONAVIRUS DISEASE
SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

- FEVER**
- COUGH**
- SHORTNESS OF BREATH**

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: www.cdc.gov/COVID19-symptoms

What are symptoms of coronavirus?

Symptoms of COVID-19 can include fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor. Most people with COVID-19 will have mild symptoms. If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs are, but not limited to: difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion and bluish appearance of the lips or face.

How many days does it take to get sick from the virus after exposure?

Symptoms of COVID-19 may appear between two and 14 days after exposure. This period is called the incubation period.

Stigma and Resilience

Public health emergencies, such as the outbreak of COVID-19, are stressful times for people and communities. Fear and anxiety about a disease can lead to social stigma toward people, places, or objects. For example, stigma and discrimination can occur when people associate a disease, such as COVID-19—with a population or nationality—even though not everyone in that population or from that region is specifically at risk for the disease. Stigma can also occur after a person has been released from COVID-19 quarantine, even though they are not considered a risk for spreading the virus to others. This bias affects the emotional or mental health of stigmatized groups and the communities in which they live. Stopping discrimination is important to making our communities and its members resilient. There are also [resources](#) available on mental health and coping during this outbreak. Together, we can help stop COVID-19 related bias by knowing the facts and sharing them with others in our community.

Who is most at risk for COVID-19?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes older adults and people who have serious chronic medical conditions, including heart disease, diabetes or lung disease. If you are at higher risk for serious illness from COVID-19 because of your age, or because you have a serious long-term health problem, it is important for you to take actions to reduce your risk of becoming sick.

What can you do to prevent or treat COVID-19?

There are no specific vaccines or treatments available for this novel coronavirus, or any other coronavirus. However, medication and vaccine research is underway. In the meantime, the best way to prevent illness is to avoid being exposed to the virus. The virus is thought to spread mainly from person-to-person, between people who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.





As of March 2020, the Health Department recommends the following precautions to slow the spread of COVID-19:

- Stay home if you are sick. Avoid close contact with people who are sick.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing — do not use your hands.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Do not touch your face with unwashed hands.
- Do not shake hands. Instead, wave or elbow bump.
- CDC does not recommend the use of facemasks for healthy people to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Have people in New York City been diagnosed with COVID-19?

Yes, people have been diagnosed with COVID-19 in New York City, you can visit www.nyc.gov to see a real time up-to-date case count. New York City is seeing “community transmission,” meaning the source of the infection is unknown.

Are there resources for New Yorkers?

Yes, if you have any questions on finding medical care call 311. To get regular updates on the latest developments with coronavirus in New York City, text COVID to 692-692. You will receive regular SMS texts with the latest news and developments. New Yorkers can also call (888) 364-3065 if they have questions or concerns about travel, symptoms or other matters related to COVID-19. Experts from the State’s Department of Health will answer these questions. The Department of Health has also created a dedicated website as a resource for New Yorkers, please visit: https://www.health.ny.gov/diseases/communicable/coronavirus/#_blank

Is there special guidance for vulnerable New Yorkers?

Yes, New York City is advising those with chronic lung disease, heart disease, cancer, diabetes, or a weakened immune system to avoid unnecessary events and gatherings. If you have family or friends who have one of these conditions, do not visit them if you feel sick. Those with a history of smoking and vaping are more likely to experience serious illness related to COVID-19. For help quitting, call 866-NY-QUITS.

I am a Medical Provider, where can I seek guidance?

Medical providers are encouraged to contact their [county health office](#) to receive clear direction and guidance regarding COVID-19. New York City health care providers should contact the New York City Department of Health and Mental Hygiene via [web](#) or at (347) 396-4100. With private lab testing now available, the City's Health Department is sending guidance to providers to test patients with respiratory illnesses who have been admitted to the hospital but are not in the Intensive Care Unit (ICU). For non-hospitalized patients with fever and either cough or shortness of breath, priority will be given to patients 50 years and older or individuals of any age who have chronic conditions, such as cancer, heart disease, diabetes, weakened immune systems, or chronic lung disease. Those with COVID-19 symptoms and underlying chronic conditions are at greater risk for serious illness if they contract the virus.

Clinicians should immediately implement [recommended](#) infection prevention and control practices if a patient is suspected of having COVID-19. They should also notify infection control personnel at their healthcare facility and their state or local health department if a patient is classified as a PUI for COVID-19.

Are there resources for small business impacted by COVID-19?

Recently, H.R. 6074 *the Coronavirus Preparedness and Response Supplemental Appropriations Act* was passed. This \$8.3 billion package will fully fund a robust response to the coronavirus, including vaccine development, support for state and local governments, and assistance for affected small businesses. This vital legislation allows \$1 billion in loan subsidies to be made available to help small businesses, small agricultural cooperatives, small aquaculture producers, and non-profit organizations which have been impacted by financial losses as a result of the coronavirus outbreak.

This funding could enable the Small Business Administration to provide an estimated \$7 billion in loans to these entities. Small Business's should refer to the U.S. Small Business Administration's [website](#) for application guidance.

In addition, the City will provide relief for small businesses across the City seeing a reduction in revenue because of COVID-19. Businesses with fewer than 100 employees who have seen sales decreases of 25% or more will be eligible for zero interest loans of up to \$75,000 to help mitigate losses in profit. The City is also offering small businesses with fewer than 5 employees a grant to cover 40% of payroll costs for two months to help retain employees. Eligible owners who would like to learn more about these programs should call 311 for assistance or visit their [website](#).

What is the CDC doing about COVID-19?

This is an emerging, rapidly evolving situation and CDC will continue to provide updated information as it becomes available. CDC works 24/7 to protect people's health. More information about CDC's response to COVID-19 is available [online](#).

Information from New York State

[Interim Guidance for Procedures When Identifying an Employee with Concerns for COVID-19 Exposures](#)

[COVID-19 Guidance for P-12 Schools](#)

[COVID-19 Guidance for Higher Education Institutions](#)

[Cleaning and disinfecting guidance](#) for schools, houses of worship, public and private facilities, public transportation, and non-healthcare settings.

Information from the World Health Organization (WHO)

[WHO Coronavirus](#)

Information from Centers for Disease Control (CDC)

[What you need to know about coronavirus disease 2019 \(COVID-19\)](#)

[What to do if you are sick with coronavirus disease 2019 \(COVID-19\)](#)

Final Message

Everyone can do their part to help us respond to this emerging public health threat. Individuals and communities should familiarize themselves with recommendations to protect themselves and their communities from getting and spreading respiratory illnesses like COVID-19. New Yorkers should continue to exercise basic precautions while going about their lives: washing your hands, using alcohol-based hand sanitizer if water and soap are not available, and covering your nose and mouth when coughing or sneezing.

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice or call the CDC at (800) 232-4636.

Sincerely,



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