



BERNARDS TOWNSHIP HEALTH DEPARTMENT

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2019 Novel Coronavirus (COVID-2019) Weekly Update #5 – March 2, 2020

Local COVID-2019 Updates:

- The 2019 Novel Coronavirus (COVID-2019) is a rapidly evolving situation. Members of the public are urged to keep up to date by visiting trusted public health resources.
- The Bernards Township Health Department is closely monitoring any local suspected cases and keeping updated on the most current information from trusted sources such as the NJDOH and CDC.
- There have been no confirmed cases in Morris or Somerset County, New Jersey.
- New cases are expected to be confirmed in United States and New Jersey in the coming weeks.
- For current US numbers, please visit <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

CDC Recommendations – Share Facts, Not Fear:

- Symptoms of COVID-2019 are similar to the flu and include **fever, cough, and difficulty breathing.**
- Everyday preventative actions can help prevent the spread of respiratory viruses:
 - Wash your hands with warm water and soap for at least 20 seconds.
 - Stay home when you are sick.
 - Cover your cough or sneeze with a tissue, then throw it in the trash.
 - Avoid close contact with people who are sick.
 - Avoid touching your eyes, nose, and mouth.
 - Clean and disinfect frequently touched objects and surfaces.
- Most face masks will not protect against the virus, and most studies suggest it is more effective to equip individuals with symptoms with masks to isolate the illness.
- If you suspect you are ill, isolate yourself from other individuals, cover your face with a mask, wash your hands with warm water and soap, and call your healthcare provider immediately.
- There is no vaccine to prevent COVID-2019 or specific antiviral treatment recommended for COVID-2019. People with COVID-2019 should receive supportive care to relieve symptoms.
- The CDC says to prepare for a potential widespread outbreak of COVID-2019 in the United States.
- For information on proper hand hygiene, please visit <https://www.cdc.gov/healthywater/hygiene/hand/handwashing.html>.
- For 24/7 Information on COVID-2019, call the NJ Department of Health Hotline at 1-800-222-1222.

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough, and Peapack and Gladstone Borough. For update links and more information, visit: <http://www.bernardshealth.org>.