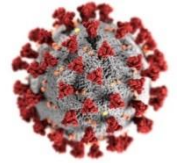


# COVID-19 (Coronavirus) Precautions



Bridgewater Township is working to limit the spread of COVID-19 (coronavirus) in our community, by following guidance from the CDC and New Jersey Department of Health. The following recommendations will help to keep Bridgewater healthy:

- **Work:**
  - Talk to your employer about working from home if possible.
  - Cancel or postpone all large meetings and conferences.
  - Adopt a “no-handshake” policy to prevent the spread of disease.
- **Social distancing:** Social distancing includes actions like closing schools, canceling events, and limiting contact with other people. Even if you feel healthy, you may be able to transmit the virus to high-risk people.
- **Travel:**
  - Avoid non-essential travel to countries with a Level 3 Warning. Visit the [CDC website](https://www.cdc.gov) for specific guidance.
  - Avoid cruise travel, especially older adults or people with chronic health conditions.
  - Reconsider travel within the U.S., following [CDC recommendations](https://www.cdc.gov).
- **Self-isolation:** If you are sick, please stay home. Avoid close contact with others (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. Your doctor can determine if you need a test for COVID-19 or if you need further treatment.

## 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.

### If you have more questions:

Call 1-800-222-1222 or 1-800-962-1253

Visit [NJ.gov/health](https://nj.gov/health) or [cdc.gov](https://cdc.gov)



**Bridgewater Health Department**  
[www.bridgewaternj.gov](https://www.bridgewaternj.gov)  
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