



New Milford Board of Health

A Member Of Mid-Bergen Regional Health Commission
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With the increase of positive testing in surrounding communities, the New Milford Board of Health recommends social distancing and proper hygiene. This is not the time for social gathering.

You can help protect yourself and others by:

- Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- 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.

Let's do better by implementing these precautionary behaviors with increased consistency and over the long term. The only way to break the chain of this virus is to stay home and limit person to person contact especially gathering in groups. We all have the personal responsibility to minimize the spread of COVID-19 to our grandparents, family, friends and community, whom this could significantly impact.

As surveillance continues, it is expected that more cases will be identified due to the increased availability of testing. If you are ill and have symptoms such as a cough and fever, it is recommended that you self-isolate at home and monitor your symptoms. If your symptoms should worsen, call your doctor for further instructions.

We are working hard to prevent the spread of COVID-19. This plan will not work without your cooperation, both individually and as a community. You are a vital part of this team!

For more information please contact the New Milford Health Department at 201-967-5044 x 7075 or NJPIES at 1-800-222-1222. In addition, visit the Centers for Disease Control and Prevention website at www.cdc.gov, the NJ Department of Health at www.nj.gov/health, or the Borough of New Milford at www.newmilfordboro.com.

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