

The best antidote to fear is facts.

As North Fork and Shelter Island's acute care community hospital, Stony Brook Eastern Long Island hospital is your trusted resource for reliable information on how you can protect your health during the coronavirus outbreak.

There are many practical measures that you can take immediately to protect the health and safety of you and your family:

- **Wash your hands often, for at least 20 seconds using soap and water or an alcohol-based hand wash with at least 60 percent alcohol.**
- **Do not touch your nose, mouth and eyes unless you have washed your hands.**
- **Maintain safe social distance (6 feet) from others.**
- **Stay home when you are sick.**
- **Cover your sneeze or cough with a tissue or by coughing and sneezing into the crook of your arm. Immediately dispose of tissues in trash receptacles and then wash your hands.**
- **Clean and frequently disinfect objects and surfaces that are frequently touched.**

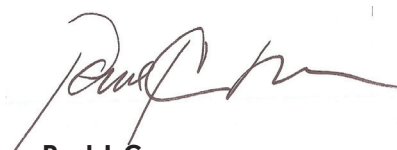
If you have cold or flu-like symptoms (fever, headache, cough, muscle aches and joint pain), stay home and call your primary care physician for guidance. If you are having trouble breathing, call 911 immediately.

If you come to Stony Brook Eastern Long Island Hospital or one of our outpatient facilities for an appointment, notify our staff upon arrival if you:

- (1) Have a fever, cough or shortness of breath
- (2) Have you travelled outside of the United States to China, Italy, Iran, South Korea or Japan
- (3) Have come into contact with anyone who had tested positive for the Covid-19

To protect your health and the health of your loved ones, as of March 13, we are no longer allowing visitation until further notice. We understand this is a challenging situation and appreciate your understanding. For the latest policy updates, visit elih.stonybrookmedicine.edu.

Until a vaccine and more effective treatments are available for the coronavirus, everyone should take the measures outlined here to protect your health and the health of your loved ones. The facts remain our strongest inoculation to prevent unnecessary fear and concern.



Paul J. Connor

Chief Administrative Officer

