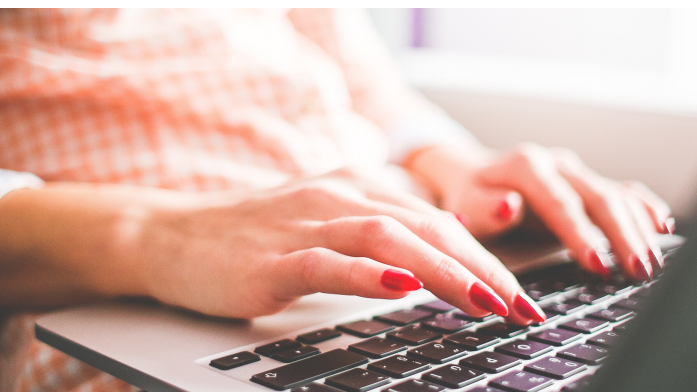


## RESOURCES

- New Jersey Department of Health:  
[www.nj.gov](http://www.nj.gov)
- Centers for Disease and Control:  
[www.cdc.gov](http://www.cdc.gov)
- World Health Organizations:  
[www.who.int](http://www.who.int)
- 24/7 Hotline for COV-19:  
1-800-222-1222



## CONTACT US

Cape May County  
Department of Health  
6 Moore Road  
Cape May Court House, NJ 08210



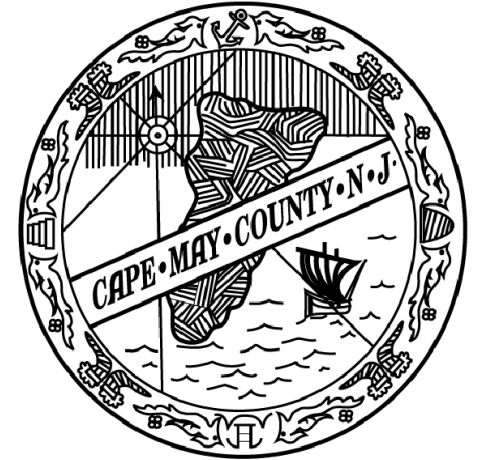
609-465-1200



[www.cmchealth.net](http://www.cmchealth.net)

Facebook:  
"Cape May County  
Department of Health"

## CAPE MAY COUNTY DEPARTMENT OF HEALTH



## CORONAVIRUS (COVID-19)

Sponsored by:  
The Cape May County  
Board of Chosen Freeholders



## WHAT IS COVID-19?

COVID-19 is a virus that is a cause of an outbreak of a respiratory illness. Coronavirus was first detected in Wuhan, China linked to seafood and animal market, and now spreading person-to-person.

Symptoms of COVID-19 include fever, cough, and shortness of breath. Symptoms range from mild to severe and may appear 2-14 days after exposure.

## HOW CAN COVID-19 SPREAD?

COVID-19 can spread within people in close contact with one another (approximately 6 feet), through respiratory droplets when an infected person coughs or sneezes. It may be possible that a person can get COVID-19 by touching a contaminated surface or object and then touching their own mouth, nose, or possibly their eyes.

## PREVENTION

- Wash hands often with soap and water for at least 20 seconds. You can also use an alcohol based (minimum of 60%) hand sanitizer.
- Avoid close contact with those who are sick.
- Avoid touching eyes, nose, and mouth.
- Encourage proper cough etiquette. Cough or sneeze into a tissue and throw directly into the trash. Use sleeve or arm if tissue is not available. Do not use your hands.
- Clean and disinfect high-touch surfaces often in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks).
- Stay home when you are sick.



## CARE AND TREATMENT FOR COVID-19

- Call ahead before visiting your primary care physician or any healthcare facility, and seek their guidance.
- Stay home and monitor symptoms if you are sick, in accordance with your primary care physician's guidance. Have a household plan to keep a sick family member separate from the household, including animals. Make a "sick room" if possible.
- Wear a face mask only if you are sick or caring for a person who is sick.
- Wash hands often with soap and water for at least 20 seconds. You can also use an alcohol based (minimum of 60%) hand sanitizer.
- Avoid sharing personal household items, such as dishware, towels, or bedding.
- Clean surfaces often.