

The most important thing you can do right now is to prepare and educate yourself. Here are some great resources.

Center for Disease and Control and Prevention (CDC)

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, everyday preventive actions can help prevent the spread of respiratory diseases:

- Wash your hands often
- 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.
- **For more information:** <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
- **How it spreads:** The virus is thought to spread mainly from person-to-person. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. [Read more.](#)
- **Symptoms:** For confirmed coronavirus disease 2019 (COVID-19) cases, reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms can include fever, cough, and shortness of breath. [Read more.](#)
- **Prevention & treatment:** 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. [Read more.](#)
- **Testing:** CDC has developed a new laboratory test kit for use in testing patient specimens for severe acute respiratory syndrome

coronavirus 2 (SARS-CoV-2), the virus that causes COVID-19. [Read more.](#)

- CDC also offers free resources including video, fact sheets, and posters. [Click here to view them.](#)
- [Frequently Asked Questions](#)

New Jersey Department of Health

The New Jersey Department of Health opened a [24-hour hotline](#) (1-800-222-1222) for the public to ask questions about the novel coronavirus. This hotline provides factual information to alleviate fear and dispel rumors. New Jersey is continuing to work closely with the CDC and local health partners to monitor the situation and will provide updates accordingly.

- **COVID-19 Fact Sheet:** [English](#) | [Spanish](#) | [Simplified Chinese](#)
- **COVID-19 Travel Alert:** [English](#) | [Spanish](#) | [Simplified Chinese](#)
- [More resources and fact sheets](#)