



NEW YORK HITS PAUSE

By order of New York Governor Andrew Cuomo, as of 8PM on Sunday, March 22, the following rules are in force throughout New York state until further notice:

1. All non-essential businesses statewide will be closed;
2. No non-essential gatherings of individuals of any size for any reason;
3. When in public individuals must practice social distancing of at least six feet from others;
4. Businesses and entities that provide other essential services must implement rules that help facilitate social distancing of at least six feet;
5. Individuals should limit outdoor recreational activities to non-contact and avoid activities where they come in close contact with other people;
6. Individuals should limit use of public transportation to when absolutely necessary and should limit potential exposure by spacing out at least six feet from other riders;
7. Sick individuals should not leave their home unless to receive medical care and only after a telehealth visit to determine if leaving the home is in the best interest of their health;
8. Use precautionary sanitizer practices such as using isopropyl alcohol wipes

Additional Measures for Those over Age 70 or with Compromised Immune Systems:

- Remain indoors
- May go outside for solitary exercise
- Pre-screen all visitors by taking their temperature
- Wear a mask in the company of others
- Stay at least 6 feet from others
- Do not take public transportation unless urgent and absolutely necessary

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