

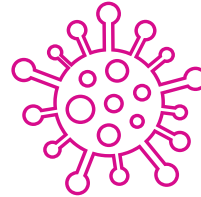
What you need to know about

COVID-19



Take steps to protect yourself

Stay home, wash your hands for at least 20 seconds, or use sanitizer, and cough into a tissue or your elbow.



Most people who contract COVID-19

will not require hospitalization; symptoms are often mild enough that one can recover at home.



You only need to seek medical care

if you develop life-threatening conditions, like severe shortness of breath, changes in mental status, or severe dehydration.

> For more guidance, use a virtual service, like **Mount Sinai NOW™** mountsinai.org/msnow, as a first step.

