



I want to serve my neighbors by volunteering during this time, but I'm not sure if it's a good idea. Can you help?

Remember to follow NYC's precautions:

- Wash your hands often, including at the start and end of your volunteer opportunity. Use soap and water and scrub 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.
- Monitor your health more closely than usual for cold or flu symptoms.
- Do not gather in large groups.
- Keep at least six feet between you and others.

hfny.org/covid19-urgent