

We  
Stand  
together



# Note to The Reader



In light of the Outbreak of Corona Virus, we are reaching out to educate and share some ways to stay safe and healthy. As New Yorkers, we are known to be very active and out and about around the city. It not a coincidence they call us the city that never sleeps! During these rough times we must stay at home and maintain social distancing when shopping for essentials. We must also take a step back to truly appreciate our heroes who are working tirelessly to keep the country up and running. From essential workers, to doctors and nurses, to custodians, to the non-essentials keeping us sane, and many more. Despite being at home, there are many hobbies and activities to do to stay busy and sane. Together we stand and we will make it through this! Use your resources to stay up to date and stay safe!

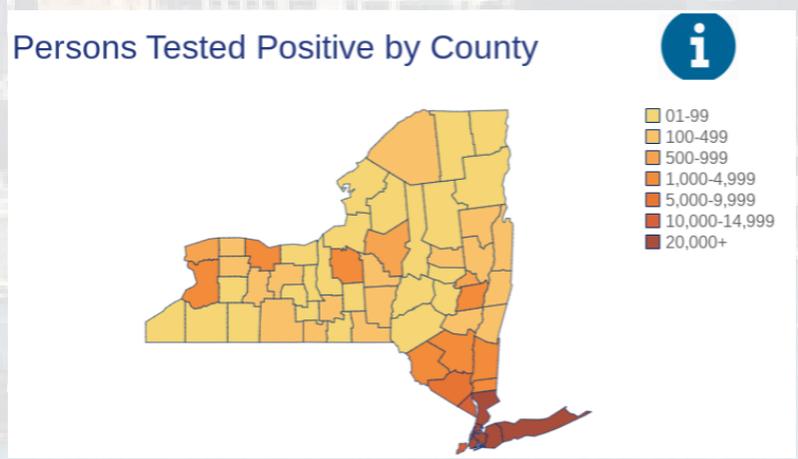
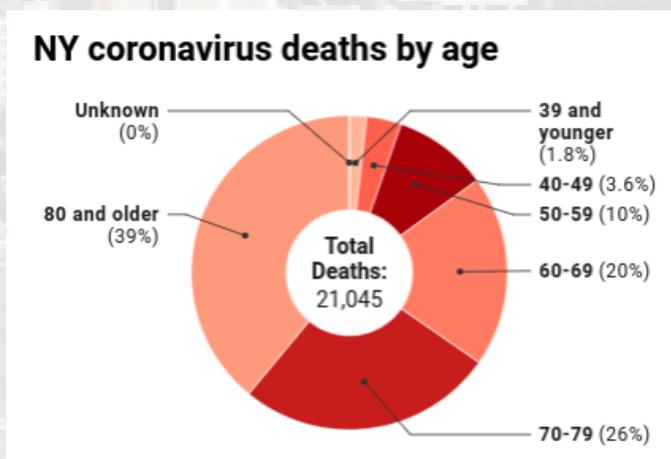
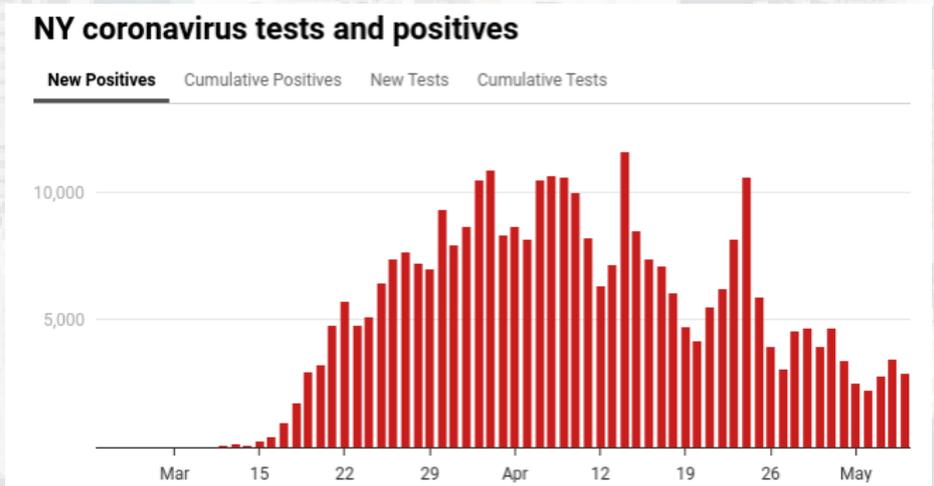


# STATISTICS

New York has the highest number of coronavirus cases in the United States, reporting at least 318,953 total positive cases of COVID-19 as of May 8, 2020.

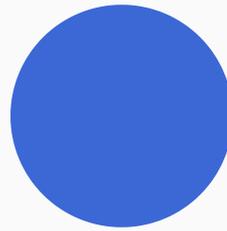
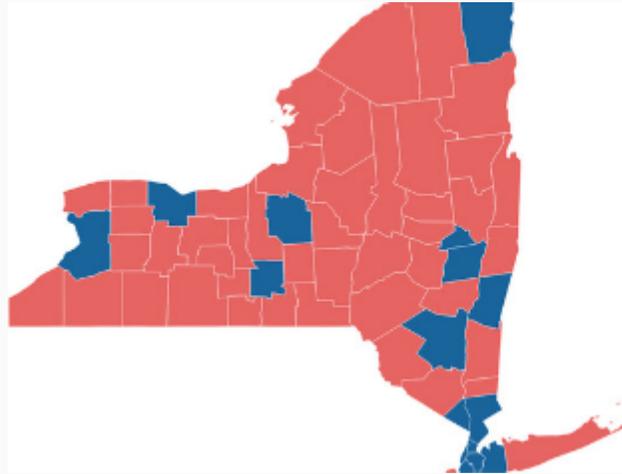
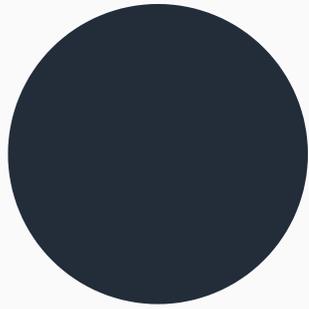
There has been 21,045 confirmed COVID-19 deaths, with 58,950 patients having recovered and 9,647 currently hospitalized, though infection rates appear to have slowed, most of COVID-19 cases has occurred in New York City. The city is also reporting 5,373 deaths of people who were not tested but were strongly suspected to have the illness.

