

**As Commercial Township continues to monitor the impact of the Coronavirus (COVID-19) developments closely, the health and wellbeing of our employees and citizens is of utmost importance to us as we know it is to you and your families.**

**We also understand that limiting any impact this health event could have on our service to the public is imperative. Commercial Township is focused on our preparedness efforts to maintain a safe work environment to sustain our normal business operations. We ask that the public help us with our efforts by monitoring your own health as best you can and implement all recommended preventative measures such as washing hands frequently with soap and water or sanitizer for at least 20 seconds, clean frequently touched surfaces with a disinfectant regularly, cover your cough or sneeze with a tissue then throw tissue in trash, stay at home if you are sick and avoid touching your eyes, nose and mouth as much as possible.**

**Should you have any questions or if you would like to discuss further, please do not hesitate to contact us. We remain committed to the citizens of Commercial Township and strive to proactively address issues arising from this unprecedented event.**

**Commercial Township Committee**



## Cumberland County Department of Health

309 Buck Street • Millville, NJ 08332

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# 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](http://www.ccdoh.org) or [www.facebook.com/CCDOH](https://www.facebook.com/CCDOH)

City of Vineland Health Department - [www.vldhealth.org](http://www.vldhealth.org)

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



**Public Health**

Prevent. Promote. Protect.

# Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT  
**1**

**Diseases can make anyone sick regardless of their race or ethnicity.**

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT  
**2**

**The risk of getting COVID-19 in the U.S. is currently low.**

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

FACT  
**3**

**Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT  
**4**

**You can help stop COVID-19 by knowing the signs and symptoms:**

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT  
**5**

**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

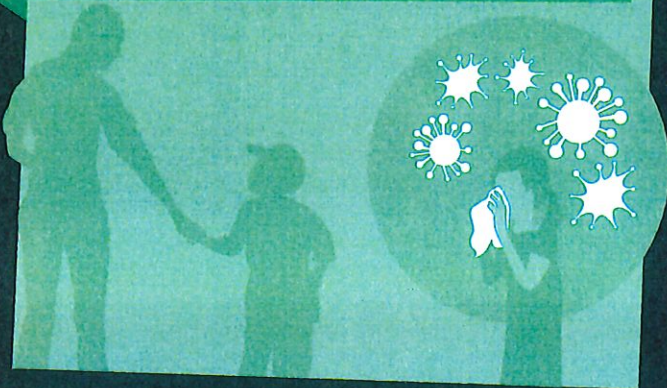


For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

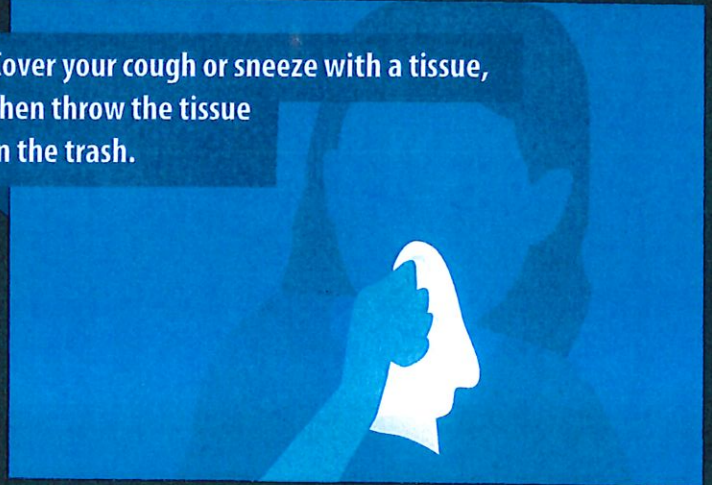
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



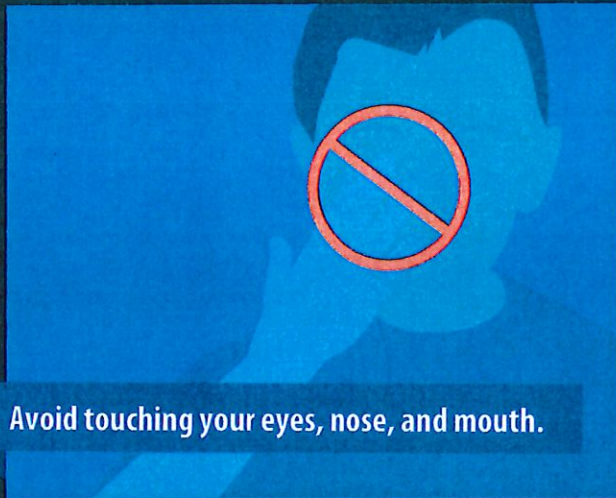
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.

