COVID-19 (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?

- Stay at home, unless you need to get essentials like food or medicine.
- Wear a cloth face mask when you leave your home.
- Avoid close contact (within 6 feet) with people outside your household.
- 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 with unwashed hands.
- Clean frequently touched surfaces daily 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 others, 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 will decide if you need a COVID-19 test or additional treatment.

If you have more questions:
Call 211 (general questions)
Call 1-800-962-1253 (medical questions)
Text NJCOVID to 898-211 for alerts
Visit covid19.nj.gov or coronavirus.gov

CDC
CENTERS FOR DISEASE
CONTROL AND PREVENTION

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Public Health
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