



**THE
NEW YORK
ACADEMY
OF MEDICINE**

Safety Tips: Navigating Life in the COVID-19 Aftermath

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VISION

Everyone has the opportunity to live a healthy life

MISSION

Drive progress towards improved health through attaining health equity

MISSION, GOALS & STRATEGIES



NYAM works to improve the health and well-being of current and future aging populations.

Our goals are to:

- Increase social, physical, and economic participation
- Improve perceptions of well-being, quality of life, and autonomy
- Maximize functional ability and minimize activity limitations
- Deliver better care and services

WHAT DOES THE DATA TELL US?

VACCINE EFFECTIVENESS

- ✓ If you get vaccinated, the odds are you won't get COVID-19.
- ✓ If you get vaccinated and you do get sick, the odds are you won't get seriously ill or die from the disease.
- ✓ It's not a 100 percent guarantee, but it's close.

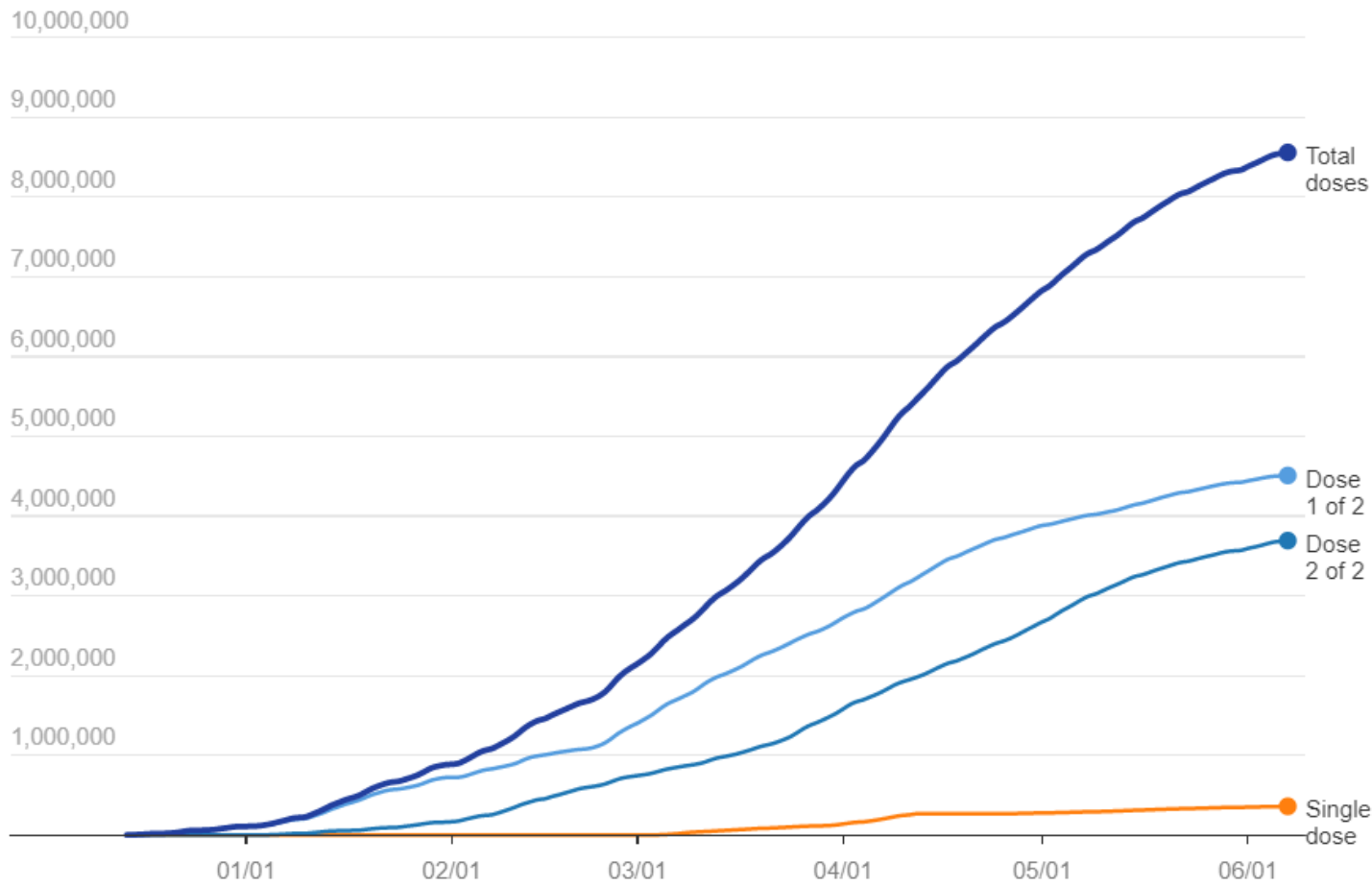
<https://www.healthline.com/health-news/covid-19-vaccines-are-more-than-90-effective-what-that-means#Youre-still-protected>

