

How can Jersey City Seniors preserve their health & well being in the current climate?

Coronavirus COVID-19 is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.



Be Assured & Be Prepared!

The Jersey City Department of Health & Human Services is working diligently 24/7 to preserve and protect the health and well-being of Jersey City residents.

Should an outbreak occur, we want healthy, happy & prepared senior citizens.

Facts:

Senior Citizens and the immune compromised populations are the most vulnerable, should a local outbreak occur. You can do some personal preparations to preserve your health in the event of a local outbreak.

What Can You Do?

- Store a two-week supply of water & food. (Canned goods are a good idea!)
- Check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs & other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes (like Gatorade) and vitamins.
- Make sure you have sufficient stock of toiletries on hand including toilet paper, disinfectants & hand sanitizers.
- Talk with family members & loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

How can you prepare in case of a local outbreak of COVID-19?

- Make a personal commitment to limit the spread of germs & prevent infection.
- Avoid close contact with people who are sick.
- When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your mouth & nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Regularly disinfect frequently touched surfaces like countertops and doorknobs.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Helpful Resources

FREE New Jersey 24-hour public hotline - 1-800-222-1222

Call anytime if you have questions about the novel coronavirus, symptoms, or risk of exposure.

Visit the Centers for Disease Control & Prevention (CDC) Website

Link to Frequently Asked Questions:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Visit our HealthierJC Partner Portal for Access to our Live Twitter Feed from all pertinent Health Agencies:

www.HealthierJC.com



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