Of U.S. cases, 26% are in New York, which has 6% of the country's population.



# ONE GOVERNOR, A DIVIDED STATE

Governor Cuomo (pictured below) has implemented some of the toughest restrictions in the country. Although the media has given him nothing but praises, they ignore the disdain from New Yorkers that are not from the New York City metro area.



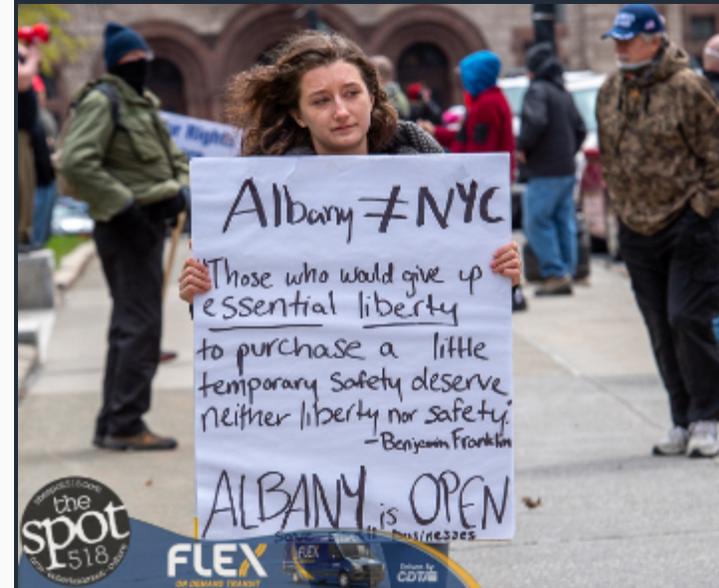
A map from the most recent presidential election illustrates the division in New York is also political.



Protest has taken place throughout New York State demanding that many of Cuomo's restriction be lifted.

Photo Credit:

<https://www.spotlightnews.com/news/2020/04/22/hundreds-in-albany-to-protest-shutdown-w-photo-gallery/>





## The Two New Yorks

NYC is by far the most populated city in the United States. According to New York Department of Health, the city has a population of 8.5 million, almost half of the entire state population. This equates to having a population density of over 27,000 people per square mile.

### Why Does Population Density Matter?

Those not from the NYC area will be able to maintain social distancing far easier due to the fact their population is much lower.



## Solution to the Division

It is unreasonable to have the same restrictions throughout the state. It is clear that due to NYC's population they will need harsher restrictions, but these restrictions should not be applied to the rest of NY.

Those in NYC are surrounded by people most of the day, especially through public transportation such as buses and subways.

The rest of NY, however, drive their own car, and are not burdened with the amount of people NYC deals with.

It is time for the State to ease control, and let the local government in charge.



On the other hand, there is life outside of NYC. Greene County, in upstate New York, has a population of roughly 50 thousand, which equates to a population density of 77 people per square mile.

# Before and After Covid-19

:

## WHAT CAN WE DO?

A lot of people are on edge right now. Some are depressed, anxious, or in most cases bored. How we go about our future knowing what we know now is simple and shouldn't overwhelm anyone. We can't let this virus dictate how we live but at the same time we have a responsibility as New Yorkers to help each other stay safe.

**Step 1-** Go out for an hour to walk every day, and try to avoid using the M.T.A.

**Step 2-** When you buy food try healthier options. Instead of milk shakes at shake shack try juice generation.

**Step 3-** Buy different board games to play with your family or different consoles such as the Nintendo Switch.

**Step 4-** Talk to your friends via FaceTime or Skype etc.

**Step 5-** Get To Work!! You have so much more time to be productive and work on things that will help you in your career.

**Step 6-** Take time to remind yourself this isn't the end, and be grateful for everything you have! Let us help each other during these difficult times.

01

*Dec 31, 2019*

Wuhan, China treats dozens of cases on Pneumonia not knowing where it came from or what it was.

02

*January 11,  
2020*

What was first known as a case of "pneumonia" is now classified as the novel Corona Virus. The first death was reported on this day.

03

*April 26,  
2020*

The global death toll hits 200,000. At this point many countries have restricted travel, and closed down everything for the safety of their citizens. Many people are required to wear masks and stand 6-feet apart due to "social-distancing". There are talks about a vaccine in the works. Global leaders pledged to fund \$8 billion for the research to get it to happen except the U.S.

