

# CORONAVIRUS DISEASE 2019 (COVID 19)

## How is it spread?

Through respiratory droplets produced when an infected person coughs or sneezes.

Between people who are in close contact with one another including caring for an infected person.

## What are the symptoms?

The symptoms are similar to the flu and may appear 2 to 14 days after exposure.

- Cough
- Fever
- Shortness of Breath

## What can I do to protect myself and others from respiratory infections including COVID-19?

- Stay home if you are sick.
- Limit close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Avoid handshakes. Try an elbow bump.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Get a flu shot to prevent the flu if you have not done so this season.

## Know the Facts & Keep Informed By Visiting or Calling:

CDC's COVID-19 Website: <https://www.cdc.gov/coronavirus/index.html>

NJ Department of Health COVID-19 Website: <https://www.nj.gov/health/cd/topics/ncov.shtml>

NJ COVID-19 Information Public Call Center: 1-800-222-1222.



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