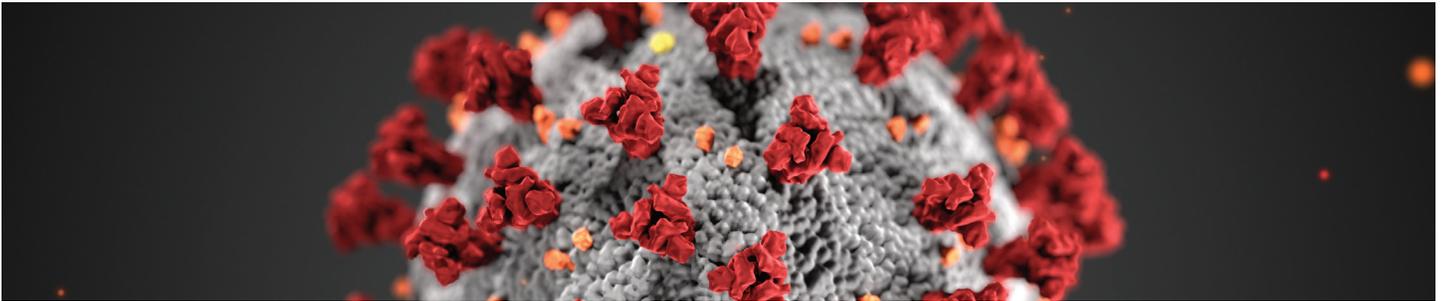




What Do I Need To Know About Coronavirus?



How It Spreads:

- The virus is thought to spread mainly from person to person.
 - Between people who are in close contact with one another (within about 6 feet and up to 30 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.
- Avoid close contact with people who are sick.
 - Avoid touching your eyes, nose, and mouth.
 - Stay home when you are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
 - Follow CDC's recommendations for using a face mask.
 - CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.
 - Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of face masks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

- Symptoms may appear 2-14 days after exposure:
 - Fever
 - Cough
 - Shortness of breath

Prevention

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- For information about handwashing, see [CDC's Handwashing website](#).
- For information specific to healthcare, see [CDC's Hand Hygiene in Healthcare Settings](#).

These are everyday habits that can help prevent the spread of several viruses. CDC does have specific guidance for travelers.

Coronavirus NJ DoH And CDC Resources

Department of Health Links

Main Coronavirus Page

<https://www.nj.gov/health/cd/topics/ncov.shtml>

Information for Communities and the General Public

https://www.nj.gov/health/cd/topics/covid2019_community.shtml

Information for Schools and Businesses

https://www.nj.gov/health/cd/topics/covid2019_schoolbusiness.shtml

Information for Healthcare and Public Health Officials

https://www.nj.gov/health/cd/topics/covid2019_professionals.shtml

El gobernador Murphy describe las actividades de preparación de Nueva Jersey relacionadas con el nuevo coronavirus

<https://www.nj.gov/health/news/2020/approved/20200130a.shtml>

Centers for Disease Control and Prevention Links

Symptoms Infographic

<https://www.cdc.gov/coronavirus/2019-ncov/images/infographic-symptoms.jpg>

Travel Guidance

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Handwashing

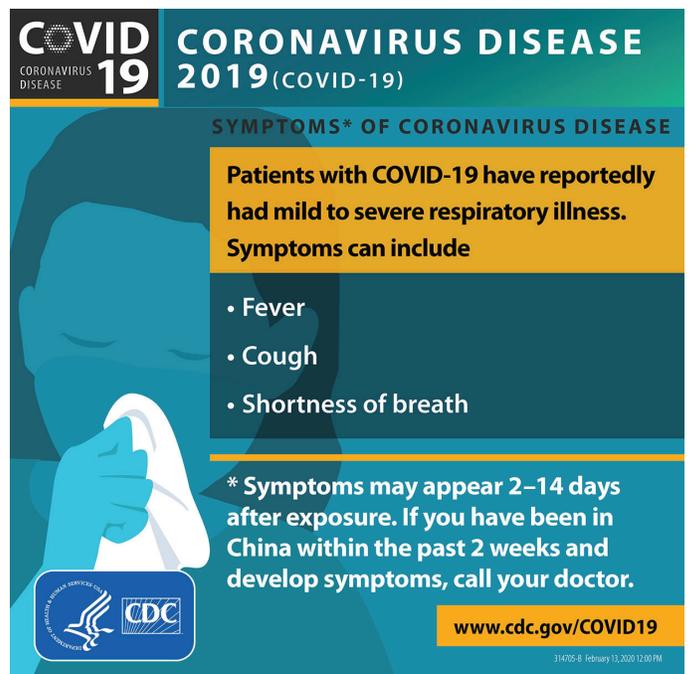
<https://www.cdc.gov/handwashing/>

Federal Website

www.coronavirus.gov



24-Hour Hotline
1-800-222-1222



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

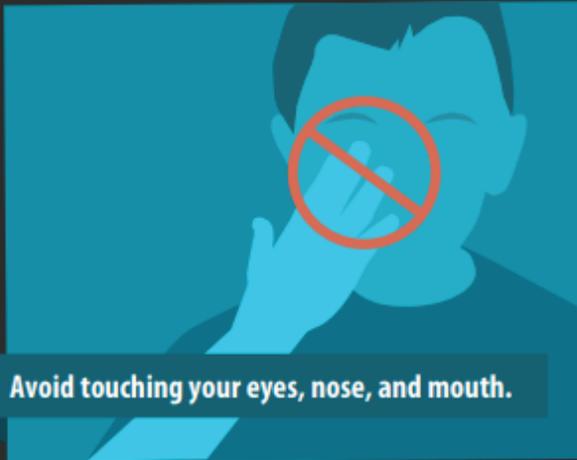
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.

SHORTNESS OF BREATH





GOOD HEALTH IS IN YOUR HANDS

- WET HANDS
- SOAP WELL
- RUB 20-40 SECONDS
- RINSE WELL
- DRY HANDS
- TURN OFF FAUCET
WITH TOWEL

Coronavirus Information On Traveling

COVID-19 (2019 Novel Coronavirus)



There is a widespread, ongoing **respiratory illness outbreak** caused by a novel (new) coronavirus, COVID-19.

Coronaviruses are a large family of viruses and usually only cause mild respiratory disease, such as the common cold.

Signs and symptoms of this illness include **fever, cough, and difficulty breathing.**

COVID-19 can spread from person to person and has the potential to cause **severe disease.**

If you must travel:

- Visit the CDC Travel Health Notices page: <https://wwwnc.cdc.gov/travel/notices>.
- Avoid contact with sick people.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Older adults and travelers with underlying health issues may be at risk for more severe disease and should discuss travel with their health care provider.

If you spent time in an area where COVID-19 is spreading in the last 14 days and feel sick with fever, cough, or difficulty breathing, you should:

- Seek medical care right away, but **call ahead** and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Stay home except to get medical care. Separate yourself from other people and animals in your home.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

For more information, visit the [CDC Travel Health Notices](#) and the [NJDOH COVID-19](#) webpages.



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Adapted from the Centers for Disease and Prevention.

02/2020