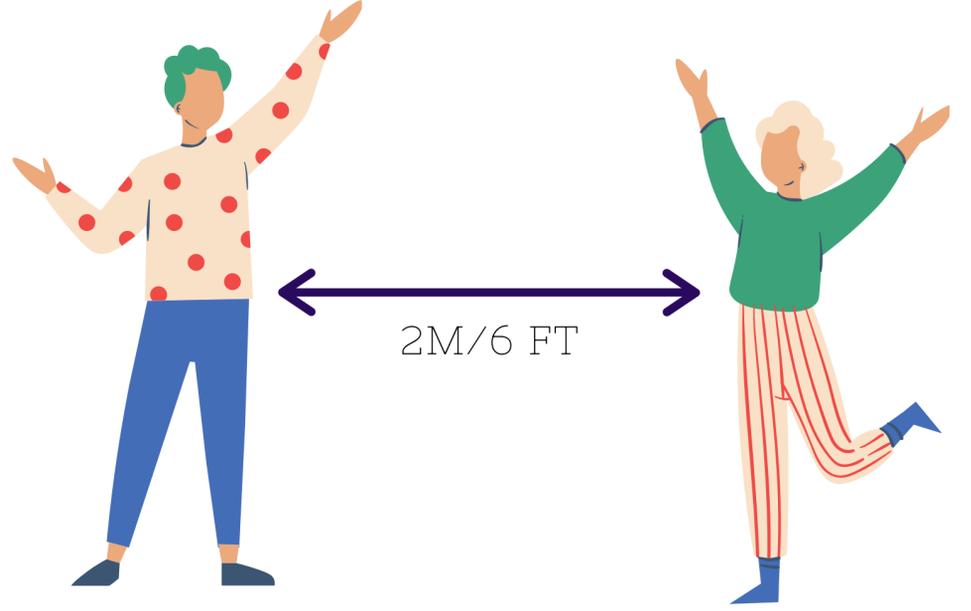
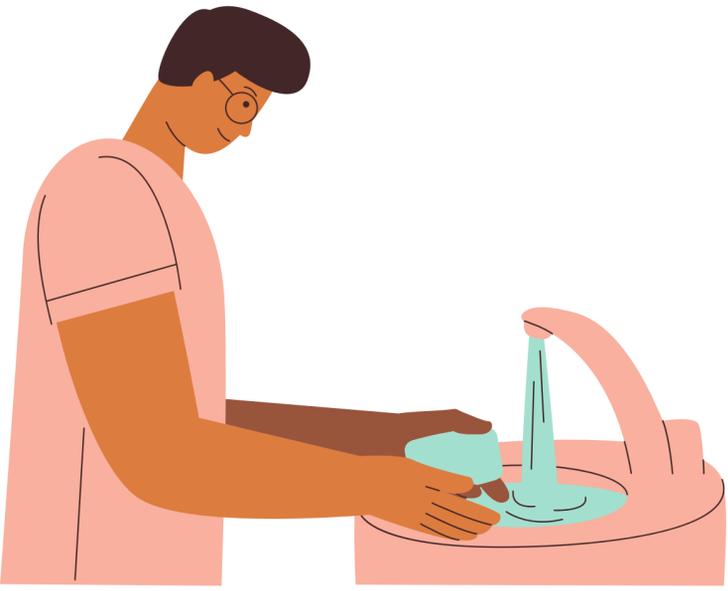
04

*May 4, 2020*

Many people have been affected by corona virus with millions losing their jobs, some getting sick, and others dying from it. Besides this some are suffering from other health issues since they have to stay at home and rarely get any exercise.

05

*Now*



**TOGETHER**  
Let's fight COVID-19





# KEEP CLEAN!

#StaySafe



How to wash your hands:

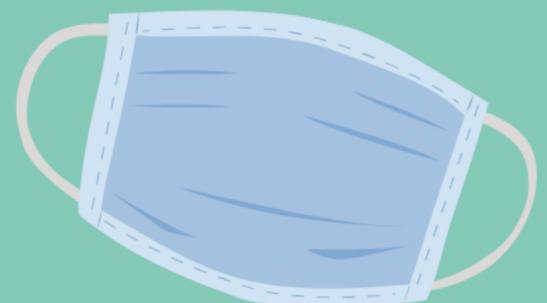


- 1) Rinse your hands with water. Make sure that the temperature is at least 100°
- 2) Put soap onto hands. Start to scrub hands and forearms
- 3) This should last for 20 secs! The same amount of time you would sing happy birthday!
- 4) Rinse hands for 10 seconds
- 5) Dry hands with a towel. Turn off the tap using the same towel.

How to put on your mask:



- 1) Fit the mask to cover your mouth, nose, and chin.
- 2) Make sure there's no gaps
- 3) Don't touch your mask! Clean your hands again



# DIY TO STAY SAFE

## HOW TO MAKE HAND SANITIZER



Estimated ingredient cost: \$15 (makes 3.5 cups, or 15 of those little two-ounce bottles)

### TOOLS NEEDED

---

- Measuring cup
- Measuring spoons
- Whisk
- Empty spray bottles (for WHO formulation)
- Empty lotion or sanitizer containers (for gel formulation)

### INGREDIENTS

---

- 1 cup of 91% isopropyl alcohol
- ½ cup of aloe vera gel (natural or store-bought)
- 15 drops of tea tree oil (or another antibacterial essential oil)

1. POUR THE ALCOHOL INTO A MEDIUM CONTAINER WITH A POURING SPOUT.
2. MEASURE AND POUR THE ALOE VERA GEL. ALCOHOL CAN BE HARD ON YOUR SKIN, SO USING ALOE IS A GOOD WAY TO COUNTERACT THAT EFFECT AND KEEP YOUR HANDS SMOOTH.
3. ADD THE ESSENTIAL OIL. TEA TREE OIL IS NATURALLY ANTIBACTERIAL. BUT IF YOU'RE NOT A FAN OF ITS SMELL, YOU CAN USE ANOTHER TYPE OF ESSENTIAL OIL, LIKE LAVENDER, LEMONGRASS, OR EUCALYPTUS.
4. WHISK. TO FULLY MIX ALL INGREDIENTS, STIRRING WON'T BE ENOUGH. GET A WHISK AND BEAT THAT HAND SANITIZER INTO AN HOMOGENEOUS GEL
5. SANITIZE YOUR SPRAY BOTTLES AND POUR IN YOUR HAND SANITIZER. SPRAY SOME OF YOUR LEFTOVER ALCOHOL INTO YOUR BOTTLES AND LET THEM SIT UNTIL THE ALCOHOL HAS EVAPORATED. POUR IN YOUR SANITIZER.

