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COVID-19 PREPAREDNESS

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While there are currently no confirmed cases of COVID-19 in New Jersey, there are some actions you can take to ensure your family is prepared.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- 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 using a regular household cleaning spray or wipe
- Follow CDC's recommendations for using a facemask
 - **CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.**

Additionally, you should consider the following actions:

- Stocking up on a two-week supply of food and water

- Periodically check your regular prescription drugs to ensure a continuous supply in your home
- Have non-prescription drugs and other health supplies on hand including pain relievers/fever reducing medications, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins, tissues
- Stock up on household supplies such as toilet paper, hand soap, paper towels, garbage bags, cleaning supplies, etc.
- Get copies and maintain electronic versions of health records from doctors, hospitals pharmacies and other sources and store them for personal reference
- Talk with family members and loved ones about how they would be cared for if they got sick, or what would be needed for them in your home
- Have pet foods and supplies
- Stock up on baby care items
- Plan for extended school and day care closures
- Talk to your employer about telecommuting opportunities in the event that movement of people is restricted
- Plan for a sick room in the home. Designate one room that would work best, usually a bedroom with its own bathroom that no one else will use. If someone in the home becomes ill, keep them in the sick room away from others.

**Providing Public Health and Environmental Services to
Chatham Borough, Fanwood, Garwood, Mountainside,
New Providence, Roselle Park, Summit and Westfield**