### How is it spread?
- Through respiratory droplets produced when an infected person coughs or sneezes.
- Between people who are in close contact with one another including caring for an infected person.

### What are the symptoms?
- The symptoms are similar to the flu and may appear 2 to 14 days after exposure.
  - Cough
  - Fever
  - Shortness of Breath

### What can I do to protect myself and others from respiratory infections including COVID-19?
- Stay home if you are sick.
- Limit close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Avoid handshakes. Try an elbow bump.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Get a flu shot to prevent the flu if you have not done so this season.

### Know the Facts & Keep Informed By Visiting or Calling:
- CDC’s COVID-19 Website: [https://www.cdc.gov/coronavirus/index.html](https://www.cdc.gov/coronavirus/index.html)
- NJ Department of Health COVID-19 Website: [https://www.nj.gov/health/cd/topics/ncov.shtml](https://www.nj.gov/health/cd/topics/ncov.shtml)
- NJ COVID-19 Information Public Call Center: 1-800-222-1222.