COVID-19 (Coronavirus)

COVID-19 is a flu-like illness caused by a novel (new) coronavirus.

What are the symptoms? Symptoms include fever, cough, and shortness of breath. Patients may have mild to severe respiratory illness.

How does it spread? It is mainly spread from person to person through coughing, sneezing, and close contact. It might also spread through contaminated surfaces.

How can I protect myself?
- Avoid close contact with people who are sick (within 6 feet).
- Wash your hands often. Wash for 20 seconds with soap and water. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Clean frequently touched surfaces like doorknobs, switches, cabinet handles, remotes, tables, counters, sinks, toilets, etc.
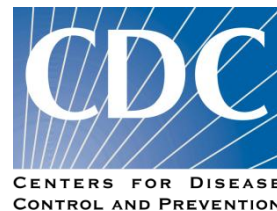
What should I do if I am sick?
- Stay home. Avoid close contact with other people (within 6 feet), including family members.
- Cover your sneeze or cough with a tissue or your sleeve, not your hands.
- Call your doctor if your symptoms get worse or if you have trouble breathing.

If you have more questions:
Call 1-800-222-1222 or 1-800-962-1253
Visit NJ.gov/health or cdc.gov

Bridgewater Health Department
www.bridgewaternj.gov
(908) 725-6300