

**CHAIR'S REPORT**  
**MARCH 12, 2020**  
**EXECUTIVE COMMITTEE**

District Manager Eutha Prince and I have been in close communication with the Borough President's Office and their General Counsel regarding the current situation with the novel coronavirus (COVID-19) epidemic currently affecting New York State and City, which as been declared an emergency by Governor Cuomo.

Right now, there are **no guidelines** that suggest that public meetings should be cancelled, **unless** someone directly involved (i.e. a Board member) has tested positive. **Manhattan Community Board 9 will continue to conduct business until further guidance is issued.** We advise anyone with symptoms to stay home, and we also are asking CB9 members who are seniors or have weakened immune systems to consider taking an excused absence from meetings until further notice. While sunshine laws prohibit board members from voting remotely, those who stay home can participate by phone or videoconference services, but cannot vote. **Eutha and I will be endeavoring to ensure our CB9 Meetings are livestreamed on our Facebook page, <https://www.facebook.com/CB9Manhattan/>.** We are also exploring possibilities for videoconferencing to allow board members to contribute to discussions, even though they are not permitted to vote. We will send further updates if we choose to adopt such a method.

**EXCUSED ABSENCES:**

We strongly urge those who do have symptoms and those who have compromised immune systems to stay home. Please email or call the office asking to be excused for health reasons and we will make a note of it. **You do not need to identify the specific condition.** If you are able to give a span of dates that you wish to be excused, the office will accept that as well. No excuses will be noted without advanced notification. Your absences will be counted as excused absences.

Similarly, if you have traveled to any countries identified as having widespread transmission of COVID-19, please refrain from coming to the Manhattan Community Board 9 meetings and other meetings for 14 days.

**PRECAUTIONS AT CB9 MEETINGS:**

Community Board 9 is cautioning those who are sick or could be considered a High-Risk Individual to not attend meetings. We ask all members to pay attention to the following bullets:

- First and foremost, **if you are sick, STAY HOME.** If you are experiencing any cold or flu- like symptoms – cough, sneezing, fever, shortness of breath, sore throat – stay home and call your doctor. If after 24 to 48 hours, you are not feeling any better, seek medical care immediately.

- **High-Risk Individuals:** If you have chronic conditions like heart disease, diabetes, a compromised immune system, chronic lung disease and/or cancer, we are advising you to limit your exposure to large gatherings and crowds.
- Community Board 9 is requesting that all CB9 members as well as members of the public wash their hands before every meeting. Proper hand washing should include soap and warm water and the act of spreading soap around the hands should include the fronts, back, fingers, and fingernails for at least 20 seconds, or the length of time it takes to sing “Happy Birthday” twice. You may sing out loud or in your head. Use an alcohol-based hand sanitizer in the unlikely circumstance where soap and water are not available.
- During meetings and while in the CB9 office, cover your coughs and sneezes with a tissue or your sleeve (not your hands). Do not touch your eyes, nose, and do not shake hands. Instead of direct contact, please wave or elbow bump.
- If you are experiencing stress or feel anxious, contact NYC Well at 888-NYC-WELL ([888-692- 9355](tel:888-692-9355)) or text WELL to 65173. NYC Well is a confidential help line that is staffed 24/7 by trained counselors who can provide brief supportive therapy, crisis counseling, and connections to behavioral health treatment, in more than 200 languages.

**FURTHER UPDATES:**

For the latest information and best practice guidelines, we encourage you to visit DOHMH’s website at <https://www1.nyc.gov/site/doh/health/health-topics/coronavirus.page>. We have also attached an official FAQ from DOHMH and their guidelines on how to minimize the risk of transmission.

*New Yorkers can also text COVID to 692-692 to get regular updates on the latest developments with COVID-19*

Currently, the risk for the novel coronavirus in New York City remains low. But our preparedness for the outbreak is high, thanks in part to the hard work and commitment of many of our colleagues at the Department of Health and Mental Hygiene (DOHMH). However, as this virus spreads abroad, it is understandable for some New Yorkers to feel anxious. It is important to obtain updated information on the DOHMH website at [www.nyc.gov/health/coronavirus](http://www.nyc.gov/health/coronavirus). The spread of myths, half-truths, and other misinformation about the outbreak causes confusion. The information about the virus in the following sections of these guidelines about safe practices is from the NYC Department of Health and Mental Hygiene (DOHMH).

Please be on the lookout for further updates from Eutha or me.

Yours in service,



Barry Weinberg  
Chair  
Manhattan Community Board 9



## **Novel Coronavirus (COVID-19): What You Need to Know**

### **What is Coronavirus?**

- Coronaviruses are a family of viruses that cause mild illnesses like a cold, to more serious illnesses like pneumonia.
- A novel (new) coronavirus is a type of coronavirus that has not previously been seen in humans.
- 2019 novel coronavirus is a new type of coronavirus identified as the cause of an outbreak of respiratory illness (which affects breathing) called COVID-19.
- COVID-19 infections have now been reported in many countries including the United States. For an updated list of affected areas, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

### **What are the Symptoms of Coronavirus?**

- Commonly reported symptoms include fever, cough or shortness of breath.
- Most people with COVID-19 will have mild symptoms. People who are at most risk for severe illness are those who have other health conditions, including chronic lung disease, heart disease, diabetes, cancer or a weakened immune system.

