



NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE

Dave A. Chokshi, MD, MSc
Commissioner

December 1, 2020

Dear Fellow New Yorker,

The number of COVID-19 cases is rapidly increasing in New York City and all New Yorkers should remain vigilant about adhering to public health guidance. To further protect people who are most at risk for severe COVID-19, the NYC Department of Health and Mental Hygiene advises adults over 65 and people with certain [underlying health conditions](#), as well as household members and caregivers of these people, to:

- Limit activities outside their home, except leaving home to travel to work or school or for essential purposes including medical care, grocery shopping or pharmacy necessities.
- Avoid public spaces and gatherings.
- Wear a face covering at all times indoors and outdoors, including around household members who have symptoms of COVID-19, a known exposure to someone with COVID-19, or frequent in-person interactions with the public.
- Stay home if sick except for essential medical care, including testing for COVID-19.
- Wash their hands often with soap and water for at least 20 seconds, and avoid touching their eyes, nose or mouth with unwashed hands.

Additionally, you should maintain routine health care for any chronic health conditions and obtain any necessary vaccinations. If you have symptoms of COVID-19, contact your health care provider. If you are experiencing a medical emergency, call **911**.

A full list of conditions that may increase the risk of severe illness can be found at [cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html). For more information about COVID-19, visit nyc.gov/health/coronavirus.

Sincerely,

A handwritten signature in black ink, appearing to read 'Dave A. Chokshi', written over a horizontal line.

Dave A. Chokshi, MD, MSc
Commissioner
New York City Department of
Health and Mental Hygiene

ADVISORY

FROM THE COMMISSIONER OF HEALTH & MENTAL HYGIENE OF THE CITY OF NEW YORK

WHEREAS, on March 25, 2020, pursuant to Section 3.01 of the New York City Health Code (“Health Code”), the existence of a public health emergency within the City as a result of COVID-19, for which certain orders and actions are necessary to protect the health and safety of the City of New York and its residents, was declared;

WHEREAS, New York City is experiencing a rapid increase in COVID-19 cases and hospitalizations, and additional actions are warranted to protect public health, moderate case growth and preserve hospital capacity;

WHEREAS, older adults and people with certain underlying health conditions have an increased risk of severe COVID-19 that increases the risk of medical complications, hospitalization, and death;

The Commissioner of Health hereby issues an advisory for older adults (in particular, aged 65 and older), people with underlying health conditions that put them at increased risk of severe COVID-19, and household members and caregivers of these individuals.

THEREFORE, YOU ARE HEREBY PROVIDED NOTICE THAT:

To protect yourself, your household members and your communities against the spread of COVID-19, you are hereby advised to limit activities outside your home, except leaving home to travel to work or school, or for essential purposes including medical care, grocery shopping or pharmacy necessities.

Further, New Yorkers, especially those covered by this advisory, should, when possible, avoid public spaces and gatherings; wear a face covering at all times indoors and outdoors, including around household members, where such household members have symptoms of COVID-19, a known exposure to someone with COVID-19, or frequent interactions with the public; maintain at least 6 feet of distance from other individuals at all times outside of the home; stay home if you are sick except for essential medical care, including testing for COVID-19; follow good hand hygiene, including washing your hands

often with soap and water for at least 20 seconds and avoiding touching your eyes, nose, and mouth with unwashed hands; and frequently clean high touch areas.

Additionally, to limit your interactions with other people as much as possible, you are advised not to have guests in your home except for necessary caregivers and to avoid travel within and outside of New York City.

Underlying health conditions that increase your risk for severe illness from COVID-19 include cancer, heart conditions, such as heart failure, coronary artery disease or cardiomyopathies, chronic kidney disease, type 2 diabetes, pregnancy, sickle cell disease, obesity, immunocompromised state (weakened immune system) from solid organ transplant, smoking, and chronic obstructive pulmonary disease. A full list of conditions that may increase the risk of severe illness can be found on the CDC website.

You should maintain routine medical care for any chronic or other health conditions, and obtain any necessary vaccinations, under the consultation of your healthcare provider.

Contact your health care provider if you have symptoms of COVID-19. If you are experiencing a medical emergency, call 911.

For more information and guidance visit nyc.gov/health/coronavirus