

Salem County Office on Aging & Disabilities

Salem County Food Distribution List

(Updated 4/24/2020)

During the COVID-19 Pandemic we recommend that you call the day of the distribution to confirm that the pantry will be operating. We also remind you to maintain proper social distancing by remaining 6 feet away from other individuals.

Better Tomorrows, 40 Eaton Road, Pennsville, NJ, 08070, Phone: (856) 322-0185
Contact: Joann Fida - Every 2nd Thursday 10:00am - 2:00pm Pennsville Residents Only.

Calvary Community Development Corp., Second Baptist Church of Pedricktown
26 Pennsville-Pedricktown Rd., Pedricktown, NJ 08067, Phone: (856) 299-5144
Contract: Cleo Johnson - 2nd Saturday 9:00 -11:00 am

Catholic Charities, 114 State St., Penns Grove, NJ 08069, Phone: (856) 299-1296
Contact: Emma Burj - Social Service Referral needed initially-
Appointment needed-no one turned anyone away, Limited to 1 time every 3 months
Open Monday – Friday 9am-12 and 1pm – 3pm

Catholic Charities, 25 Oak St., Salem, NJ 08079, Phone: (856) 339-4102 Social Service
Referral needed initially, Appointment needed, Limited to 1 time every 3 months

Disciples Pantry, Asbury UMC, 149 S. Main Street, Woodstown, NJ 08098, Phone: (856) 769-2484, Open Tuesday: 10 am – Noon and 4 – 6 pm, Proof of Residency Required

First Assembly of God, 430 Route 45, Salem, NJ, 08079, Phone: (856) 935-0060
Contact: Paula Corkum, 2nd & 4th Monday 10 am – 12 pm, Photo ID, proof of Residency & additional assistance

First Baptist Church -Mickey Bowman Food Pantry, 130 W. Broadway, Salem, NJ, 08079
Phone: (856) 935-0531, Contact: Ben Griffith, 2nd Saturday 8:00 am - 12:00 pm

Mid-Atlantic States Career and Education Center, 375 South Broadway, Pennsville New Jersey 08070, Phone: (856) 514-2200, Every Tuesday 11:30 am – 1 pm, Currently Drive Up

Mt. Calvary SDA Church, 5 Union Street, Salem, NJ, 08079, Phone: (856) 935-5172
Contact: Stephen Fields, Pantry: Every Tuesday Noon - 2:00 pm & 3rd Thursday 4 pm – 6 pm
Senior Pantry Program- Contact: Carmen Tunis 856-397-7054 for eligibility, Proof of address, income and photo ID required.

Mt. Hope UM Church, 364 E. Broadway, Salem, NJ, 08079, Phone: (856) 935-2091
Contact: Rhonda Lusby, 3rd Saturday 9:00am - 1:00pm

Penns Grove Hope Mobile, 1 Helms Cove Lane, Penns Grove, NJ, 08069

Second Friday of the Month 9:30 am-11:30pm, Serving zip code 08069 residents only. All clients must bring a photo id. All new clients must also bring proof of income and proof of residency. Copy of pay stubs, Family First card, or Social Security statement are considered forms of proof of income. Copy of electric bill, telephone bill, bank statements are types of proof of residency

Pennsville Church of the Nazarene, 172 Churchtown Road, Pennsville, NJ, 08070

Phone: (856) 678-4341, Contact: Pastor Chris Baker, 4th Saturday 8:30 am - 12:30 pm

Pennsville Visiting Nurse Association, 14 North Broadway, Pennsville, NJ, 08070

Phone: (856) 678-5803, Proof of Pennsville residency and income. Residents can access emergency food every 30 days.

Peter's Pantry, Elmer United Methodist Church, 21 S. Main St., Elmer, NJ 08318

Phone: (856) 358-0135, 3rd Tuesday of month at 6:30 pm, provides food and voucher for church's thrift shop, Photo id required.

