



COVID-19 (Coronavirus)

What Seniors Need to Know

COVID-19 is a flu-like illness caused by a novel (new) coronavirus. While anyone can get COVID-19, seniors and people with chronic health conditions have a higher risk of severe illness.

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?

- Make sure you have a 2-week supply of all prescription medications.
- Avoid crowds, and 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](https://www.nj.gov/health) or [cdc.gov](https://www.cdc.gov)



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