VACCINE PERVASIVENESS

- As of 6/8/21, 0.9% (less than 1 percent) of the entire state of NY tested positive for COVID
- 56.9% of all New Yorkers had at least received their first dose, including 48.4% that are fully vaccinated
- Due to the increasing rate of vaccines, people with COVID are infecting 0.69 other people (less than one person!)

VACCINATION RATES IN NYC

Total number of doses administered in NYC

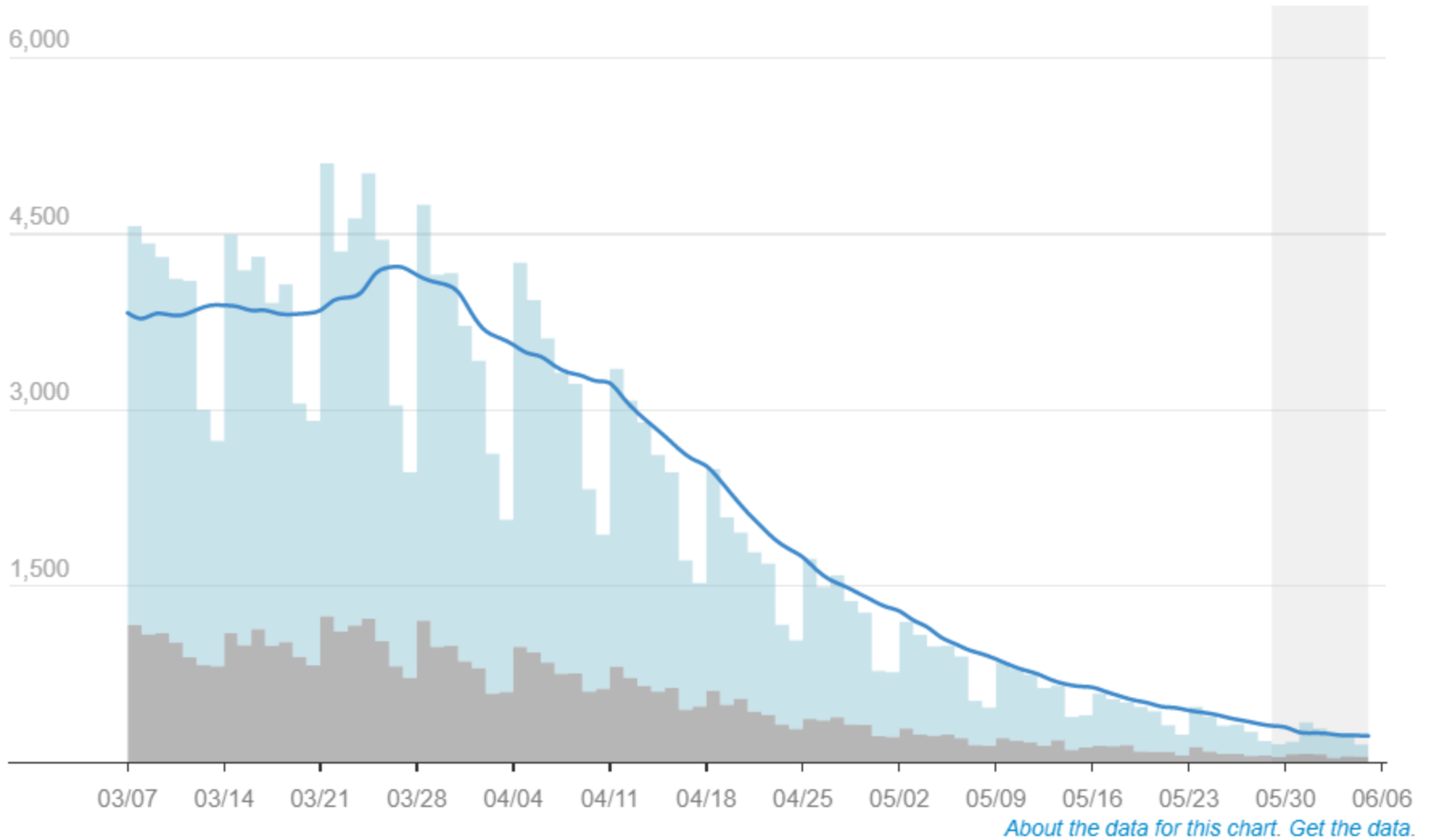


[About the data for this chart. Get the data.](#)

COVID RATES IN NYC

Citywide: cases

Data from the most recent days are incomplete.



ADDRESSING COMMON CONCERNS

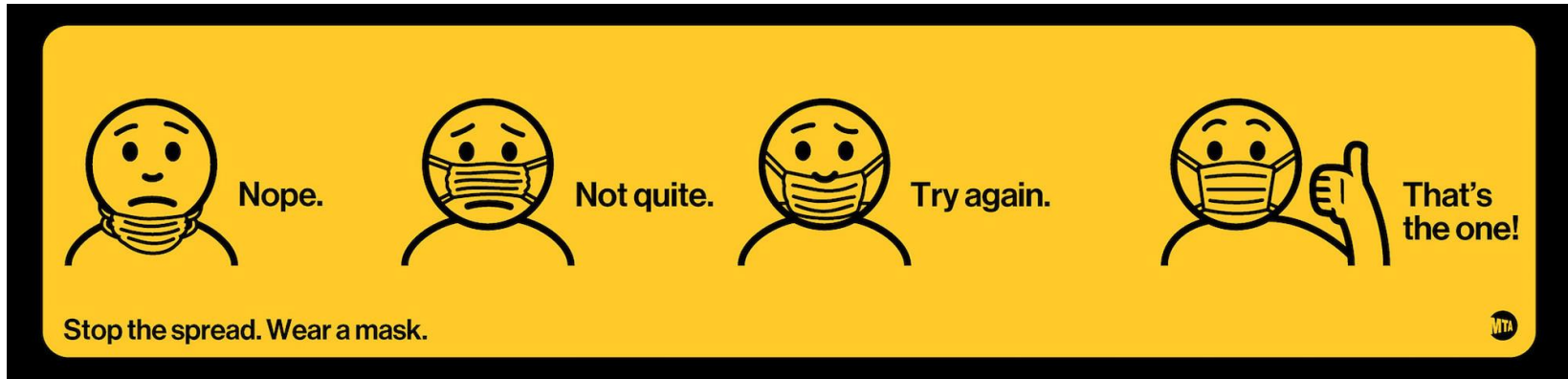
ACKNOWLEDGE THE WEIRDNESS

- Go beyond “how are you?”
- Ask about someone’s level of comfort with outdoor mask-wearing
- Suggest outdoor activities (at least through the Fall)



PLAN FOR PUBLIC TRANSPORTATION

- Remember that masks are still required



- Check out accessible stations
 - <https://new.mta.info/accessibility/stations4>
- Don't assume that riders will follow traffic signals and right of way

VIRTUAL VISITS ARE HERE TO STAY



- Learn how to use videoconferencing platforms
 - Senior Planet: <https://seniorplanet.org/>
 - GetSetUp: <https://www.getsetup.io/>
 - Virtual Senior Center: <https://www.vscm.selfhelp.net/>
- TeamViewer for remote login:
<https://www.teamviewer.com/en-us/download/windows/>
- *Sign on early!*

SAFELY ENJOY OUTDOOR DINING

- Eating outdoors enhances the dining experience and is a low-risk activity, but you can register any safety concern at 311 by going to: <https://portal.311.nyc.gov/article/?kanumber=KA-03321>



GET UP-TO-DATE INFORMATION

- Text "COVID" to 692-692 to get the latest updates from Notify NYC.
- Ask your Primary Care Physician to receive COVID updates from their health system
- Go to the Vaccine Command Center which has information in 110 languages:
<https://www1.nyc.gov/site/coronavirus/vaccines/covid-19-vaccines.page>

FOLLOW DIRECTIONS



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