



Updated: 11/16/22

Public Health Outreach Coordinator [Website](#) for resources and **COVID-19 vaccine clinics**

BOOSTER BIVALENT NOW AVAILABLE FOR 5+

Note: Effective October 13, everyone 5 years of age and older is recommended to get an updated COVID-19 bivalent booster dose that targets the Omicron variant, if it has been at least two months after your most recent booster or primary series.

Get vaccinated and boosted. COVID-19 vaccines are safe and highly effective at preventing severe illness, hospitalizations, and death. CDC recommends COVID-19 primary series vaccines for everyone ages 6 months and older, and COVID-19 boosters for everyone eligible ages 5 years and older.

Everyone 6 months or older is eligible for a COVID-19 vaccine in New Jersey and encouraged to get vaccinated as soon as possible.

Vaccines are available to all New Jersey residents, regardless of immigration or insurance status.

- **Find a vaccine appointment.**
- **LOCAL** [Vaccination Information Page](#)

What is COVID-19

COVID-19 is a disease caused by a virus called SARS-CoV-2. Most people with COVID-19 have mild symptoms, but some people can become severely ill. Although most people with COVID-19 get better within weeks of illness, some people experience post-COVID conditions. Post-COVID conditions are a wide range of new, returning, or ongoing health problems people can experience more than four weeks after first being infected with the virus that causes COVID-19. Older people and those who have certain underlying medical conditions are more likely to get severely ill from COVID-19. Vaccines against COVID-19 are safe and effective.

How is the Virus Spread

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. People who are closer than 6 feet from the infected person are most likely to get infected.

COVID-19 is spread in three main ways:

Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.

Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.

Touching eyes, nose, or mouth with hands that have the virus on them.

For more information about how COVID-19 spreads, visit the [How COVID-19 Spreads](#) page to learn how COVID-19 spreads and how to protect yourself.

- [COVID-19 VACCINE NJHUB LINK](#)

Overview:

- A COVID-19 website is available for the public: covid19.nj.gov. The website has information that residents, healthcare providers, businesses and organizations, schools, and others will find helpful. The website also has LIVE updates and announcements, as well as case counts by county.
- If you are sick with respiratory illness symptoms and cannot afford to see a doctor, contact your nearest federally qualified health center (FQHC). These are federally funded clinics

that will treat anyone- payment is determined by income/sliding scale.

COVID-19 call centers:

- 1-800-962-1253: **NJ POISON CENTER & CORONA VIRUS HOTLINE-** For health-related and clinical issues, such as when to seek medical attention and proper steps to take if exposed

211: For information about how to stay safe, financial assistance, unemployment, donations, food, and other non-medical needs

Situation update regarding positive cases and deaths identified in New Jersey

For the most up to date status regarding COVID-19 cases and deaths reported to NJDOH, please visit the following [website](#).

2019 Novel Coronavirus (COVID-19) Symptoms [CHECKER LINK](#)

Watch for Symptoms ([cdc.gov direct link](#))

VIDEO: [CDC SYMPTOMS](#)

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

How Does Novel Coronavirus Spread?

Exposure to COVID-19 can occur in the following ways:

- The virus is thought to spread mainly from person to person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It is possible that you can also become infected by touching something which has been contaminated by the virus and then touching your eyes, nose or mouth.

Can someone spread the virus without being sick?

People are thought to be most contagious when they are the most symptomatic (the sickest). However, it is possible for the virus to spread from people with minor or no symptoms. This is why it is now recommended for people to wear face coverings when out in public.

Pre-symptomatic transmission is defined as the transmission of a virus from an infected person (source patient) to a secondary patient before the source patient developed symptoms. The existence of pre-symptomatic or asymptomatic transmission during the current COVID-19 pandemic presents challenges for contact tracing.

Public Health Recommendations:

GET VACCINATED!!

- Avoid touching your eyes, nose, and mouth.

- Practice respiratory hygiene! Cover coughs and sneezes with a tissue or sleeve, not your hands.
- Practice good hand hygiene! Wash your hands often with soap and water. Use alcohol-based hand sanitizer if soap and water are not available.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Stay home if you are sick and avoid sick people.
- Review and follow CDC travel advisories when planning travel. If you become ill after returning travel, call your healthcare provider before going to a doctor's office or emergency department of a hospital. Wear a mask before you enter the building to protect other people.

Travel:

Due to the rapidly changing situation, travel recommendations and countries with varying levels of travel alerts are subject to frequent updates. Stay up to date with CDC's travel health notices related to this outbreak at the following link: [CDC Travel Health Advisories](#)

If you feel sick with fever, cough, or difficulty breathing, you should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use and alcohol-based hand sanitizer if soap and water are not available.
- Avoid congregate settings, limit public activities, and practice social distancing.

Have general COVID-19 questions?

The NJ Poison Control Center and 211 have partnered with the State to provide information to the Public on COVID-19:

- Call: 2-1-1
- Call (24/7): 1-800-962-1253
- Text: NJCOVID to 898-211
- Text: your zip code to 898-211 for live text assistance

Feeling stressed about the novel coronavirus and would like to talk with a mental health professional?

The NJ Department of Human Services operates a toll free “warm line” which is a resource for people seeking mental health service. The warm line is activated during events that impact the mental health of New Jersey residents. The warm line is available 24 hours and has language access; (877) 294-HELP (4357). NOTE: The “warm line” does not replace 911 and is not used to report emergencies



For more information:

- Visit the [New Jersey Department of Health website](#).
- [NJ School News website](#)

[NJHUB LINK](#)

All students will be back for full-time, in-person instruction for the 2022-2023 school year.

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