

Novel Coronavirus, COVID-19 FACT SHEET

Coronavirus questions from the public are being handled by the health experts at the New Jersey Poison Control Center at 1-800-222-1222.

The Cumberland County Department of Health and the City of Vineland Health Department have opened hotlines to answer your questions about COVID-19.

CUMBERLAND COUNTY DEPARTMENT OF HEALTH: (856) 327-7090

CITY OF VINELAND HEALTH DEPARTMENT: (856) 405-4603

The Cumberland County Department of Health hotline is staffed Monday – Friday from 8:30 AM to 4:30 PM. Calls outside of normal business hours will be returned the next business day.

In the event of a life-threatening emergency, please contact 911.

COVID-19 is a respiratory illness that can be spread from person to person:

- Between people who are in close contact with one another (within 6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes

The best way to prevent illness is to avoid being exposed. Public health professionals are recommending everyday preventative actions to help prevent the spread of respiratory diseases:

- Avoid close contact with people who are sick, and stay home when you are sick
- Avoid touching eyes, nose, and mouth with unwashed hands
- Wash hands often with soap and water for at least 20 seconds – use an alcohol-based hand sanitizer containing at least 60% alcohol if soap and water are not available
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Follow CDC's recommendations for using a facemask:
 - o CDC does not currently recommend that people who are well wear a facemask to protect themselves from respiratory disease, including COVID-19
 - o Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of disease to others
 - o Facemasks should be used by health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Know the symptoms of COVID-19:

- Fever
- Cough
- Shortness of breath

Know if you are at Higher Risk and take proper precautions:

- Older adults
- People with serious chronic medical conditions such as heart disease, diabetes, lung disease

KNOW WHAT YOU CAN DO TO PREPARE:

CDC Coronavirus Page: www.cdc.gov/coronavirus/2019-nCoV/summary.html

New Jersey Department of Health Coronavirus Page: www.nj.gov/health/cd/topics/ncov.shtml

Cumberland County Department of Health: www.ccdoh.org

City of Vineland Health Department: www.vldhealth.org

Facebook: www.facebook.com/CCDOH or www.facebook.com/VinelandCity

