

COVID-19 Guidance, Regulations, and Safety Information

For the most up-to-date New York State guidance/regulations documents visit:

- New York State Department of Health COVID-19 website: <https://coronavirus.health.ny.gov/home>
 - View the categories under the section 'Protecting the Public Health of All New Yorkers'
- Essential businesses: <https://esd.ny.gov/guidance-executive-order-2026>
- New York State reopening guidance: <https://forward.ny.gov>
- Know your rights: <https://coronavirus.health.ny.gov/know-your-rights>

For the most up-to-date Rockland County guidance documents visit:

- Rockland County Executive Office webpage: <https://rocklandgov.com/departments/county-executive/>

For general COVID-19 information visit:

- Rockland County Department of Health COVID-19 webpage: <http://rcklnd.us/covid19>
- Rockland County's COVID-19 hotline at 845-238-1956 (Monday-Friday from 8:00 am-5:00 pm)
- New York State Department of Health COVID-19 website: <https://coronavirus.health.ny.gov/home>
- Centers for Disease Control and Prevention COVID-19 webpage: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Stay Safe, Stop the Spread:

- The virus that causes COVID-19 is primarily spreads between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
- Maintain good physical distance (at least 6 feet) to help prevent the spread of COVID-19.
- The virus is spreading easily between people.
- Cover your mouth and nose with a face mask or cloth face cover when you go out in public.

Practice Good Hygiene:

- 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue or in your elbow.
- Clean frequently used surfaces such as doorknobs, phones, remotes, and keyboards often with an EPA approved disinfectant.