



# COVID-19 – PREPARATION AND PROTECTION

## PROTECT YOURSELF AND OTHERS

- Wash your hands frequently
- Use alcohol-based hand sanitizer
- Cover coughs and sneezes
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched objects and surfaces



## STAY HOME WHEN SICK

- If you are experiencing symptoms, such as fever, cough, shortness of breath, call a healthcare provider



## PREPARE

- Talk to your employer about telecommuting opportunities
- Plan for extended school and day care closures
- Stock up on a two-week supply of food and water
- Check your regular prescription drugs to ensure a continuous supply
- 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)



## OLDER ADULTS AND THOSE WITH CHRONIC HEALTH CONDITIONS

- Speak to your health care provider ahead of time to have a plan in place in case you become sick

A 24/7 hotline is being operated by the New Jersey Poison Information and Education System (NJPIES), also known as the New Jersey Poison Center. The hotline is staffed with trained healthcare professionals and available in multiple languages. Call 1-800-222-1222 within New Jersey. If your cell phone is a non-NJ area code or you are calling from outside the state, call 1-800-962-1253.

**FOR MORE INFORMATION, VISIT: [WWW.NJ.GOV/HEALTH](http://WWW.NJ.GOV/HEALTH)**

