Middlesex County Department of Public Safety and Health
Office of Health Services

Lester Jones
Director-Health Officer

Shanti Narra, Chairperson Public Safety and Health Committee
COVID-19
(novel coronavirus)
March 9, 2020
What is coronavirus disease 2019 (COVID-19)

- Novel = “new”
- Began infecting humans in December 2019
- No immunity
Signs and Symptoms

- Respiratory illness
  - Fever
  - Cough
  - Shortness of breath

- Ranging from mild to severe

- Older adults and persons of all ages who have severe chronic medical conditions are at higher risk
No specific treatment  
Treat the symptoms  
Treatment in hospital may be needed for the most severe cases
How Can We Prevent The Spread?

- Cover coughs and sneezes with a tissue or sleeve, not hands
- Wash hands often or use hand sanitizer when soap and water are not available
- Stay home when sick
- Avoid others who are sick
Travel

Health Alert: Coronavirus Disease 2019 (COVID-19)

You have traveled to a country with an outbreak of COVID-19 and are at higher risk. COVID-19 is a respiratory illness that can spread from person to person.

Stay Home
Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.

If you feel sick and have symptoms:
- Call ahead before you go to a doctor’s office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

Symptoms
Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Symptoms can include:
- Fever (100.4°F/38°C or higher)
- Cough
- Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: https://www.cdc.gov/COVID19travel

What is to do if you are sick

- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Monitor your symptoms
- Call ahead before visiting a doctor
Community Preparedness

- Make a Kit
- Have a Plan
- Stay Informed

https://www.ready.gov
COVID-19 Call Center
1-800-222-1222

- Public callers only
- Hours: 24/7
- Multiple languages
- If you are using an out-of-state phone, the number to call is 1-800-962-1253
Activated during events that impact the mental health of New Jersey residents
The “warm line” does not replace 911 and is not used to report emergencies
Hours: 24/7
Language access
TTY (877)294-4356
For More Information

- NJDOH social media
  - Twitter @njdeptofhealth
  - Instagram@njdeptofhealth
  - Facebook/njdeptofhealth
For More Information

Middlesex County website at

Middlesex County social media
  • Twitter @MiddlesexCntyNJ
  • Instagram@MiddlesexCntyNJ
  • Facebook/MiddlesexCntyNJ
Board of Chosen Freeholders
Ronald G. Rios, *Director*
Kenneth Armwood, *Deputy Director*
Claribel A. Azcona-Barber, Charles Kenny, Leslie Koppel,
Shanti Narra, Charles E. Tomaro