### **How Does Coronavirus Spread?**

- The virus is likely to be spread from person to person between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.

### **Who is Most at Risk for Coronavirus?**

- People who are at most risk for severe illness are elderly or have other health conditions such as chronic lung disease, heart disease, diabetes or a weakened immune system.

### **How Can I Protect Myself and Others from Coronavirus?**

- Wash hands often with soap and warm water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your mouth and nose with a tissue or your sleeve when sneezing or coughing. Do not use your hands.
- Do not touch your eyes, nose or mouth with unwashed hands.
- Do not shake hands. Instead wave or elbow bump.
- Monitor your health more closely than usual for cold or flu symptoms.
- Get the flu shot. Although the flu shot will not protect you from COVID-19, it will help prevent the flu which has similar symptoms to this coronavirus.

### **What Should I do if I Feel Sick?**

- Stay home and call your doctor if you have cold or flu symptoms like coughing, shortness of breath, fever or sore throat.
- If you do not feel better in 24-48 hours, seek care from your doctor.
- Avoid going out in public. Do not go to school or to work until you have been fever-free for at least 72 hours without the use of fever reducing drugs like Tylenol or ibuprofen.



- If you need help getting medical care, call 311.
- NYC will provide care regardless of immigration status or ability to pay.
- Hospital staff will not ask about immigration status. Receiving health care is not a public benefit identified by the public charge test.

### **Is it Safe to Attend Large Gatherings?**

- If you are sick, stay home.
- If you have chronic lung disease, heart disease, cancer, diabetes, or a weakened immune system, avoid unnecessary events and gatherings.
- If you have no symptoms, it is okay to go to events, but practice good hygiene and remain vigilant about your health.
- Right now, no large events or public gatherings are cancelled but we are monitoring developments and will adjust as needed.

### **What Else Can I Do?**

- Help reduce overcrowding.
- Consider telecommuting where possible. Private-sector employers should consider allowing employees to telecommute if the job allows.
- The City is also asking private-sector employers to consider staggered work hours. For example, instead of 9 a.m. to 5 p.m., consider changing some work hours to 10 a.m. to 6 p.m. or 8 a.m. to 4 p.m.
- Walk or bike to work, if you can.
- When taking the subway, if the train is too packed, be patient and wait for the next one.
- If you have family or friends who have a chronic health condition, do not visit them if you feel sick.

### **What Should I Do about Harassment or Discrimination Related to Coronavirus?**

- It is important to separate facts from fear and guard against stigma. A lot of information circulating about coronavirus on social media and in some news reporting is not based in the facts.
- Support your friends, neighbors and colleagues by sharing this fact sheet to counter misinformation. Obtain information from trusted sources like the NYC Health Department.
- If you are being harassed due to your race, nation of origin or other identities, call 311 to report discrimination or harassment to the NYC Commission on Human Rights.
- If you are experiencing stress or feeling anxious, contact NYC Well at 888-NYC-WELL (888-692-9355) or text "WELL" to 65173. NYC Well is a confidential help line that is staffed 24/7 by trained counselors who can provide brief supportive therapy, crisis counseling, and connections to behavioral health treatment, in more than 200 languages.

### **Where Can I Get More Information?**

- For real-time updates, text COVID to 692-692. Messages and data rates may apply. Check your wireless provider plan for details.
- Visit [nyc.gov/coronavirus](https://nyc.gov/coronavirus) for additional resources and information.

# NYC: STOP THE SPREAD OF CORONAVIRUS!

New Yorkers working together can slow the spread of Coronavirus (COVID-19) in New York City.



## PROTECT YOURSELF AND OTHERS

- Wash your hands with soap and water often.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing.
- Do not touch your face with unwashed hands.
- Do not shake hands. Instead wave or elbow bump.
- Monitor your health more closely than usual for cold or flu symptoms.



## PROTECT THE MOST VULNERABLE

- If you have chronic conditions like lung disease, heart disease, diabetes, cancer or a weakened immune system, avoid unnecessary gatherings and events.
- If you have family or friends who have one of these conditions, do not visit them if you feel sick.



## STAY HOME IF SICK

- Stay home and call your doctor if you have symptoms like coughing, shortness of breath, fever, sore throat.
- If you do not feel better in 24-48 hours, seek care from your doctor.
- If you need help getting medical care, call 311.
- NYC will provide care regardless of immigration status or ability to pay.



## REDUCE OVERCROWDING

- Consider telecommuting.
- Stagger work hours, starting earlier or later.
- Walk or bike to work, if possible.
- If the train is too packed, wait for the next one.

Text COVID to 692-692 for real-time updates or visit [nyc.gov/coronavirus](https://nyc.gov/coronavirus).

Call 311 to report harassment or discrimination.

*Messages and data rates may apply. Check your wireless provider plan for details.*

**NYC**  
Health

Black Lives Matter  
Overstuffed NYC  
Communities

**Lisa Gold-McHugh**

Sunday at 9:24 PM · 🌐

**IMPORTANT ANNOUNCEMENT - CORONAVIRUS**

Last evening dining out with friends, one of their uncles, who's graduated with a master's degree and who worked in Shenzhen Hospital (Guangdong Province, China) sent him the following notes on Coronavirus for guidance:

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasise enough - drink plenty of water!

**THE SYMPTOMS**

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

**SPREAD THE WORD - PLEASE SHARE.**