Salvation Army, 115 ½ W. Broadway, Salem, NJ 08079, Phone: (856) 935-0305

Appointments Preferred. Tuesday, Wednesday and Thursday 10-2, must call ahead. Limited to 1 visit a month, Photo ID and proof of income required.

Spencer UAME Church, 314 Bailey Street, Woodstown, NJ 08098, Phone: (856) 769-0525

Contact: Rev. Sharon Ghee, Every 4th Saturday 9:00 – 1pm

St. John Full Gospel Outreach Ministries, Inc., 220 Shell Rd., Carney's Point, NJ, 08069

Phone: (856) 299-6400, Contact: Jeffrey Ledbetter Monday, Tuesday and Wednesday 11 am – 2pm and every 3rd and 4th Saturday 11:00am-3:00pm

St. John's Pentecostal Outreach Church, 22 New Market Street, Salem, NJ, 08079

Phone: (856) 935-1445, Contact: Sonita Johnson, Every Wednesday at 1 pm and 3rd and 4th Friday of the Month 11:00am-3:00pm, Emergency Food: Weekdays 8am - 10am and by appointment after hours. Food box commodity program for those over 60. Anyone interested just go to St. John's Pentecostal Outreach or call (856) 935-1445.

NEW * Thursday 8 am Food Pantry and 4 pm EMS FREE Hot Meal Giveaway

Victory Assembly of God, 317 Harding Hwy (Rt. 40), Pittsgrove, NJ 08318

Phone: (856) 332-0241, Contact: Connie Thompson, 3rd Saturday 10 am - 2 pm For Current Enrolled Residents, Must bring proof of income and bills or government assistance to determine eligibility and photo ID. Drive Through Only 12 pm - 2 pm

Woodstown Hope Mobile, Bailey Street Corner Townhomes, 10 Bailey Street, Pilesgrove, NJ,

08098, Phone: (856) 662-4884, 2nd Thursday of the Month 9am-11am, Serving Zip Codes: 08098, 08318, 08343

Salem County COVID-19 Drive Thru Testing Site

Salem County Department of Health and Human Services, in partnership with Southern Jersey Family Medical Centers and PSEG, will conduct a Drive Thru COVID-19 Testing Site

- You must have appointment in order to be tested
 - No physicians order is required
 - Must be a Salem County Resident
 - Must be 18 or Older
- Must be currently experiencing symptoms of COVID-19
- Location of testing site and times will be given at time of appointment scheduling
 - Bring your government issued ID to testing site.

Southern Jersey Family Medical Centers will open a Telehealth line every **Monday and Wednesday** from **9am-1pm**

Call 609-569-4510 to schedule your appointment.



PSEG



Department of
Health & Human Services



Southern Jersey
Family Medical Centers

COVID-19 Resources for Individuals Who Are Undocumented or Uninsured

The State of New Jersey is focused on ensuring that all people, regardless of immigration status and/or whether or not they have health insurance, are protected from the outbreak and receive appropriate testing and treatment. You should talk to a medical professional about when and how to seek testing and treatment. Please read the following information carefully:

Am I eligible for COVID-19 testing?

- ✓ You must live in New Jersey.
- ✓ Have a cough, fever, and shortness of breath.
- ✓ Complete the **COVID-19 Symptom Checker** on <https://self.covid19.nj.gov/> to see if you should be tested for COVID-19. The tool will help you know what actions you can take to protect you and your loved ones' health.

Where can I get tested?

- 1 Drive-thru Testing Centers.** Read each testing center's requirements before leaving your home. For a list of testing sites and requirements visit: <https://covid19.nj.gov/faqs/nj-information/testing-information/where-are-testing-centers-in-new-jersey>
Cost: This is *free of charge*.
- 2 Federally Qualified Health Centers (FQHCs).** Federally Qualified Health Centers (FQHCs) provide health care and COVID-19 testing without cost to all people without insurance and without regard to immigration status. Please call your local Federally Qualified Health Center ahead of time for **availability** and **instructions**. A list of Federally Qualified Health Centers can be found at: <https://www.nj.gov/health/fhs/primarycare/fqhc/>.
Cost: This is *free of charge*.
- 3 Hospitals - Charity Care Program.** The COVID-19 testing cost will be waived for uninsured individuals eligible for charity care. Information on Charity Care Program can be found at: <https://www.nj.gov/health/charitycare/>. You should talk to a medical provider before going to your local hospital.

