

Ocean County residents should be prepared for the possibility of COVID-19 in their community. Everyone has a role to play in getting ready and staying healthy and you can take measures to reduce the spread of COVID-19.

Currently a vaccine is not available for COVID-19. Community-based interventions such as school dismissals, event cancellations, social distancing, and creating employee plans to work remotely can help slow the spread of COVID-19. Individuals can practice everyday prevention measures like frequent hand washing, staying home when sick, and covering coughs and sneezes.

How COVID-19 Spreads

There is much to learn about the COVID-19, including how and how easily it spreads. Based on what is currently known about COVID-19 and what is known about other coronaviruses, spread is thought to occur mostly from person to person via respiratory droplets among close contacts.

Close contact can occur by:

- being within approximately 6 feet (2 meters) of an individual with COVID-19 for a prolonged period of time.
- having direct contact with infectious secretions from an individual with COVID-19. Infectious secretions may include sputum, serum, blood, and respiratory droplets.

Being aware of good respiratory hygiene when in close contact with individuals is important to protect people from many respiratory illnesses including the flu and COVID-19.

How You Can Protect Yourself

Practice everyday preventive actions now. Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
 - If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection.
- 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 a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.

Choose a room in your home that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick. Learn how to care for someone with COVID-19 at home.

Environmental Cleaning and Disinfection

Routine cleaning and disinfection procedures are appropriate for COVID-19. For disinfection, a list of products can be found at:

<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>.

Always follow the manufacturer's instructions for all cleaning and disinfection products.

Steps to Protect Your Children

- If your child/children become sick with COVID-19s, notify their childcare facility or school. Talk with teachers about classroom assignments and activities they can do from home to keep up with their schoolwork.
- Keep track of school dismissals in your community. Read or watch local media sources that report school dismissals. If schools are dismissed temporarily, use alternative childcare arrangements, if needed.
- Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.

