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International House encourages residents and staff to follow the COVID-19 joint recommendations of the New York State Department of Health and New York City Department of Health and Mental Hygiene, last updated 5 September 2025. Residents and staff are not required to test, or report to I-House if they test positive for COVID-19, and these recommendations are not a condition of living or working at I-House.

## **New York State Department of Health and New York City Department of Health and Mental Hygiene Recommendations.**

### **1. Get Tested.**

Get tested if you have COVID-19 symptoms or if you were recently exposed to someone with COVID-19. Visit [NYC Health + Hospitals](#) for testing, regardless of immigration status or ability to pay. Self-administered tests may also be purchased in most drugstores. Testing is also available in many urgent care centers.

### **2. Taking Care When You Have COVID-19.**

Stay home until you have no fever for 24 hours without taking fever-reducing medicine and other COVID-19 symptoms are getting better. Take steps to protect others in your household, including wearing a well-fitting mask, staying in a separate room as much as possible, increasing ventilation, cleaning frequently touched surfaces and following good hand hygiene. Tell people you have been in close contact with that you have COVID-19 so they can take the steps they opt are best for them.

### **3. Talk to a Provider About Treatment.**

COVID-19 treatments can lower the amount of virus in your body, reduce symptoms and help you avoid hospitalization. Only a health care provider can prescribe treatment. If your provider decides treatment can help you, they may prescribe oral antivirals, which are taken for five days. If you do not have a health care provider, call 212-COVID19 (212-268-4319).

### **4. Leaving Home.**

You can leave home and resume routine activities such as work and school if you have no fever for 24 hours without taking fever-reducing medicine and other COVID-19 symptoms are getting better. Once you have returned to your usual activities, take the precautions below for the next 5 days. If you never had symptoms but tested positive for COVID-19 or another respiratory virus, take the same precautions for the next 5 days.

- Wear a well-fitting mask that covers both your nose and mouth whenever you



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are around other people.

- Continue to keep a distance from others, especially those at higher risk of serious illness. This includes people age 65 and older, people who have a weakened immune system and people with underlying health conditions that increase the risk of serious illness.
- When you are indoors and around others, take steps to improve ventilation if you can.
- Practice good hygiene by covering coughs and sneezes, washing your hands often, using hand sanitizer and cleaning frequently touched surfaces.
- If you develop a fever or start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, your symptoms are improving overall, and you have not had a fever (and are not taking fever-reducing medicine). Then, follow the above additional precaution for the next 5 days.

#### **5. If You Test Positive and Do Not Have Symptoms.**

- Even if you do not have symptoms, rest. Take your temperature regularly and be alert to changes in symptoms.

### **New York State Department of Health and New York City Department of Health and Mental Hygiene Recommendations for Vaccination Against COVID-19.**

#### **COVID-19 Recommendations for Adults**

- All adults 65 years and older.
- Adults 19-64 years with risk factors for severe COVID-19 disease (e.g., chronic conditions, immunocompromised status).
- Adults 19-64 years at higher risk of exposure (e.g., healthcare workers, congregate care settings).
- Adults 19-64 who are who are household contacts of persons at high risk of severe disease.
- For individuals *without underlying conditions*, vaccination remains recommended for all adults (>18 years) as it reduces the risk of symptomatic infection, severe illness, and death.

#### **COVID-19 Recommendations for Children and Adolescents (defined as ages 6 months to 18 years)**



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- All children ages 6-23 months should be vaccinated. *Children less than 2 years of age have been shown to have a higher rate of hospitalization and morbidity* from COVID-19 than those in older age groups.
- Children and adolescents ages 2-18 years who fall within one of the following subgroups should be vaccinated:
  - At high risk for severe COVID-19
  - Have never been vaccinated against COVID-19
  - Whose household members are at high risk for severe COVID-19
- Vaccination may also be provided to children ages 2-18 years who do not fall into one of the above categories, at the request of their parent/guardian.
- *COVID-19 continues to cause significant morbidity and mortality in children.* Multiple studies have demonstrated COVID-19 vaccine effectiveness in preventing both acute illness and longer-term complications in children.

For more information:

<https://coronavirus.health.ny.gov/system/files/documents/2025/09/doh-pediatric-vaccine-recommendation-2025-26.pdf>

### Common Symptoms of COVID-19

- Fever or chills
- Cough
- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Emergency warning signs for which medical attention should be sought are:** Trouble breathing; pain or pressure in the chest that doesn't go away; confusion or trouble waking up; bluish lips or face.