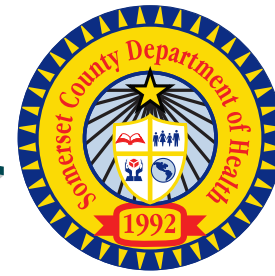


# CORONAVIRUS COVID-19

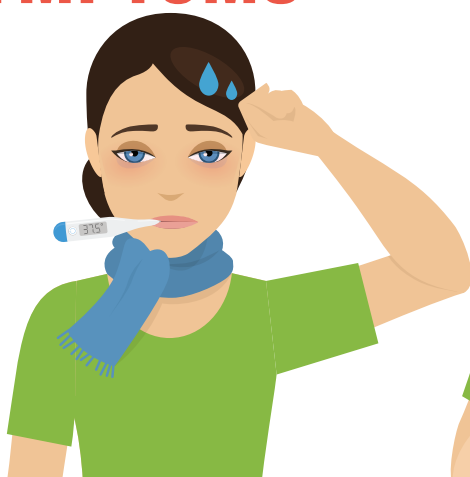
## FACTS, SYMPTOMS & PREVENTION



**COVID-19** is a new virus that spreads from person to person.

- It can cause mild illness, like the common cold.
- It can cause severe illness like SARS.
- Currently, no treatment or vaccine is available.

## SYMPTOMS



FEVER



SHORTNESS  
OF BREATH



COUGH

## DO I NEED TO BE CONCERNED?

Only if you:

- Have these symptoms.
- Visited an affected area in the last 14 days.

## HOW IS IT SPREAD?

- Coughing or sneezing.
- From a sick person within 6 feet.
- Touching a surface or object with the virus on it.



## PLAN AHEAD

- Have an emergency plan in case children can't go to school or you can't go to work.
- Talk to your employer about alternative work arrangements.

## PREVENTION STAY HEALTHY



WASH HANDS OFTEN  
WITH SOAP & WATER,  
AT LEAST 20 SECONDS



COVER YOUR COUGHS AND  
SNEEZES WITH A TISSUE OR  
THE INSIDE OF YOUR ELBOW



CLEAN & DISINFECT  
SURFACES FREQUENTLY



STAY HOME IF YOU ARE SICK

STAY UP-TO-DATE WITH THESE TRUSTED SOURCES:

[www.cdc.gov](http://www.cdc.gov)

[www.co.somerset.nj.us/health](http://www.co.somerset.nj.us/health)

[www.nj.gov/health](http://www.nj.gov/health)

[www.who.int](http://www.who.int)

**Available Recovery Crisis Supports**

<b>Name</b>	<b>Phone Number</b>	<b>Type of Support</b>
Peer Recovery Warmline (Monday-Friday 8 AM-10 PM; Saturday-Sunday 5 PM-10 PM; Holidays 3 PM-10 PM)	1-877-292-5588	Peer-run service providing ongoing telephone support to mental health consumers as they work towards their recovery.
Bridgeway PESS	1-908-526-4100	Crisis Intervention, Stabilization, Crisis Hotline, Family Crisis Services, Mobile Outreach
Suicide Prevention Lifeline	1-800-273-8255	24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
NJ Hopeline	1-855-654-6735	"Need someone to talk to? We are here to help." 24/7 phone support
Crisis Text Line	Text HOME to 741741	Crisis counseling via text available 24/7
2NDFLOOR – for Youth	1-888-222-2228	Confidential/anonymous helpline for youth 24/7; CALL or TEXT
Step-Chat In The Rooms	<a href="http://www.intherooms.com">www.intherooms.com</a> <a href="http://www.stepchat.org">www.stepchat.org</a>	Online Recovery Support Meetings
Alcoholics Anonymous Narcotics Anonymous	<a href="http://www.aaphonemeetings.org">www.aaphonemeetings.org</a> <a href="http://www.nabyphone.com">www.nabyphone.com</a>	12-Step Phone Meetings

**For Questions about COVID-19**

<b>Name</b>	<b>Phone</b>	<b>Type of Support</b>
NJ Coronavirus Call Center	1-888-222-1222 1-800-962-1253	Hotline for the public to ask questions about COVID-19