



Prevent the Spread of COVID-19

Stay home whenever you can, except to get medical care!



Stay at least six feet from other people, even if they don't look ill. During times of Stay at Home Orders, find out what your community's policies are regarding leaving your home. If you need medical attention, contact your healthcare provider, if you are experiencing a medical emergency, seek medical care!

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



Do so before you eat or prepare food and after you sneeze, cough, blow your nose or visit any public place. If you cannot wash with soap and water, use hand sanitizer containing at least 60 percent alcohol.

Wear face coverings when in public places.



In New Jersey, individuals must use a face covering when shopping at essential retail businesses, entering a restaurant or bar to pick up takeout orders and when traveling on trains, buses, light rail or paratransit vehicles.

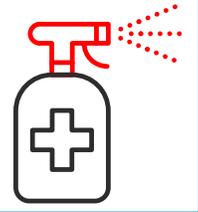
Avoid touching your eyes, nose and mouth.



The virus can last on some surfaces for several days. You can become infected if you touch these surfaces and then touch your eyes, nose or mouth.

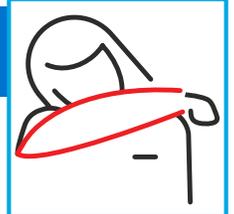
Clean and disinfect frequently touched surfaces.

Do so before you eat or prepare food and after you sneeze, cough, blow your nose or visit any public place. If you cannot wash with soap and water, use hand sanitizer containing at least 60 percent alcohol.



Cover coughs and sneezes with a tissue or your elbow.

Coronavirus is primarily spread through droplets when an infected person coughs or sneezes near others. Do not cough or sneeze into your hand.



Plan how to take care of yourself and loved ones.

Older adults and people with chronic medical conditions are at higher risk and should consult with doctors about staying protected. Create a list of emergency contacts and designate space in your home for sick family members.



The DO's and DO NOT's of Prevention

+ DO

- Stay home, except to get medical care. If you have severe symptoms, call 911.
- Wash your hands with soap and water for at least 20 seconds (or use hand sanitizer with at least 60 percent alcohol.)
- Cover your coughs and sneezes with your elbow or sleeve.
- Stay informed by visiting the COVID-19 website of the [N.J. Department of Health](#), the [CDC](#) and [New Jersey Hospital Association](#).
- Stay connected with friends and family over the phone or video chat.

- DO NOT

- Leave your house or gather in groups for non-essential purposes.
- Cough or sneeze into your hands.
- Visit friends and family during times of Stay at Home Orders because you may put each other at greater risk.
- Let your guard down, it is important that we all stay vigilant to prevent the spread of COVID-19 in New Jersey!

For more information visit <http://www.njha.com/coronavirus>