COVID-19 Resources for Individuals Who Are Undocumented or Uninsured

Public Charge Rule:

What is Public Charge?

Some people who apply for a green card (lawful permanent residence) or a visa to enter the U.S. must pass a “public charge” test. The “public charge” test requires a person to show that they are not likely to become dependent on specific government programs. The new public charge test considers: Supplemental Nutrition Assistance Program (SNAP, EBT, Food Stamps), Federal Public Housing and Section 8 assistance, Medicaid (except for emergency services, children under 21 years, pregnant women and new mothers), and cash assistance programs (like SSI, TANF, General Assistance). Please check with your legal services provider if you have any questions.

Can I get tested despite the Public Charge Rule?

✓ Yes, Immigration officials have confirmed that testing, treatment, and preventative care related to COVID-19 will not negatively affect an individual's public charge analysis.

For more COVID-19 information:

Please visit the New Jersey Information Hub at: <https://covid19.nj.gov/>.

Call (General COVID-19 Questions): **2-1-1** (7a-11p)

Call (Clinical Questions): **1-800-962-1253** (24/7)

Text NJCOVID to **898-211** to receive alerts

Mental Health Hotline: **866-202-4357** (8a-8p)



COVID-19

What is Social Distancing?



NJ residents should be prepared for the possibility of a COVID-19 outbreak in their community. You can take measures to reduce the spread of COVID-19.



Avoid crowded public places (shopping centers, movie theaters, stadiums) and mass gatherings



Maintain distance (about 6 feet) from others when possible



Practice everyday prevention measures like frequent hand washing, staying home when sick, and covering coughs and sneezes

How Does it Help Stop the Spread of COVID-19?

Social distancing focuses on **personal behaviors** people can take to **lower their risk of infection**.

The virus that causes COVID-19 spreads...

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

These droplets can land in the mouths or noses of people nearby or possibly be inhaled into the lungs.

Social distancing is not always possible, but do the best you can to maintain personal space and practice good hygiene.



For More Information

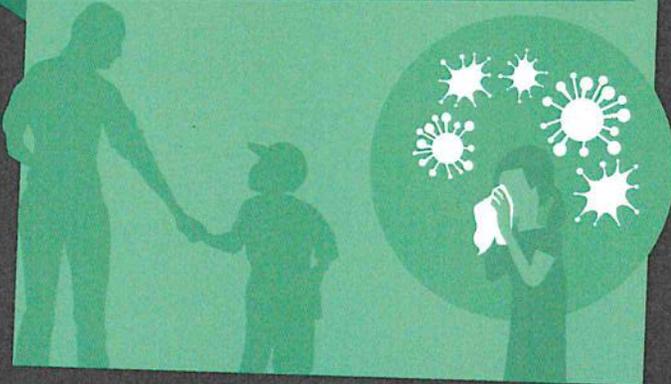
The 24/7 COVID-19 public call center is available to answer general questions: **1-800-962-1253**.

Residents with questions or concerns about COVID-19 and resources available to them can also **call 2-1-1** or **text NJCOVID to 898-211**.

