

NEWS RELEASE

Public Information Department

County of Warren

FOR IMMEDIATE RELEASE: March 20, 2020

FOR MORE INFORMATION: WCHD 908-475-7960



Social Distancing Mitigation in Warren County

890 Positive Cases Identified in New Jersey

Warren County Health Department officials are stressing that all residents practice “social distancing” to inhibit transmission of the COVID-19 coronavirus.

“Thank you to Warren County residents for following the social distancing recommendations,” said Pete Summers, Warren County Health Officer. “Though it is disruptive, we appreciate this effort that prevents the spread of COVID-19 in our communities,” he added.

On Thursday, March 19, 2020, Governor Murphy ordered the closure of all personal-care businesses which cannot comply with social distancing guidelines, including barber shops and hair salons, spas, nail and eyelash salons, tattoo parlors, and social clubs until further notice.

Social distancing measures prevent and minimize the spread of COVID-19. It includes avoiding crowded public places, maintaining about 6 feet of distance from others when possible, and practicing good hand washing and proper respiratory hygiene such as covering all coughs and sneezes. State health officials recommend postponing all gatherings of more than 10 people.

If you are advised by your healthcare provider or the local health department to self-isolate at home, this means not going to work or school or any other public place.

If you become sick, stay away from others. For example, try to remain in your own bedroom and use a separate bathroom, if possible. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Mildly ill patients are encouraged to stay home and contact their healthcare provider by phone for guidance about clinical management. Patients who have severe symptoms, such as difficulty breathing, should seek care immediately. Older patients and individuals who have underlying medical conditions or are immunocompromised should contact their physician early in the course of even mild illness.

Some people are at higher risk of becoming seriously ill from COVID-19. These include adults over 60 years old or people who live in a nursing home or long-term care facility. Also at higher risk are people who have serious medical conditions including heart or lung disease, diabetes, cancer, or who may be immunocompromised. If you are at higher risk due to a serious medical condition, especially which is uncontrolled, stay home and away from other people.

Patients with COVID-19 have reported mild to severe symptoms, which may occur 2-14 days after being exposed. The symptoms of COVID-19 include fever, cough, and shortness of breath. If you are sick, or think you have been exposed to COVID-19, call your doctor before visiting so that they can protect themselves and other patients from the spread of disease. If you are advised to go to a medical facility, please call ahead and wear a mask to the facility. If you need an ambulance for transport to a medical facility, please advise the 9-1-1 dispatch person of your symptoms and/or if you have tested positive for COVID-19.

If you have questions about COVID-19, call 2-1-1 or text NJCOVID to 898-211 for updates. Additionally, find accurate and updated information on the CDC's Coronavirus website at www.cdc.gov/coronavirus/2019-nCoV/ or from NJDOH at www.nj.gov/health/cd/topics/ncov.shtml.

If you have any additional questions, please contact the Warren County Health Department at 908-475-7960.

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