

## What You Need to Know About New York State Localized Zone Restrictions

COVID-19 continues to spread in New York City (NYC) with concerning increases in community transmission. The New York State (NYS) [cluster action initiative](#) requires restrictions in zones identified by the State as having increased transmission. Zones can be red, orange or yellow, with each color having different restrictions.



For more information on the cluster action initiative, including [metrics](#) information, and whether your business has been designated “essential” by the State, visit the [NYS website](#).



To find your zone, visit [nyc.gov/covidzone](#). Please check this website regularly for up-to-date designations.



For information about business reopening requirements for your sector, see the NYS [New York Forward website](#). For additional guidance, see the [NYC Department of Health](#) and [NYC Business](#) websites.



For additional guidance for New York City schools, see the [Department of Education](#) and [Health Department's](#) websites.



### All New Yorkers can take some simple steps to help prevent the spread of COVID-19:

- **Stay home:** Stay home if you are not feeling well or if you recently tested positive for COVID-19, were in close contact with someone who has COVID-19, or were traveling. You can leave home for essential medical care and other essential errands.
- **Physical distancing:** Stay at least 6 feet from others, even when wearing a face covering. Do not attend large gatherings, especially indoors.
- **Wear a face covering:** Protect those around you. You can be contagious without having symptoms and spread the disease when you cough, sneeze, talk or breathe. When worn correctly (covering both your nose and mouth), face coverings reduce the spread of COVID-19.
- **Practice healthy hand hygiene:** Wash your hands often with soap and water and use hand sanitizer if soap and water are not available; clean frequently-touched surfaces regularly; avoid touching your face with unwashed hands; and cover coughs and sneezes with your arm, not your hands.
- **Get tested:** To find a COVID-19 testing site near you, visit [nyc.gov/covidtest](#) or call 212-COVID19 (212-268-4319). Testing is provided at no cost at many sites, including all sites operated by NYC Health + Hospitals and the NYC Health Department.

For general information on COVID-19, visit [nyc.gov/health/coronavirus](#) or text “COVID” to 692-692. Message and data rates may apply. For updates on the State’s COVID-19 response, visit [coronavirus.health.ny.gov](#).

New York City may change recommendations as the situation evolves.

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