

Essex County Coronavirus Fact Sheet

PREVENTION IS THE BEST WAY TO AVOID COVID-19

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 preventative actions to help prevent the spread of respiratory diseases.

PREVENTATIVE ACTIONS:

- 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 face masks
 - 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 closed settings (at home or in a health care facility)
- 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.



If you have any question pertaining to your town or municipality, please contact your local Essex County Health Department for any questions. Below is the link to the directory of all local health departments and Health officer contacts for the New Jersey.

<https://nj.gov/health/lh/documents/LocalHealthDirectory.pdfResources>

CDC Coronavirus Page - <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

New Jersey Department of Health Coronavirus Page - <https://www.nj.gov/health/cd/topics/ncov.shtml>

CDC Share Facts not Fear - <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-stop-fear.html>

Coronavirus questions are being handled by the health experts at the NJ Poison Control Center at 1-800-222-1222.

