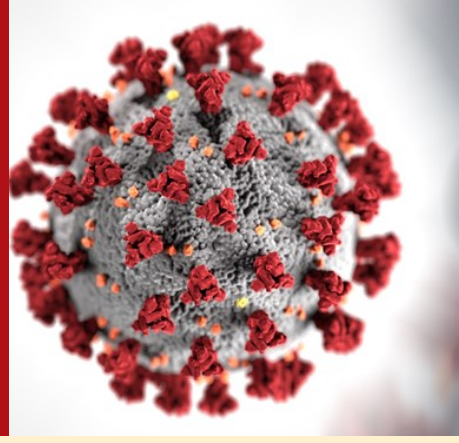
W. Reed Gusciora, Mayor
Department of Health & Human Services
Shakira Abdul-Ali, Director
Yvette Graffie-Cooper, Health Officer

2019 Novel Coronavirus



What to Do if You are Sick?

Stay home except to get medical care

People who are mildly ill with COVID-19 are able to isolate at home during their illness. **Notify your employer and if you have school-aged children their school.** 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

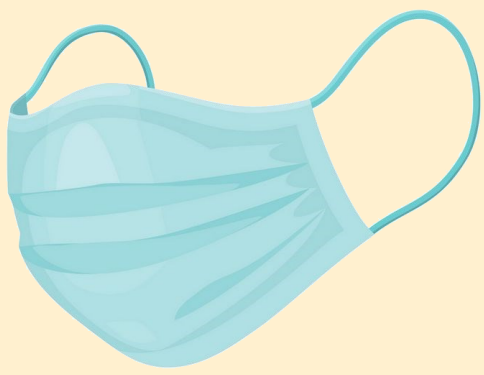
It is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. **When possible, have another member of your household care for your animals while you are sick.**

If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

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. Put on a facemask before you enter the facility.** 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.

Additional Steps to Take

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and water for at least 20 seconds. Soap and water are the best option if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Do not share dishes, drinking glasses, cups, utensils, towels, or bedding with people or pets.
- Clean counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, tablets, and beside tables everyday.
- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Put on a facemask before you enter the facility.
- **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.

Trained healthcare professionals are standing by to answer your questions. The call is free.

24-Hour Public Hotline - 1-800-222-1222

https://www.nj.gov/health/cd/topics/ncov.shtml
https://www.cdc.gov/coronavirus/2019-ncov/index.html