



Message from Congressman Tom Suozzi **“Be prepared. Not scared.”**

Dear Friends,

This is an unsettling time in our country and in our communities. When it comes to Coronavirus, we may be in a public health emergency, but that does not mean that we lack the resources or the commonsense to deal with it. **It is important to reiterate that we need to be prepared and not scared.** Heed the advice of public health experts who agree that the most effective way to “flatten the curve” of the spread of Coronavirus is by practicing “social distancing” to keep our communities healthy.

Below is some helpful information regarding coronavirus:

How are you infected?

- Coronavirus can spread person-to-person within 6 feet through respiratory droplets produced when an infected person coughs or sneezes.
- Because the virus can remain on a surface or object; it can be transmitted by touch; entering the body through mouth, nose or eyes.

Time from infection to symptoms:

- It takes 2 to 14 days for a person to develop symptoms after exposure to the virus.
- The average is about 5 days.

What are the symptoms?

- Fever,
- Dry cough, and
- Shortness of breath.

When you should seek testing:

- If you are exhibiting symptoms
- If you have been in close contact with someone who has tested positive for the coronavirus
- If you have recently traveled to one of the high-risk countries

If you experience any of the symptoms above you should call your health care provider before seeking treatment in person.

In the meantime we all know that certain precautions are important at this time.

- Wash your hands often for at least 20 seconds;
- Avoid touching your eyes, nose, and mouth;
- Avoid physical contact like handshakes and hugs, especially if Coronavirus is spreading in your community;
- Stay at home if you are sick;
- Avoid large crowds and
- Minimize travel.

For more information specific to New York, please check the New York State Department of Health website, health.ny.gov. It is important during this national emergency that we unite together as a country, listen and follow the advice of experts and take responsibility for our actions to battle this pandemic.

Be prepared. Not scared.