# HOW TO REDUCE THE SPREAD OF CORONAVIRUS

Wash your hands. Cover your mouth and nose when you cough or sneeze. Avoid touching your face. Stay home if you are sick.



## COVID-19

There is a risk of catching the disease by inhaling those particles, but there is a more significant risk of getting it by touching surfaces, such as desks, handrails, or doorknobs, where those droplets may have settled.

## WASHING YOUR HANDS

According to Paul Biddinger basic hygiene measures may seem obvious, but they are important. Washing hands with plain soap and plain water kills viruses, but only if it's done thoroughly and often. Hands should be scrubbed for at least 20 seconds, the time it takes to sing the "Happy Birthday" song twice, to ensure germs won't be transferred to objects or spread from person to person.



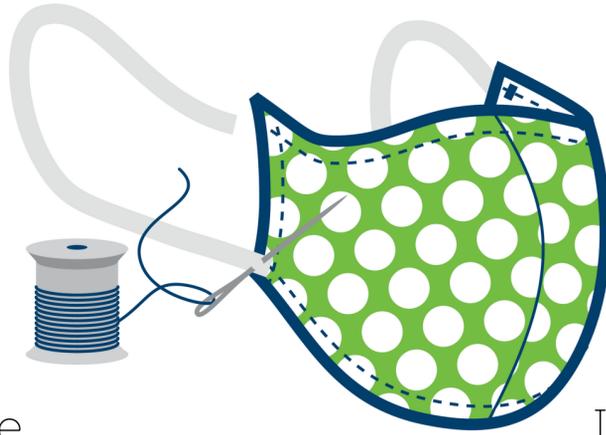
**A CLEAN  
PLACE IS A  
SAFE  
PLACE**

## **CLEANING SURFACES**

A recent study reports that COVID-19 can live on surfaces such as cardboard for up to 24 hours and plastic and stainless steel for up to 3 days. "Spray liberally on surfaces and wipe clean with a soft cleaning cloth. Generally speaking, all you need is a little all-purpose cleaner and a microfiber cleaning cloth or bar mop towel to clean most of these most-touched areas. All-purpose cleaner can be sprayed directly on your cleaning cloth and then the area can be wiped clean. Spray, wipe, repeat," said Rapinchuck.

# DIY TO STAY SAFE

## HOW TO MAKE A FACE MASK



### Instructions for sewing a face mask with filter

**Sewing a cloth face mask with filter pocket**

- 1** Cut your fabric into two 10-by-6-inch rectangles. Carefully **stack** the two rectangles on top of each other.
- 2** **Fold the top** of the fabric down a quarter of an inch and stitch all the way across.
- 3** **Fold the bottom** of the fabric up a quarter of an inch and stitch inward about an inch on each side. This will create a simple pocket that you can slip your filter into.
- 4** **Fold both short sides** over about a half of an inch and stitch down, creating a hem. Don't stitch too close to the edge – you'll need some space to thread your elastic through to make the ear loops.
- 5** **Thread 6 inches** of elastic through the two hems you've just created. If you're using string, you'll need to use longer strands, as you'll have to tie your mask on.
- 6** **Tie the ends** of the elastic tightly, carefully tucking the knots into the hems at the sides of the mask.
- 7** **Place the mask** onto your face and adjust it so that it has a good fit, covering your nose and mouth snugly without slipping.
- 8** Once you've adjusted your mask, **stitch over** the elastic in order to secure it in place.
- 9** **Cut your filter** material so that it can fit inside the pocket of your new mask. Carefully slip it inside the pocket.

### Instructions without sewing a face mask with filter

**Folding a cloth face mask with a coffee filter**

- 1** Lay a bandana or another square-shaped cotton cloth flat on a table. Aim to use a piece of fabric that's about 20-by-20 inches.
- 2** Fold the bandana in half.
- 3** Cut a coffee filter in half lengthwise. Keep the top (wider) half and discard the bottom (narrower) half.
- 4** Fold the top part of the bandana down over the filter.
- 5** Fold the bottom part of the bandana on top of that. You should now have a folded piece of cloth that looks like a long, narrow rectangle.
- 6** Place the cloth through the center of two rubber bands. The rubber bands should be about 6 inches apart from each other.
- 7** Fold the sides of the cloth into the center, tucking them into the interior folds of the mask.
- 8** Carefully place the mask onto your face, gently looping the rubber bands behind your ears.

