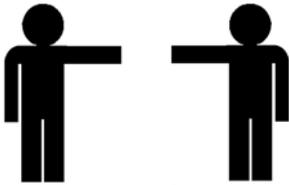


# COVID-19 is Still Here!



**Cover your nose and mouth with a mask when around other people.**



**Stay 6 to 12 feet apart.**  
(2 to 4 meters or 2 to 4 arms length)



**Stay home if you have or think you have COVID-19.**

**Protect Yourself**  
**Protect Your Family**  
**Protect Your Community**

For more information go to: <http://rckInd.us/covid19> or  
call the COVID-19 Hotline: (845) 238-1956

## Helpful COVID-19 Phone Numbers and Information

### COVID-19 Information and Resource Hotlines:

- Rockland County Department of Health, 845-238-1956
  - Monday - Friday from 8:00 am - 5:00 pm
  - or email: [COVIDCallCenter@co.rockland.ny.us](mailto:COVIDCallCenter@co.rockland.ny.us)
- Hudson Valley Region 2-1-1
  - Call 211 for Health and Human Services resources.
  - Available 24-hours, 7 days a week.
- New York State COVID-19 Hotline, 1-888-364-3065
  - Available 24-hours, 7 days a week.

### FREE COVID-19 Testing (operated by New York State): 1-888-364-3065

- Call for an appointment. Available 24-hours, 7 days a week.
- Located at Anthony Wayne Recreation Area in Harriman State Park and at the Town of Ramapo Cultural Arts Center in Spring Valley

### Emotional Support Hotlines:

- Rockland County Department of Mental Health, 845-364-2399
  - Monday - Friday from 9:00 am - 3:00 pm
- New York State Office of Mental Health, 1-844-863-9314
  - 7 days a week, 8:00 am - 10:00 pm

## Stop the Spread! Prevent COVID-19

The virus that causes COVID-19 is spread between people through tiny droplets produced when an infected person coughs, sneezes, or talks and are inhaled into the lungs or enter the eyes, nose, or mouth of another person. Some infected people do not show any symptoms but can spread the infection to others.

- **Cover your nose and mouth with a face mask when around other people.**
- Maintain good physical distance (at least 6 feet) to help prevent the spread of COVID-19.
- Wash hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Cover your cough or sneeze with a tissue or in your elbow/sleeve.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean frequently used surfaces such as doorknobs, phones, remotes, and keyboards often with an EPA approved disinfectant.