STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19
Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT 1**
Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**FACT 2**
Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

**FACT 3**
Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC’s coronavirus disease 2019 web page.

**FACT 4**
You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath
Seek medical advice if you
- Develop symptoms
AND
- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**FACT 5**
There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)
What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic.

Have there been cases of COVID-19 in the U.S.?


How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:
- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should
- 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.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don’t go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19
What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care
You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home
People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor
If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider’s office take steps to keep other people from getting infected or exposed.

Wear a facemask
You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes
Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items
You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all “high-touch” surfaces every day
High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation
Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)
Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include:
- Fever
- Cough
- Shortness of breath

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: www.cdc.gov/COVID19-symptoms
What is a novel coronavirus?

Novel (meaning “new”) coronavirus is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness in some people.

How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
- In rare cases, contact with feces (poop)

How severe is novel coronavirus?

Health experts are still learning about the illness caused by the new virus. People infected have had illness that has ranged from mild (like a common cold) to severe pneumonia that requires medical care in a hospital. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms may include fever, cough, and shortness of breath.
Who is at risk for novel coronavirus?

Currently, there is a widespread outbreak in Wuhan, China. At this time, the risk in the U.S. to the general public is low. At this time, there are a small number of cases in the U.S. To limit the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate anyone they think may have the virus.

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent from getting novel coronavirus?

If you are traveling overseas (to China, but also to other places) follow the CDC’s guidance at wwwnc.cdc.gov/travel.

Right now the novel coronavirus has not been spreading widely in the United States, so there are no additional precautions recommended for the general public. Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid contact with others
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing

Currently there are no vaccines available to prevent novel coronavirus infections.

How is novel coronavirus treated?

There is no specific treatment for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital.

For more information: https://www.nj.gov/health/cd/topics/ncov.shtml

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1/2020
New Jersey Department of Health
COVID-19: A Guide for Businesses
March 2, 2020

Many employers and businesses in New Jersey are concerned about the current outbreak of the 2019 Novel Coronavirus (COVID-19) and potential impacts to their business communities and wish to take appropriate steps to mitigate any risks. The Centers for Disease Control and Prevention (CDC) is working hard to learn as much as possible about this COVID-19 so that we can better understand how it spreads and characterize its associated illness. The New Jersey Department of Health is also working hard to develop guidance and education materials, in the face of evolving information.

Though the CDC considers COVID-19 to be a serious public health concern based on current information, the immediate health risk to the general U.S. public is considered low at this time. The CDC and the World Health Organization are closely monitoring the national and global situation and providing ongoing guidance. Updated travel information specific to COVID-19 can be found at https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html

The New Jersey Department of Health is providing guidance and resources for businesses which may help prevent workplace exposures to acute respiratory illnesses, including COVID-19. This guidance is, in part, based on new and evolving scientific information available on COVID-19 transmission and the need to limit transmission in our communities.

**What is the difference between seasonal and novel coronavirus?**

Coronaviruses are a family of viruses and there are different types of coronavirus within that family, much like there are different types of influenza viruses. Coronaviruses, in general, are not new, are quite common and are a frequent cause of respiratory illnesses such as the common cold. Coronaviruses tend to circulate in the fall and winter months, similar to influenza. Most people get infected with these viruses at some point in their lives.

The type of coronavirus that has recently emerged in Wuhan, China is a new type of coronavirus and is infecting people for the first time (which means that people do not have any immunity to it). This newly discovered virus is called SARS-CoV-2 and is causing a disease named COVID-19.

**What are common symptoms of COVID-19?**

Information to date suggests this virus is causing symptoms consistent with a respiratory illness such as cough, fever, and shortness of breath.
How is COVID-19 spread?

At this time, it’s unclear how easily or sustainably this virus is spreading between people. Typically, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (the sickest). Chinese officials report that sustained person-to-person spread in the community is occurring in China. Similar spread has been reported in other countries. Person-to-person spread in the United States has been detected, but the risk to the general public remains low. Cases in healthcare settings, like hospitals, may also occur.