### Instructions of making a face mask with cloth and without filter

**Making a cloth face mask without filter**

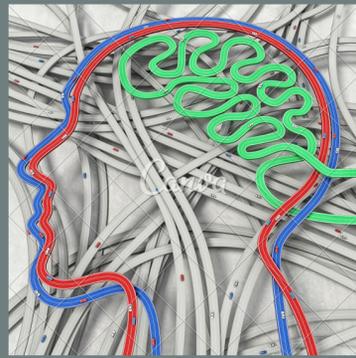
- 1** Lay an old t-shirt out on a flat surface. Using a ruler or cloth tape measure, start at the bottom of the shirt and measure up 7–8 inches.
- 2** Cut up and across. You'll end up with a big rectangle. This will be the material for your face mask. Place the remaining material from the t-shirt to the side.
- 3** Place the rectangular piece of fabric on a flat surface and fold the material from the bottom to the middle. Then fold the material from the top to the middle.
- 4** Fold it again from the bottom to the middle, and the top to the middle. This will be your mask.
- 5** Loop a rubber band or large hair tie around each end of the fabric, about 2 inches in from the end of the fabric.
- 6** Fold the right side in towards the center, then the left side in towards the center. The two should meet.
- 7** Grab the mask by the rubber bands or hair ties and place over your mouth, securing each side by wrapping the band or hair tie around your ear. This should be tight enough to keep the mask in place.

# COVID-19 Guidance & Tips

*As we continue to preserve our mental health and our well being, here are some helpful resources that one can benefit from, as well as pass along to those who are near and dear.*

## Mental Check:

- Know that it is 100% normal to feel anxious, worried, overwhelmed, depressed, sleep deprived, and/or stressed during these times. You are **never** alone.
- Use mobile phone apps such as Calm, Headspace, Shine, Litesprite, and Big Health's Sleepio to help make these symptoms feel **less severe**.



## Is food a concern?



- Food is a vital source of nutrients and is also an essential participant in our mental health and well being.
- **GetFood Delivery Assistance Program** is a non-profit committed to delivering food to those in need.
- You can reach this service and other food services by calling **311** or by visiting: <https://www1.nyc.gov/assets/dsny/contact/services/COVID-19FoodAssistance.shtml>

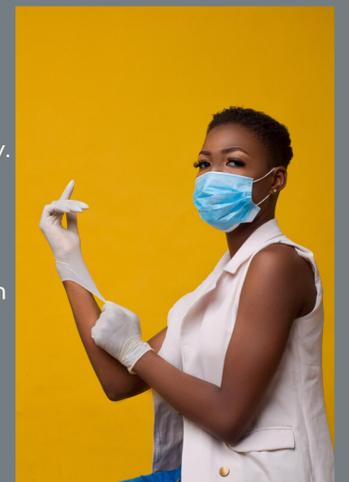
## Speaking to someone can feel like a breathe of fresh air:

- Call a close friend, relative, or call the **COVID-19 Emotional Support Hotline** at 844-863-9314 for *comfort and mental assistance*.
- You can also call NYC's **Wellness Hotline** at 888-NYC-WELL where you can speak to a counselor 24 hours of the day, and 7 days a week. NYC's Wellness Hotline also is able to assist in over 200 languages.



## Think you may have contracted COVID-19?

- Your Primary Care Provider **should be the first to know**. They can provide the safest guidelines on how to proceed with testing based on your medical history. Who better to answer your questions and ease your *mind than your personal Doctor*.
- You can also go to your nearest **Urgent Care** or **Emergency Room** for accurate testing. Knowing whether you are positive or negative for COVID-19 can alter your mental health and well being almost **immediately**.
- The most comforting place to be after you find out is **home**.
- Only leave your house for essential items- better bright and early in the morning to *avoid large crowds*. Do not forget to wear a mask! (and gloves if you are cautious).



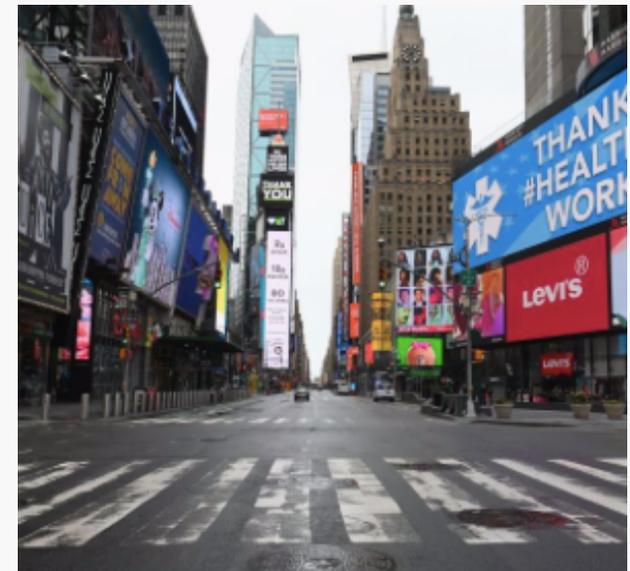
## If you, or anyone you know is interested in antibody testing for COVID-19:

- Those who have tested positive can check for antibodies (immunity) at Mt. Sinai Hospital **after 14 days of resolved symptoms**.
- Send an email inquiry to: [covidserumtesting@mountsinai.org](mailto:covidserumtesting@mountsinai.org)
- You can call 888-364-3065 to obtain your test results (if you do not already have a MyChart patient portal account).



## In the event that calling is not your style:

- You can **text "WELL"** to 65173 for yourself, or even for someone you care for.
- You can also text COVID to **692-692** to stay up to date on all COVID-19 related information from Notify NYC.



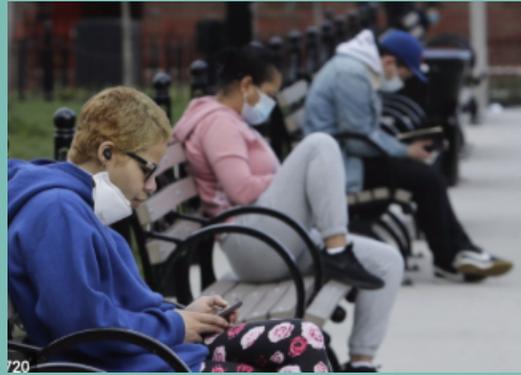
When you need to go to the supermarket, follow the rules implemented. In NYC, places such as BJ's or Costco are only allowing couple of customers inside their stores at the same time, and wont allow others to enter until the first group of people finish shopping. When waiting online, **wear your protective gear** and **remain 6 feet away** from others. When inside the supermarket maintain the social distance as well.