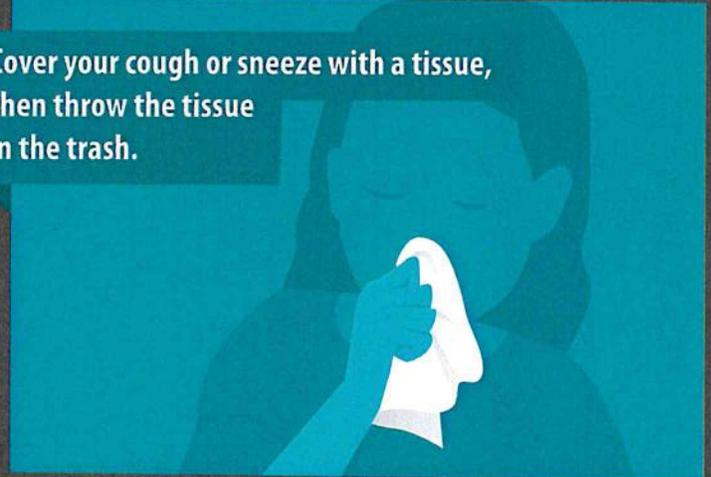
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



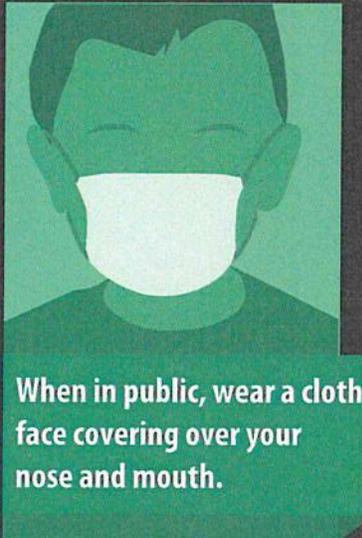
Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



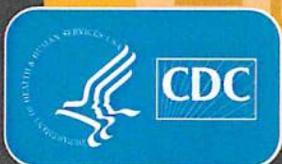
When in public, wear a cloth face covering over your nose and mouth.



Stay home when you are sick, except to get medical care.



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



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

How to Take Your Oral Temperature



TAKE TEMPERATURE

1. Place the tip of a clean thermometer under your tongue.
2. Wait about one minute. Some thermometers beep when done.
3. Record your temperature.
4. Clean your thermometer.



WAIT

At least 15 minutes after eating or drinking before taking your temperature.



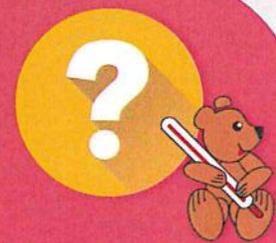
CALL DOCTOR

Call your doctor if you have a temperature of 100.4°F (38°C) or higher. You may need medical care.



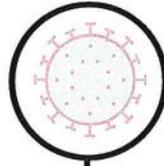
CLEAN THERMOMETER

Clean your thermometer before and after you use it with either rubbing alcohol or lukewarm soapy water, then rinse with cool water. Wipe it dry with a clean cloth or let it air dry.



ASK DOCTOR

Ask your doctor how to take temperatures of those under 5 years of age.

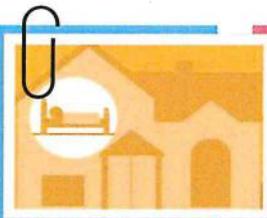


COVID-19

I'm Sick. What Should I Do?

Follow these steps to help prevent the disease from spreading to people in your home and community.

SELF-ISOLATE



- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Avoid sharing personal household items (dishes, utensils, towels, etc.)

MASK AND CALL AHEAD



- Call ahead before visiting a health care provider
- Wear a face mask around others (sharing a room or vehicle)
- This will protect others from getting infected

MONITOR FOR SYMPTOMS



- If your illness worsens, seek medical care, but **call ahead** first
- Tell the health care provider about your symptoms

COVER AND CLEAN



- Cover your coughs and sneezes
- Wash your hands with soap and water for at least 20 seconds
- If soap and water are not available, clean your hands with an alcohol-based hand sanitizer containing at least 60% alcohol
- Clean "high touch" surfaces daily



What is the difference between **isolation** and **quarantine**?



Isolation and quarantine help protect the public by preventing exposure to people who have or may have a **contagious disease**.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

ISOLATION

Isolation is for people who are already sick.



Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.



Isolation is a routine procedure in hospitals and healthcare facilities.



Isolation is usually voluntary, but officials have the authority to isolate people who are sick if necessary.

QUARANTINE

Quarantine is for people who are not sick, but may have been exposed.



Quarantined people may or may not become sick.



Quarantined people may stay at home or another location so they don't spread disease to healthy people.



If you are quarantined and you become ill, you can seek medical treatment from a healthcare provider.



Quarantine can be voluntary, but officials have the authority to quarantine people who have been exposed to an infectious disease if necessary.

NJ MentalHealthCares

If you're concerned about your mental health or the mental health of someone you love, **NJ MentalHealthCares** can help. The **free helpline** offers telephone counseling, emotional support, information and assistance.

866-202-HELP (4357)

7 days per week, 8am - 8pm

New  Jersey

MentalHealthCares

New Jersey's Behavioral Health and Referral Service





Free, Confidential Mental Health Information & Referral

Help when you need it, 24 hours a day, 7 days a week

Call **1-866-202-HELP** (4357)

or visit: njmentalhealthcares.org

or e-mail:

njmentalhealthcares@mhanj.org

NJ MentalHealthCares is NJ's mental health information and referral service.

NJ MentalHealthCares can help you learn about and find mental health services including: legal, housing, employment, rehabilitation, inpatient and outpatient, self-help, and more.

NJ MentalHealthCares does not provide crisis intervention.

If your situation is an emergency, call 911 immediately!

At NJ MentalHealthCares:

- *Your call is answered by a knowledgeable mental health professional.*
- *Your call is answered live from 8 am to 8 pm; at other times we'll call you back.*
- *We'll speak in the language you prefer or by TTY.*
- *We have the most up-to-date listing of NJ's public mental health services.*
- *You can ask for help by telephone or e-mail.*
- *You can search our online database.*
- *We will follow up to make sure you are satisfied with the referral.*
- *We can transfer your call directly to the service and remain on the line with you until you are comfortable.*

New  Jersey
MentalHealthCares

What is a novel coronavirus?

Coronaviruses are a family of viruses that cause respiratory infections. Sometimes a new (referred to as “novel”) coronavirus begins causing infections in humans. When a new coronavirus emerges, it is referred to as a novel (meaning “new”) coronavirus. The virus that causes COVID-19 is a novel coronavirus that began infecting humans in 2019. Health experts are concerned when a novel coronavirus emerges because they are unpredictable and people have no immunity to them.

How does COVID-19 spread?

Health experts are still learning the details about how this new coronavirus, COVID-19 spreads. The virus is thought to spread mainly from person to person:

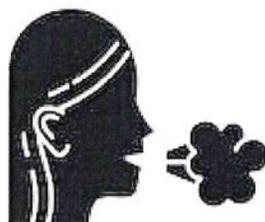
- Between people who are in close contact with one another (within about 6 feet) by respiratory droplets produced when a person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Close personal contact, such as touching or shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.
- In rare cases, contact with feces (poop).

How severe is novel coronavirus?

Health experts are still learning about the illness caused by the new virus. People infected have had illness that has ranged from mild (like a common cold) to severe pneumonia that requires medical care in a hospital. So far, deaths have been reported mainly in older adults and people who had other health conditions.

What are the symptoms?

People who have been diagnosed with COVID-19 have symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms may include fever, cough, and shortness of breath.



How can I prevent getting novel coronavirus?

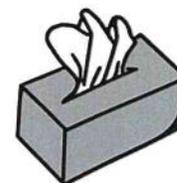
If you are traveling to areas affected by outbreaks of the virus, follow the CDC's guidance at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Steps you can take to prevent spread of flu and the common cold will also help prevent COVID-19:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid contact with others
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing



Currently there are no vaccines available to prevent COVID-19 infections.



How is novel coronavirus treated?

There is no specific treatment for COVID-19. Most people with mild COVID-19 illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital.

