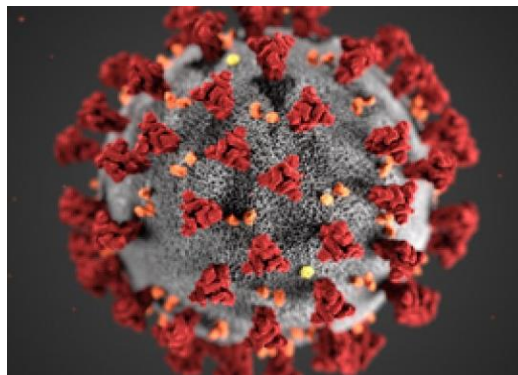


Novel Coronavirus (COVID-19)

What Rockaway Township 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 symptoms of COVID-19?

- Commonly reported symptoms for patients with COVID-19 include:
 - Fever (100.4°F or higher)
 - Cough
 - Shortness of breath

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

- You can protect yourself and others from the COVID-19 and other respiratory viruses by taking the following precautions:
 - 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.

How is COVID-19 diagnosed or tested for?

- Currently, all testing for COVID-19 must be conducted in accordance with Centers for Disease Control (CDC) and NJ Department of Health protocols. Local laboratories do not have the ability to test for this particular virus.
- This remains a rapidly evolving situation and guidance for testing, prevention and treatment is being updated on a regular basis. Federal, State and local authorities will provide updated information as it becomes available.

How is one treated for COVID-19?

- There is no virus-specific treatment for COVID-19 at this time. In the event of disease, the CDC suggests supportive care to manage and relieve symptoms.

What is the Rockaway Township Division of Health doing with regard to COVID-19?

- The Rockaway Township Division of Health is working in collaboration with other Township and County agencies, the NJ Department of Health and other community partners to monitor and prepare for possible local effects of COVID-19.
- The Division of Health is reviewing local plans and protocols for responding to infectious disease outbreaks.
- The Division of Health is providing information and guidance to the public and our partner agencies about protecting oneself from coronavirus.

Links and Resources

- [CDC COVID-19 Website](#)
- [NJ Department of Health COVID-19 Website](#)
- [CDC COVID-19 Factsheet](#)
- [Wash Your Hands Poster](#)
- [Cover Your Cough Poster \(English\)](#)
- [Cover Your Cough Poster \(Spanish\)](#)
- For more information, call the NJ Coronavirus & Poison Center Hotline at 800-222-1222.

**** Scroll down for a brief background regarding the COVID-19 concern ****

Background

- In December 2019, Chinese health officials announced they were investigating a pneumonia outbreak of unknown causes in the city of Wuhan in central China. They reported that a number of cases were linked to a seafood and animal market in Wuhan. After further investigation, health officials reported that the outbreak was caused by a novel coronavirus. The illness it causes has been named COVID-19. Coronaviruses are a large family of viruses that are common in people and many different species of animals.
- Initially, the vast majority of COVID-19 cases occurred in China. Since then, thousands of cases have been identified in multiple other countries, including the United States.
- On January 30, 2020, the World Health Organization (WHO) declared the COVID-19 outbreak to be a global public health emergency. On January 31, 2020, the United States declared a national public health emergency to aid our healthcare and public health sectors in responding to the outbreak.
- During the week of February 23, the Centers for Disease Control and Prevention (CDC) reported community spread of the virus that causes COVID-19 in California (in two locations), Oregon and Washington. As of March 10, 647 cases and 25 deaths have been documented in the United States, and cases have been confirmed in 35 states and the District of Columbia.
- During the last several days, the New Jersey Department of Health (NJDOH) announced the State's first cases. Fifteen (15) New Jersey residents are presumptive positive for COVID-19 and one resident has died as of March 10. As of this date, there are no documented cases of COVID-19 in Rockaway Township.
- The CDC and NJDOH advise that the immediate health risk from COVID-19 for the general American public is considered low at this time.