## Remain 6 feet away from others ...

Allow some personal space between you and others, in order to reduce contamination or the spreading of germs. **ONLY** go outside for **essential things** such as food shopping or for toiletries.

## Social Distancing Procedures

By protecting yourself, you protect others



When taking public transportation...  
**avoid crowded places, Skip a couple of seats** between you and other passengers either on the train or buses.

## Remember to ...

### WASH YOUR HANDS

Wash your hands for at least 20 seconds. Scrub the back and front of your hands. And under your nails.

### MAINTAIN 6 FEET AWAY

Maintain 6 feet away from others to reduce contamination. 6 feet is approximately the length of two shopping carts put together.

### MAINTAIN SOCIAL DISTANCE

When needed to go outside remember to maintain social distance most importantly in public places such as the supermarket, deli, trains, and buses.



Working in a supermarket, grocery store, delivery, or food industry is important for the functionality of New Yorkers. Without any of these stores staying open or receiving new shipments of items it would create a new crisis for New Yorkers to find their next meal. It is important if working while working under these conditions to take the proper precaution

## Staying Safe as a Non FrontLine Worker in NYC



## Practice Social Distancing

- It is important to keep a distance from customers while interacting.
- If a question is being asked try to maintain a distance while talking loudly so you are audible.
- If there is an exchange of a product, have a designated place for the money and product to be placed eliminating contact.
- Try to maintain a distance from your coworkers as well to lessen the chance of it spreading by accident.



## Wash and Protect Your Hands!

- Wash your hands using the proper technique and procedure.
- Be sure to practice washing your hands after any interaction with a surface or person
- Wear gloves as often as possible and dispose of them as often as needed



## Wear a Mask!!

- Wearing a mask is important to protecting yourself from the disease as well as prevention for spreading the disease.
- Be sure to replace this mask regularly as it does become worn out over time.



## Disinfect Surfaces!

- Clean surfaces that are frequently used.
- Use wipes or spray that contain more than 70% alcohol to effectively kill the virus

# Prevent the spread of **COVID-19** in **7 STEPS**



1. Wash your hands frequently
2. Avoid touching your eyes, nose and mouth
3. Cover your cough using the bend of your elbow or a tissue
4. Avoid crowded places and close contact with anyone that has a fever or cough
5. Stay home if you do not feel well
6. If you have a fever, cough and difficulty breathing, seek medical attention but call first
7. Get information from trusted sources such as [CDC.gov](https://www.cdc.gov) or [WHO.int](https://www.who.int)



IF YOUR FEELING SICK STAY HOME

MOST IMPORTANTLY STAY SAFE!!!

*nyc*

# Cabin Fever

## What it is

Cabin Fever refers to the irritability and restlessness felt when confined for an extended period of time.

## Why it's relevant

Due to the events of the coronavirus, many people are stuck indoors.

## How to avoid it

Maintain normal eating patterns, set goals, use your brain, exercise.

# 5 PRODUCTIVE THINGS TO DO IN QUARANTINE



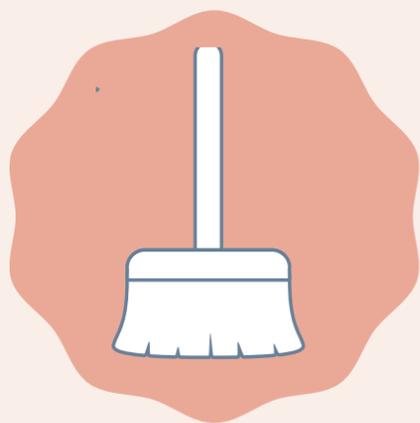
## LEARNING HOW TO COOK

As everyone is staying home, everyone desires to eat more. With all this time in your hands, you can finally learn how to cook simple dishes. If you're experienced, then use this time to learn how to spice up your cooking and try more difficult recipes!



## TRANSFORM YOUR BODY

We all have body goals, whether it's to get smaller or to get bigger. Set a goal for yourself, track your intake/exercise using the MyFitnessPal app, and use Youtube influencers to find easy ways to exercise in your own home using your own objects.



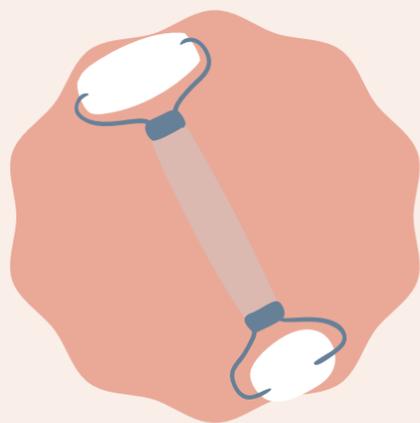
## CLEANING

Throughout the year, we all plan on cleaning every room from top to bottom, but this requires a lot of time and energy. Using this free time during lockdown to do a full Spring cleaning! Donate any clothing you may no longer need, remove/add decor pieces to your home, repaint your walls, etc.



## CREATE A NEW HOBBY

During our busy, crazy lives, there is not always time to work on existing hobbies, or even create new ones. In order to keep yourself busy, explore options, Try something new and see if you enjoy it. If not, move on to another activity. Examples may include perfecting makeup skills, drawing, playing an instrument, dancing, etc.