Stay home except to get medical care. People who are mildly ill with COVID-19 are able to isolate themselves at home while they are sick. You should not be out in the community, except to get medical care if needed. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from others in your home as much as possible if you are sick. Stay in a specific room away from others. Use a separate bathroom if possible.

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

Follow us on social media!

Twitter @njdeptofhealth

Facebook/njdeptofhealth

Instagram@njdeptofhealth

**The NJ Poison Control Center and 211
have partnered with the State to provide
information to the public on COVID-19:**

Call 2-1-1

Call 1-800-962-1253

My Health Status	Actions to Take
I am not sick and have no symptoms ¹ of illness	Monitor your health. Wash hands often, practice social distancing, avoid sick people and wear a face covering if you go to public places.
I am not sick and have no symptoms ¹ of illness, but I have underlying health issues OR I am not sick but am an older adult (ages 60-65 and older)	Monitor your health. Look for symptoms ¹ of illness. Wash hands often, practice social distancing, avoid sick people and wear a face covering if you go to public places.
I am not sick and have no symptoms ¹ of illness, but I was a casual contact* of a confirmed COVID-19 case	Monitor your health. Look for symptoms ¹ of illness. If symptoms are mild, you can most likely recover at home. Wash hands often, practice social distancing, avoid sick people and wear a face covering if you go to public places.
I am not sick and have no symptoms ¹ of illness, but I am a household/close contact* of a confirmed COVID-19 case	Monitor your health. Stay home for 14 days after last exposure to the confirmed case. Look for symptoms ¹ of illness. If symptoms are mild, you can most likely recover at home. If symptoms begin to worsen and you need medical care, call a health care provider. Wash hands often. Do not go to work/school/public places.
I am mildly** sick with symptoms ¹ of illness	Monitor your health. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms have improved AND at least 10 days have passed since symptoms first appeared. Most likely, you can recover at home. If symptoms worsen/do not improve and you need medical care, call a health care provider. Wash hands often and do not go to work/school/public places. If you can get safely tested for COVID-19 you may wish to consider doing so.
I am an older adult and/or have underlying health conditions and am mildly** sick with symptoms ¹ of illness	Contact a health care provider and monitor your health. The provider may recommend that you get tested for COVID-19. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms have improved AND at least 10 days have passed since symptoms first appeared. Most likely, you can recover at home. If symptoms worsen/do not improve, call a health care provider for medical care. Wash hands often and do not go to work/school/public places.
I am moderately** sick with symptoms ¹ of illness (i.e., my symptoms are getting worse/are not improving)	Monitor your health. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms have improved AND at least 10 days have passed since symptoms first appeared. Call a health care provider and let them know your symptoms are not improving and you need medical evaluation. The provider may recommend COVID-19 testing. Stay home unless need to go to a medical facility. If you go to a medical facility, wear a face covering. Wash hands often and do not go to work/school/public places.
<p>¹Symptoms of COVID-19 include fever, cough, shortness of breath, chills, shivering, muscle pain, headache, sore throat or new loss of taste or smell.</p> <p>*Casual contacts are defined as being in the same indoor environment (e.g., classroom, office, or gathering) with a symptomatic confirmed COVID-19 case. Household contacts are individuals who live in the same house as the confirmed COVID-19 case. Close contacts are individuals who were within 6 feet of a confirmed COVID-19 case for a prolonged period (about 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.</p> <p>** Mild illness = not feeling well but can stay home. Moderate illness = may need medical evaluation.</p>	

