

Office on Aging and Disabilities Reminds You To Be Prepared, Not Scared 2019 Novel Coronavirus



What is novel coronavirus (COVID-19)?

Novel (meaning new) coronavirus is a virus strain that has only spread in people since December 2019 and has health experts concerned because little is known about it.



How does novel coronavirus spread?

- The air by coughing and sneezing
- Close personal contact
- Touching a surface with the virus on it then touching your mouth, nose or eyes

How can I protect myself?

Take the same precautions recommended for avoiding colds and flu:

- Wash your hands thoroughly with soap and water.
- Stay home when you are sick.
- Cover your cough.

What are the symptoms?

- Fever, Cough and Shortness of Breath

Preparedness Tips

- Health officials suggest that people gradually build up at-home supplies of non-perishable foods over the course of the next few weeks. This may help make it easier to stay home if you, or a family member, becomes sick.
- Think about necessary items to have at home, including prescription medicines (check your refill dates), and non-prescription medications, such as fever-reducing medications and thermometers.
- Identify a friend, or family member, who can help you if you need help.



Managing Fears Regarding Coronavirus



- Stay informed.
- Reach out if you are feeling overwhelmed.

Things You Can Do Right Now:

- Wash your hands with soap and water
- Wipe down and disinfect frequently touched places such as doorknobs and countertops
- Have medications filled and on hand
- Avoid people who are sick
- If you feel sick, stay home.

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For more information: <https://www.nj.gov/health/cd/topics/ncov.shtml>

For general public callers with questions, please call 1-800-222-1222