## FEEDING YOUR SKIN

Many of us suffer from problems in our faces, whether it be acne, dryness, oiliness, hyperpigmentation, blackheads and many more! This is the perfect time to let your skin breathe, and feed it with natural products. Use all natural mixtures, such as tomato slices+sugar (and many more found on Youtube and Google) to prep your pores and allow your skin to heal from all the crazy things it goes through during our busy lives.

Everyone is dealing with this time in different ways. Quarantine may be benefiting some, but degrading the mental health of others. It is important to keep yourself doing what you love while the world fights off this difficult time. Stay safe, stay happy!

# How Can We do Easy Exercises At Home During COVID 19



If we need to stay at home, maintain a healthy life, we need to do exercise.

## Why We Do exercise

Exercise can improve mental health and can reduce the depression and we can feel relax after doing exercise.



## Easy Workout That we Can Do From Home

1. Sit Ups
2. Jumping Jacks
3. Squats
4. Push Ups
5. Planks
6. Skipping Rope



**WHO has detailed recommendations on the amount of physical activity people of all ages should do to benefit their health and well being. So, We need to do exercise everyday for maintaining our healthy life**

# The Importance of Meditation

## Why Meditate?

Covid-19 has been a stressful time for us all and forgetting about ourselves and losing our alignment can happen. However, we should not lose sight of ourselves, we should allow ourselves to be in control of our thoughts and emotions through mediation. It is important in these hard and lonely times to work on ourselves and remember to take time for ourselves and strengthen our emotional and mental health.



## The Benefits of Meditation

The Benefits to meditation are endless, some include but are not limited to:

- Reduced Stress and anxiety
- Deepened sleep
- Clearer thinking and memory
- Increased self confidence
- Enhanced productivity

Source: Why Meditate(n.d.) Retrieved from <https://www.turiningwithin.org/why-meditate?>

## How to Meditate

- Sit or lay comfortably
- Close your eyes
- Breath naturally
- Focus on your breathing and the movements your body makes when you breath in and out. Focus on controlling your pace and intensity
- Begin with 1-3 minute meditation sessions and increase as you feel needed

You can meditate at any time of the day when you begin to feel uneasy and remember these tough times will pass.

Source: (n.d.) Meditation 1010: Techniques, and benefits and a Beginners How-To Retrieved from <https://giam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-hot-to>



## Reminder!!

You are not alone in these times and meditating can only bring as much peace as you allow it to. Meditate with a relative at home if you don't want to feel alone but this is the best time to focus on you. Remember there is always a light at the end of the tunnel this is not forever. If meditation is not enough to ease your mind and things become overwhelming remember there are people here to help and to talk to. The Nami Help Hotline is: **212-684-3264** Remember to breath we are in this together.

**“Peace is always beautiful” – Walt Whitman**

# WAYS TO STAY PRODUCTIVE

## *During Covid*

1. Wake up with a plan
2. Make a doable to-do list
3. Pick a productive place  
(not your bed)
4. Don't beat yourself up if  
a task has not been  
completed



LEJLA MUHAREMOVIC



# Keeping our Elders Mental Health In Check!

## Coping Methods



**Daily Exercise Routine**, even if it means doing a few laps around the apartment. It will help you feel better and help relax.



**Meditation** helps ease anxiety and stress and promotes emotional health. It is great to keep apart In a daily routine.



**Writing** allows for the releasing of thoughts and makes the situation less daunting to deal with



**Aromatherapy** activates receptors in the brain that help calm anxiety.



**Breathing Exercises** breathing in and out for 4 counts in order to slow heart rate and help calm down.

**Do your best to keep clam, it is for your safety.**

It is hard to be at home all of time and not being able to see family is even harder.

Having daily phone calls with the people you love is important.

If you are able to video chat that is even better!

**Emotional  
Support Hotline**  
1-844-863-9314



## Get help if...

- You are sweating, trembling, shortness of breath, fear of losing your mind, palpitation, or similar symptoms.
- If you feel extremely lonely, please call someone. Never let yourself feel lonely.