NJ Residents with a Positive COVID-19 Test: Instructions & Next Steps

Instructions	
<p>Question</p> <p>I tested positive for COVID-19. What should I do now?</p>	<p>If you tested positive, you must stay at home and self-isolate. This means stay in a different bedroom from others in your home, and if possible, use a separate bathroom. You must self-isolate for at least 3 full days (or 72 hours) have passed since you had a fever without the use of fever-reducing medications AND other symptoms are greatly improved AND at least 10 days have passed since symptoms first started.</p> <p>If you live with other people and they were not tested, they should keep their distance from you. This includes not eating meals together and not sitting around the house together. Practice social distancing as much as is possible (stay at least 6 feet from each other).</p>
<p>Question</p> <p>What should the people who live in my home know/do?</p>	<p>If they are symptomatic (sick; have COVID-19 symptoms), they should also self-isolate for 3 full days (or 72 hours) until they are fever-free without the use of fever-reducing medications AND other symptoms are greatly improved AND at least 10 days have passed since symptoms first started. If the symptoms are mild, they should recover at home. If the symptoms worsen and a medical evaluation is needed, call health care provider.</p> <p>If they are asymptomatic (not sick; have no COVID-19 symptoms), they should self-quarantine for 14 days AFTER any sick person in the household's self-isolation period ends. If the asymptomatic person develops symptoms, they should follow the self-isolation instructions above. Symptoms may take 2-14 days to appear. It is important to monitor their health long enough to ensure they do not develop symptoms.</p>
<p>Question</p> <p>What is the difference between mild and moderate symptoms?</p>	<p>Mild symptoms are when you feel unwell but can stay home and manage at home. Most people with mild symptoms can recover from home. See above for how long you should stay home/self-isolate.</p> <p>Moderate symptoms are those where you may need a medical evaluation from your health care provider. If your symptoms worsen over time and do not get better, especially if you have trouble breathing, call your health care provider to determine next steps.</p>
<p>Question</p> <p>Should I tell other people that they may have been exposed to the COVID-19 virus?</p>	<p>Those who have been closest to you for a prolonged period of time are going to be at highest risk. Household members and others with whom you spent a prolonged period of time (more than 10 minutes) within 6 feet of you, or shared a meal, would be at increased risk and should be advised to self-quarantine at home for 14 days AFTER your, or any sick household members self-isolation period ends. If the asymptomatic person develops symptoms, they should follow the self-isolation instructions above.</p> <p>People who you did not spend a prolonged period of time (less than 10 minutes) within 6 feet are at lower risk. This would include people that you may have been in an indoor space for a prolonged period of time. They should monitor their health; no restrictions about where they go. They should wash hands often and practice social distancing. If possible, you should notify individuals above regarding your illness. Work or school supervisors may be informed to help with this process.</p> <p>People who you may have casually come into contact with (e.g., passed by in the hall, briefly spent time within a room, shared a short elevator ride), are not considered to be at risk and do not need to be contacted.</p>



III NJ Residents who Tested Negative for COVID-19: Instructions & Next Steps

Instructions	
Question I tested negative for COVID-19. What should I do now?	<p>If you tested negative for COVID-19, the recommendation is to stay home and practice social distancing until 72 hours after your fever has ended without the use of fever reducing medications and other symptoms improve. After this time, you may resume regular activities. It is recommended that everyone wears a face covering when in public spaces. This protects you from anyone who may not be sick (but might be asymptomatic) and able to spread the virus to others.</p>
Question What if I tested negative but still feel sick?	<p>If you test negative for COVID-19 but still have symptoms, it is likely you may have another respiratory virus. You should continue to self-isolate yourself from others, practice good hand hygiene and clean and disinfect surfaces in the home. If your symptoms worsen or don't get better after several days, you should call your health care provider.</p> <p>You should not return to work/school or go to public places until 72 hours after your fever has ended without the use of fever-reducing medications and other symptoms have improved. Wear a face covering if you are out in public.</p>
Question What other actions should I take to protect my health?	<p>As long as the virus that causes COVID-19 is spreading in your community, continue to practice social distancing, wash hands often and avoid touching your face, and clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks, phones). Wear a face covering when in public places. This protects you from anyone who may not be sick (but may be asymptomatic) and able to spread the virus to others.</p>

For general information about COVID-19, call 1-800-962-1253 or 211. Or go to nj.gov/health