What preventive measures should be taken to help reduce the spread of respiratory viruses?

NJDOH recommends that employers increase education on respiratory hygiene. Individuals should be asked to follow these steps to prevent the transmission of respiratory infections:

- Cover your coughs and sneezes with a tissue or into your sleeve, not your hands.
- Avoid touching your eyes, nose and mouth.
- Wash hands often for at least 20 seconds, especially after coughing or sneezing. Use alcohol-based hand sanitizer if soap and water are not available.
- Stay home from work if you’re sick.
- Avoid people who are sick.
- Get a flu shot – it’s not too late to be protected.
- Clean and disinfect frequently touched surfaces and objects.

How is COVID-19 treated?

Currently, there is no specific antiviral treatment recommended for the coronavirus. There is no vaccine to prevent this virus, and the CDC advises that the best way to prevent infection is to avoid being exposed to this virus. These include washing hands often with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer if soap and water are not available and avoiding others who are sick.

How should employers prepare for the potential of coronavirus in their business community?

NJDOH suggest carefully reviewing CDC interim guidance for businesses which may help prevent workplace exposures to acute respiratory illnesses, including COVID-19, in non-healthcare settings. The guidance also provides planning considerations if there are more widespread, community outbreaks of COVID-19.

This guidance is available at:
To prevent stigma and discrimination in the workplace, the guidance described below should be used to assess risk of COVID-19. Do not make determinations of risk based on race or country of origin and be sure to maintain confidentiality of people with confirmed COVID-19. There is much more to learn about the transmissibility, severity, and other features of COVID-19 and investigations are ongoing.

Can employees that are scheduled to travel abroad still go?

Any person or group planning a trip abroad should consult the CDC website for current travel advisories regarding any travel restrictions. The situation is evolving so travelers should stay up to date with CDC’s travel health notices related to this outbreak at https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html. These notices will be updated as more information becomes available.

Do business events need to be canceled?

At this time, there is no need to cancel business or social events. There are no cases of COVID-19 in New Jersey, and there are no restrictions on public gatherings.

If an employee has recently returned from China within the past 14 days, should they be excluded from work?

- Travelers returning from mainland China will undergo a health screening and up to 14 days of self-quarantine with health monitoring to ensure they have not contracted the virus and do not pose a public health risk.
- All asymptomatic (without symptoms) individuals under monitoring must be excluded from work for 14 days from their last date in China.
- Travelers will be asked to self-quarantine and self-monitor as directed by public health recommendations and to seek care if ill.

If an employee has recently traveled abroad, excluding China, should they be excluded from work?


What should I do if an employee becomes sick while at work?

Employees who appear to have acute respiratory illness symptoms (i.e. cough, shortness of breath) upon arrival to work or become sick during the day should be separated from other employees and be sent home immediately. Sick employees should cover their noses and mouths with a tissue when coughing or sneezing (or an elbow or shoulder if no tissue is available). This is the recommendation whether the employee might have COVID-19 or any of the much more common respiratory viruses.

If a coworker is diagnosed with COVID-19, can I get it from the office environment?

Currently, there are no confirmed cases of COVID-19 in New Jersey. If a coworker was diagnosed with coronavirus, it is most likely the common seasonal coronavirus, not COVID-19 which can only be identified at the state public health laboratory or CDC. Seasonal coronaviruses are spread like any other
respiratory illness so precautions like hand hygiene, covering your mouth when coughing or sneezing, staying home when sick, and avoiding sick people are things individuals can do to prevent illness.

**Should employees who may have been in contact with someone with coronavirus wear a surgical mask?**

There is little need for the general public to wear face masks in the U.S. currently as the threat level is low. But for people who are in close contact with an infected person, a mask may be helpful if used properly. They are not 100% effective as the virus can enter through the sides of the mask or enter the body through the eyes. The CDC does not currently recommend the use of face masks among the general public. While limited person-to-person spread among close contacts has been detected, this virus is not currently spreading in the community in the United States. Surgical masks can help prevent the spread of disease when worn by a sick person.

