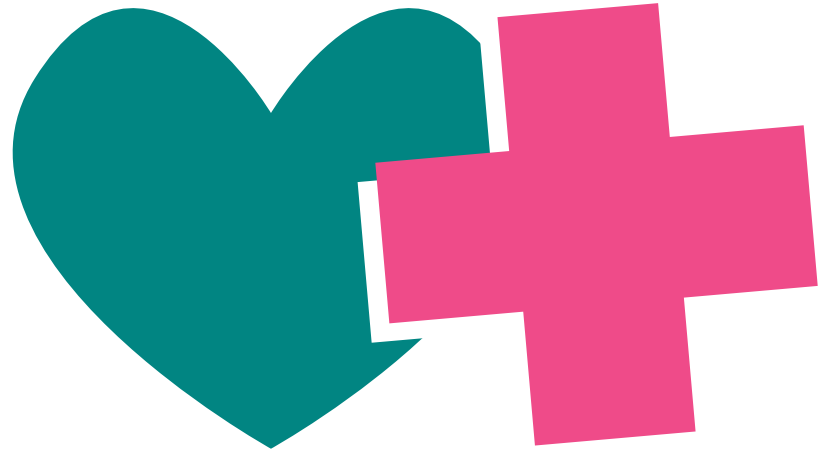




North Hempstead Supervisor Judi Bosworth  
and the Town Board present:

# Tips for Staying Healthy



**Q: What is a novel coronavirus?**

**A:** A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

**Q: What are the symptoms of COVID-19?**

**A:** Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing.

**Protection Tips**

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands with soap and water for at minimum 20 seconds.

**Prevention Tips**

- As much as possible, you should stay in a specific room and away from other people in your home. If available you should use a separate bathroom.
- Do not handle pets or other animals while sick.
- Throw used tissues in a lined trash can and immediately wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

**For More Information Visit [CDC.gov](https://www.cdc.gov) or Call the New York State Coronavirus Hotline at (888) 364-3065**



Town Supervisor  
Judi Bosworth



Council Member,  
District 1  
Viviana L. Russell



Council Member,  
District 2  
Peter J. Zuckerman



Council Member,  
District 3  
Angelo P. Ferrara



Council Member,  
District 4  
Veronica Lurvey



Council Member,  
District 5  
Lee R. Seeman



Council Member,  
District 6  
Mariann Dalimonte



Town Clerk  
Wayne H. Wink, Jr.



Receiver of Taxes  
Charles Berman