

# The Monmouth County Board of Health



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## Coronavirus (COVID-19) Prevention Fact Sheet

### Prevention

The Center of Disease Control (CDC) always recommends everyday preventive actions to help avoid the spread of respiratory diseases, such as the Coronavirus (COVID-19), including:

- Avoiding close contact with people who are sick.
- Avoiding touching your eyes, nose, and mouth.
- Staying home when you are sick.
- Covering your cough or sneeze with a tissue, then throw the tissue in the trash.
- Cleaning and disinfecting frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Following CDC's recommendations for using a facemask:
  - **CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.**
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Washing 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 an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

### Resources

CDC Coronavirus Page - <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

New Jersey Department of Health Coronavirus Page - <https://www.nj.gov/health/cd/topics/ncov.shtml>

CDC Share Facts not Fear - <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-stop-fear.html>

Monmouth County Health Department – [www.visitmonmouth.com/health](http://www.visitmonmouth.com/health)

**NJDOH COVID-19 24-Hour Public Hotline**  
**1-800-222-1222**