

NEWS RELEASE

Public Information Department
County of Warren
For More Information: 908-475-7960
March 4, 2020



COVID-19 Continues to spread in the US

Warren County Agencies Stay Prepared, Monitoring the Situation

OXFORD, NEW JERSEY – The Warren County Health Department (WCHD) and the Warren County Office of Emergency Management (WCOEM) are working together to monitor the evolving situation regarding COVID-19 (novel coronavirus). In an effort to provide updated and accurate information to the public, healthcare providers, schools, municipalities, and elected officials, WCHD will continue to distribute guidance from the New Jersey State Health Department (NJDOH) and the Centers for Disease Control and Prevention (CDC).

“In anticipation of possible COVID-19 cases in the state and county, the Health Department is working with the Warren County Office of Emergency Management to prepare for and respond to this novel virus,” said Warren County Health Officer Pete Summers.

WCHD and WCOEM are taking steps to prepare, and are ready to take appropriate action if and when COVID-19 arrives in New Jersey.

“While there is no immediate public health threat here in Warren County, we want our residents to know that we are working with our state and federal partners to be prepared for any future impact to our area,” said Freeholder James R. Kern, III, the freeholder board liaison for public health and public safety. “I commend the work of our Health Department during these recent weeks,” he added.

WCHD encourages the public to contact the NJDOH Hotline at 1-800-222-1222 if they have general questions about COVID-19. Additional information may be found 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.

At this time, there is no vaccine available to prevent COVID-19. COVID-19 is a respiratory disease, and spreads from person-to-person.

Everyone can take the following steps to prevent the spread of respiratory illnesses like flu or COVID-19:

- Stay home when you are sick.
- Avoid close contact with those who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs or sneezes with a tissue or into your sleeve.
- Wash hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based sanitizer.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

The symptoms of COVID-19 include fever, cough, and shortness of breath, and may occur two days to two weeks after being exposed to the virus. If you are sick with respiratory symptoms, call your doctor before you visit the doctor's office or emergency room. Please be sure to mention any recent travel history.

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

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What is a novel coronavirus?

Novel (meaning “new”) coronavirus is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness in some people.

How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
- In rare cases, contact with feces (poop)

How severe is novel coronavirus?

Health experts are still learning about the illness caused by the new virus. People infected have had illness that has ranged from mild (like a common cold) to severe pneumonia that requires medical care in a hospital. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms may include fever, cough, and shortness of breath.



Who is at risk for novel coronavirus?

Currently, there is a widespread outbreak in Wuhan, China. At this time, the risk in the U.S. to the general public is low. At this time, there are a small number of cases in the U.S. To limit the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate anyone they think may have the virus.

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent from getting novel coronavirus?

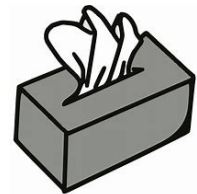
If you are traveling overseas (to China, but also to other places) follow the CDC's guidance at wwwnc.cdc.gov/travel.

Right now the novel coronavirus has not been spreading widely in the United States, so there are no additional precautions recommended for the general public. Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid contact with others
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing



Currently there are no vaccines available to prevent novel coronavirus infections.



How is novel coronavirus treated?

There is no specific treatment for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital.

For more information: <https://www.nj.gov/health/cd/topics/ncov.shtml>

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¿Qué es el nuevo coronavirus?

El nuevo coronavirus es una cepa del virus que comenzó a propagarse entre las personas en diciembre de 2019. Los expertos en salud están preocupados porque es poco lo que se conoce sobre este nuevo virus, que puede provocar enfermedades graves en algunas personas.

¿Cómo se contagia el nuevo coronavirus?

Los expertos en salud todavía están descubriendo los detalles de cómo se contagia el nuevo coronavirus. Otros coronavirus se contagian de una persona infectada a otras por medio de lo siguiente:

- El aire, al toser o estornudar
- El contacto directo, al rozarse o darse la mano
- El contacto con un objeto o una superficie que contenga el virus y el posterior contacto con la boca, la nariz o los ojos
- El contacto con las heces, en raras ocasiones

¿Cuál es la gravedad del nuevo coronavirus?

Los expertos en salud todavía están descubriendo información sobre esta enfermedad provocada por el nuevo virus. Las personas infectadas desarrollaron enfermedades que van de leves (como un resfriado común) a graves, como neumonía que requiere atención médica en un hospital. Hasta ahora, se informaron muertes principalmente en adultos mayores que tenían otros problemas de salud.

¿Cuáles son los síntomas?

Los síntomas en las personas con un diagnóstico del nuevo coronavirus pueden aparecer en apenas dos días o hasta 14 días después de la exposición al virus. Los síntomas pueden incluir fiebre, tos y dificultad para respirar.



¿Quiénes corren riesgo de contraer el nuevo coronavirus?

En estos momentos, hay un brote generalizado en Wuhan, China. Ahora mismo, el riesgo para la población en general de los EE. UU. es bajo. Hasta ahora, se registra una pequeña cantidad de casos en los EE. UU. Para reducir el riesgo de contagio, los funcionarios del área de la salud trabajan con los proveedores de atención médica para identificar y evaluar rápidamente a cualquier persona que consideren que pueda tener el virus.

Las personas que viajan desde y hacia ciertas áreas del mundo pueden correr mayor riesgo. Visite el sitio www.nc.cdc.gov/travel para acceder a la guía para el viajero más actualizada de los Centros para el Control y la Prevención de Enfermedades (CDC).

¿Cómo puedo evitar el contagio del nuevo coronavirus?

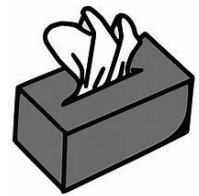
Si viaja al exterior (a China y también a otros lugares), siga la guía de los CDC disponible en www.nc.cdc.gov/travel.

En este momento, el nuevo coronavirus no se ha propagado ampliamente en los Estados Unidos, por lo que no hay medidas de precaución adicionales para la población en general. Las medidas que se toman para prevenir el contagio de la gripe y el resfriado común también pueden ayudar a prevenir el coronavirus:

- Lávese las manos frecuentemente con agua y jabón. Si no puede hacerlo con agua y jabón, utilice un desinfectante para manos.
- Evite tocarse los ojos, la nariz o la boca con las manos sucias.
- Evite el contacto con personas que estén enfermas.
- Si está enfermo, permanezca en su casa y evite el contacto con otras personas.
- Cúbrase la boca y la nariz con un pañuelo descartable o la manga al toser o estornudar.



En la actualidad, no hay vacunas disponibles para prevenir las infecciones por el coronavirus.



¿Cómo se trata el nuevo coronavirus?

No existe ningún tratamiento específico para el coronavirus. La mayoría de las personas con enfermedades leves provocadas por el coronavirus se recupera sola. Para ello, es necesario beber mucho líquido, descansar y tomar analgésicos y antifebriles. Sin embargo, algunas personas desarrollan neumonía y requieren atención médica o tratamiento en un hospital.

Para conocer más información: <https://www.nj.gov/health/cd/topics/ncov.shtml>

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