**Are there special recommendations for cleaning?**

- Special sanitizing processes beyond routine cleaning is not necessary or recommended to slow the spread of respiratory illness.
- Businesses should follow standard procedures for routine cleaning and disinfecting with an EPA-registered product. Typically, this means daily sanitizing surfaces and objects that are frequently touched.
- Disposable wipes should be provided so that commonly used surfaces, e.g., doorknobs, keyboards, desks, etc. can be wiped down by employees before each use.

**Resources**

- NJDOH – General Information Page
  - [https://www.nj.gov/health/cd/topics/ncov.shtml](https://www.nj.gov/health/cd/topics/ncov.shtml)
- CDC – General Information Page
- CDC – Home Isolation Guide
- NJDOH – Local Health Department Directory
  - [www.localhealth.nj.gov](http://www.localhealth.nj.gov)
What to Routinely Clean and Disinfect in Your Household

Community members can practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks) with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

How to Disinfect

Disinfecting should be part of your usual cleaning routine, whether or not anyone at home is sick. Check the label to make sure the disinfectant works against the viruses you're targeting, such as cold and flu viruses. Disinfecting can be accomplished with a standard household bleach solution. Bleach comes in different strengths so look for one that is 5.25%. Use 1 tablespoon of bleach to 1 quart (4 cups) of water.

When you use disinfectant sprays, paper towels are better than sponges, but disposable disinfectant wipes have an advantage. Sponges and dishcloths just tend to spread things around. Using paper towels, you spray, wipe, and remove the disinfectant spray. But when you use a disinfectant wipe, people wipe the surface and let it dry, which gives it more time to kill the organisms. It leaves some residual impact.

9 Common Touch Surfaces to Disinfect

Think about the items you touch a lot. Things people share are more likely to spread germs. Focus on these items after someone has had a cold or the flu:

1. **Your phone.** Cell and land line phones in homes that have a child with the flu have the flu virus on them. Cold and flu viruses survive on them, anywhere from a few hours to a few days.
2. **The remote control.** It's one of the most touched -- and least cleaned -- items in your house. If someone sneezes into their hand and touches the remote, the germs can get on the remote.

3. **Doorknobs/handles.** Don't forget about doorknobs and handles as these items are touched frequently!

4. **Light switches.** Frequently touched surfaces that can collect and harbor germs.

5. **The bathroom.** Bathroom faucets can have cold and flu viruses on them when someone has a cold or flu. Those tend to get contaminated because your hand goes right there. Give the sick person their own hand towel, to avoid spreading disease through a shared towel. Don't reuse when wiping (for instance, don't wipe the toilet and then the sink).

6. **Tables/Desks.** Kitchen tables, coffee tables, desks, play-area tables, and night tables tend to host cold and flu viruses, because they're touched often and aren't wiped down enough.

7. **Computers.** Check the maker's instructions before cleaning. You may be able to wipe keyboards or screens with an alcohol wipe or a paper towel sprayed with disinfectant.

8. **Stuffed animals.** If possible, toss Teddy in the laundry. If it's not washable, keep it away from everyone for a few days to let viruses on its surface die.

9. **Sheets, blankets, towels.** These should be washed at high temperature with a color-safe bleach detergent. Wash your hands after handling them.

   Also, everyone in your home should wash their hands more often when someone is sick. Soap and water is best but the use of hand sanitizers work well also.

Additional guidance specific to Covid-19 can be found on CDC website at:


*source-webMD & CDC Website

For additional information please contact the Gloucester County Health Department at (856) 218-4101.

**Gloucester County Department of Health & Human Services**

**Division of Health Services**

204 E. Holly Ave. Sewell, NJ 08080

856-218-4101

WWW.GLOUCESTERCOUNTYNJ.GOV

The County of Gloucester complies with all state and federal rules and regulations against discrimination in admission to, access to, or operations of its programs, services, and activities. In addition, County encourages participation of people with disabilities in its programs and activities and offers special services to all residents 60 years of age and older.Queries regarding compliance may be directed to the County's ADA Coordinator at (856) 384-6842 New Jersey Relay Service 711.