



March 20, 2020.

Dear Susie,

Today we took decisive steps to reduce the spread of the novel coronavirus (COVID-19). Our message to New Yorkers remains the same: Stay home, stop the spread, save lives. I know that these are extraordinary times, but New York will get through this challenge together.



Photo of the Day: Staff at NewYork-Presbyterian Hospital urge New Yorkers to stay home to protect everyone's health and safety.

Here's what else you need to know tonight:

1. I signed an Executive Order to put New York State on PAUSE. Effective at 8PM on Sunday, March 22, 100% of New York's non-essential workforce [must stay home](#). All non-essential gatherings of any size, for any reason, are canceled. Essential businesses such as pharmacies, grocery stores and medical facilities will remain open but they must implement rules to facilitate social distancing. ([Here's the full list](#) of essential businesses.)

2. Maintain six feet of distance from others. If you have to go out in public for an essential activity like grocery shopping, [keep six feet of distance](#) between yourself and others. If you go outdoors to exercise, limit it to solitary activities. Public transportation will keep running to get nurses, doctors, law enforcement officers, and other essential personnel where they need to go. Everyone else: Limit the use of public transportation to only when absolutely necessary — and keep at least six feet away from others.

3. To protect our vulnerable populations, I'm announcing "Matilda's Law." Matilda's Law, named after my mother Matilda Cuomo, [provides new protections](#) for the most vulnerable populations: New Yorkers age 70 or older, people with compromised immune systems and those with underlying illnesses. The law includes new rules: These groups should

remain indoors (they can go out for solitary exercise) and pre-screen all visitors/aides by taking their temperature. Everyone in the presence of vulnerable people should wear a mask and keep six feet of distance.

4. New York State has a critical need for medical supplies and we are willing to buy at a premium. If your business or company has or can make Personal Protective Equipment such as gowns, gloves, or masks, please email covid19supplies@esd.ny.gov.

5. To help New Yorkers suffering financially, I announced a 90-day moratorium on any residential or commercial evictions. We [will continue](#) to do all we can to help those under financial hardship due to this virus.

6. New York testing surpassed China and South Korea. Thanks to our aggressive Coronavirus testing efforts, New York State now tests [more people per capita](#) than China and South Korea — in fact, more than any nation or state in the world. Overnight, we tested over 10,000 New Yorkers for COVID-19.

7. I remind New Yorkers who feel sick to use telehealth services before going to an ER or the doctor's office. Individuals [should consult](#) a telehealth medical professional and discuss if leaving the home is in the best interest of their health. Following this policy is important for both your safety and the safety of others.

Tonight's "Deep Breath Moment": New York City fashion designer Christian Siriano answered our call for Personal

Protective Equipment (PPE). He and his team will work to produce urgently needed face masks. I'm thankful for his help and touched by all the offers we've received so far from businesses around the state and country. Remember — if you have supplies of PPE, or can produce PPE, email covid19supplies@esd.ny.gov.

If you were forwarded this email, you can subscribe to New York State's Coronavirus Updates [here](#).

Ever Upward,

Governor Andrew M. Cuomo