

Coronavirus, COVID-19 Fact Sheet

Prevention

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow 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).
- 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 an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Resources: Know what you can do to prepare!

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>

Cumberland County Department of Health – www.ccdoh.org or www.facebook.com/CCDOH

City of Vineland Health Department - www.vldhealth.org

**Coronavirus questions are being handled by the health experts
at the NJ Poison Control Center at
1-800-222-1222**

