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## **New Milford Board of Health Continues Efforts to Control New Coronavirus**

While the media reports about the spread of the novel Coronavirus continue, it should be noted that the spread of the illness in this country is currently small and the risk to the general public remains low. However, the New Milford Board of Health, your local Health Department, remains vigilant in its monitoring and response to this new coronavirus.

The New Milford Board of Health staff is staying current with state and federal recommendations and guidance, participating in regular trainings and partner meetings, and is following up on all individuals with potential travel related exposures to assure the prevention of the spread of the disease.

The Health Department is regularly making current and accurate information available to healthcare providers, schools, and partners and are available to answer questions about the new Coronavirus or other health concerns you may have. In addition, the New Jersey State Department of Health, in partnership with the New Jersey Poison Information and Education System, has made available a 24-hour hotline to answer the public's questions. You can contact them at 1-800-222-1222.

Since it is cold and flu season, you may experience similar symptoms to the coronavirus. Unless you have traveled to the identified areas of the world, there is little concern for exposure to 2019-nCoV. As with all respiratory illnesses, you can help protect yourself and others by:

- Wash 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.

Like other health departments around the County, State and Nation we are working hard to prevent the spread of disease, including the novel Coronavirus, and to keep you healthy. While the Coronavirus has made this work and the need for this work more visible, know that it goes on all the time to protect our communities.

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](http://www.cdc.gov), the NJ Department of Health at [www.nj.gov/health](http://www.nj.gov/health), or the Borough of New Milford at [www.newmilfordboro.com](http://www.newmilfordboro.com).

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