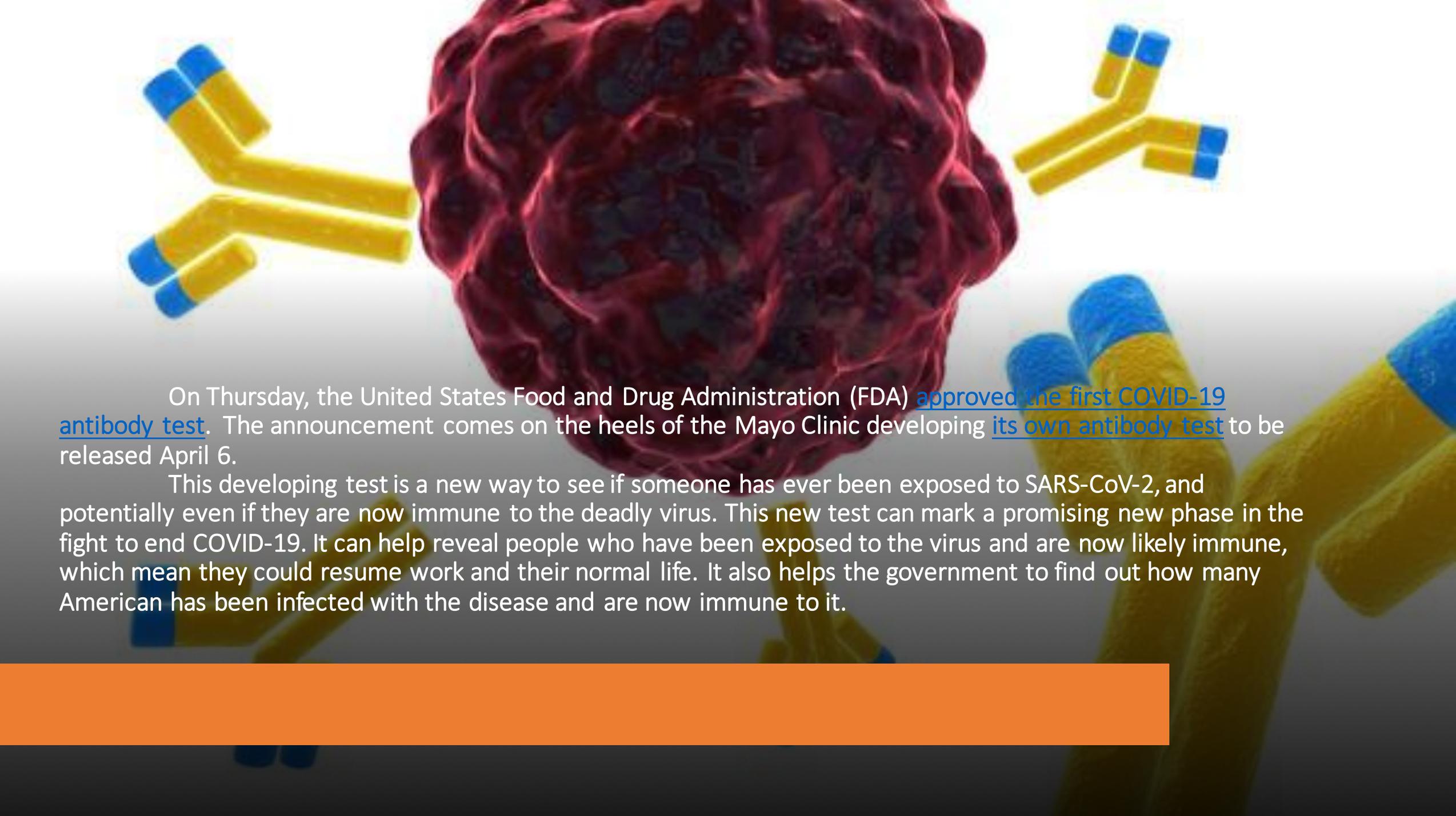
## Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone.

**AFFIRMATIONS** for anxiety are important!

There will be better times and everything will be okay!

SOURCE: [HTTPS://OMH.NY.GOV/](https://omh.ny.gov/)  
[HTTPS://WWW.HEALTHLINE.COM/](https://www.healthline.com/)



On Thursday, the United States Food and Drug Administration (FDA) [approved the first COVID-19 antibody test](#). The announcement comes on the heels of the Mayo Clinic developing [its own antibody test](#) to be released April 6.

This developing test is a new way to see if someone has ever been exposed to SARS-CoV-2, and potentially even if they are now immune to the deadly virus. This new test can mark a promising new phase in the fight to end COVID-19. It can help reveal people who have been exposed to the virus and are now likely immune, which mean they could resume work and their normal life. It also helps the government to find out how many American has been infected with the disease and are now immune to it.

# What is an antibody test when talking about COVID-19?



The antibody test works by testing your blood for coronavirus antibodies to see if they have already beaten the virus and gained some immunity. It also determines if someone already has the antibodies associated with SARS-coronavirus-2, which shows that they have been exposed to the virus and are now potentially immune to it. When testing for COVID-19, the positive test means you have been exposed to SARS-coronavirus-2 and could be immune to it.

**NYC**

**7PM**

**CHEER!**

**CLAP!**

**BANG!**



# BEHIND THE SCENES

Being an essential worker right now is a big risk but being an essential worker that is actually having contact with patients who are COVID-19 positive is a lot for us. Not only do we come to work risking our lives and those who we live with, but we also carry a lot of stress on our backs there could be personal problems, family problems.



Nursing homes first took precautions by keeping the distance between patients to reduce/ prevent the spread of COVID-19. We also stopped all visiting, only staff was allowed to come inside the building.

Once things started to go a little crazy outside in the world precautions were taken to a higher level. Surgical masks were given to every staff, the amount given was a limited amount which isn't the correct amount if it's supposed to be changed either every time you're in contact with a patient

who has been tested positive or every two hours.

We come to work to take care of others loved ones, and we aren't or cannot take care of our loved ones, we walk around with the fear to bring it home. Floors were isolated and we had a shortage of staff CNA, LPN, and RNs started to call out and some had to work doubles or three shifts back to back. But our residents were still taken care of, while things were getting crazier outside we were preparing for the new residents who were going to start to come in and were discharged from the hospital for recovery. We started to receive the PPE to be able to work with the COVID-19 patients.



When all of this is over all essential workers who see this will need a break good mental support. We are working without caring for the money. We want the correct PPE with a good amount for us to change after having contact with a COVID-19 patient.

When these employees tell you to stay home for us please stay home, we are not only risking our lives but those who live with us to take care of your family.

We must acknowledge  
that everyday New Yorkers  
are suddenly our heroes!  
*But you always were to me...*

Their service and commitment to keeping our communities safe and as normal as possible during these trying times is greatly appreciated.

Essential workers on the frontlines are helping our city get the medical, social and food services we need during this unprecedented time.

Remember to applaud and appreciate our postal workers, grocery store and pharmacy clerks, restaurant workers, transit workers, janitorial staff, social service, medical and government employees. They are the backbone of our communities, bravely risking exposure to themselves and their families to help keep NYC running.

Join us and cheer for these everyday heroes!

