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## COVID-19:

# What Residents Should Know

### How is COVID-19 Spread?

- COVID-19 is commonly spread through respiratory droplets that are produced when an infected person coughs or sneezes.
- COVID-19 also spreads between two people who are in close contact with one another, including one who is caring for an infected person.
- For background on how COVID-19 became a communicable disease risk, scroll to the bottom of this page.

### What are the commonly reported symptoms of COVID-19?

- Fever (100.4°F or higher)
- Cough
- Shortness of breath

### How may I protect myself and others from COVID-19 and other respiratory infections?

- If you are sick, stay home from work or school.
- Wash your hands frequently with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer containing a minimum of 60% alcohol.
- When coughing or sneezing, cover your mouth and nose with a tissue or your upper sleeve (not your hands).
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid handshakes and try an elbow bump instead.
- Practice good health habits.
- Get a flu shot to prevent the flu if you have not already done so this season.

### Where can I go for more information on COVID-19?

- CDC COVID-19 Website: [www.cdc.gov/coronavirus/index.html](http://www.cdc.gov/coronavirus/index.html)
- NJ Department of Health COVID-19 Website: [www.nj.gov/health/cd/topics/ncov.shtml](http://www.nj.gov/health/cd/topics/ncov.shtml)

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Big Heart*