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## COVID-19 PREPAREDNESS

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**While there are currently no confirmed cases of COVID-19 in New Jersey, there are some actions you can take to ensure your family is prepared.**

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home when you 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 using a regular household cleaning spray or wipe
- Follow CDC's recommendations for using a facemask
  - **CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.**

Additionally, you should consider the following actions:

- Stocking up on a two-week supply of food and water

- Periodically check your regular prescription drugs to ensure a continuous supply in your home
- Have non-prescription drugs and other health supplies on hand including pain relievers/fever reducing medications, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins, tissues
- Stock up on household supplies such as toilet paper, hand soap, paper towels, garbage bags, cleaning supplies, etc.
- Get copies and maintain electronic versions of health records from doctors, hospitals pharmacies and other sources and store them for personal reference
- Talk with family members and loved ones about how they would be cared for if they got sick, or what would be needed for them in your home
- Have pet foods and supplies
- Stock up on baby care items
- Plan for extended school and day care closures
- Talk to your employer about telecommuting opportunities in the event that movement of people is restricted
- Plan for a sick room in the home. Designate one room that would work best, usually a bedroom with its own bathroom that no one else will use. If someone in the home becomes ill, keep them in the sick room away from others.

**Providing Public Health and Environmental Services to  
Chatham Borough, Fanwood, Garwood, Mountainside,  
New Providence, Roselle Park, Summit and Westfield**