

Local Government Resources:

Nassau County:

[Nassau County DoH: Coronavirus/COVID-19 Website \(Click here\)](#)

Nassau County Coronavirus Call Center Number: 516-227-9570

Suffolk County:

[Suffolk County DoH Coronavirus/COVID19 Website \(Click here\)](#)

Suffolk County Call Center: Call 311

A few key resources from the CDC and the WHO:

What You Need To Know (PDF – CDC):

[English \(Click here\)](#)

[Simplified Chinese \(Click here\)](#)

[Spanish \(Click here\)](#)

[Frequently Asked Questions and Answers \(CDC\)](#)

[What To Do If You Are Sick With Coronavirus Disease 2019 \(COVID-19\) \(CDC\)](#)

[World Health Organization \(WHO\)](#)

Prevention

The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask 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)
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

