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CONTACT: *Carrie Nawrocki, Executive Director, Hudson Regional Health Commission*

PHONE: *201-223-1133*

**HUDSON REGIONAL HEALTH COMMISSION REMINDS RESIDENTS TO STAY VIGILANT  
TO PROTECT AGAINST COVID-19**

*Jersey City, NJ*—The level of COVID-19 infection remained generally low throughout the summer and early fall compared with the spring. However, the daily number of cases and hospitalizations has more than doubled over the past two weeks.

Though new cases and hospitalizations remain much less than the spring, this sudden increase is of concern to Public Health Officials.

Hudson Regional Health Commission (HRHC) reminds Hudson County residents to help prevent the spread of COVID-19 during these fall and winter months by following these tips:

- Please continue to wear a mask, frequently wash your hands, and practice social distancing.
- Masks should be worn whenever you will be near people who are not members of your immediate family
- You should consider wearing a mask and distancing in your home if you are having guests who do not normally live with you

- If you have been identified as a close contact of a confirmed COVID-19 case, you should quarantine at home and wear a mask in the home if you live with others
- Download the COVID Alert NJ app on your smart phone. COVID Alert NJ is New Jersey's free and secure mobile app that anonymously alerts users if they have been in close contact with someone who has tested positive for COVID-19.

COVID-19 is a contagious illness caused by a virus. It can cause mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus and can include fever or chills, cough, shortness of breath, headache, new loss of taste or smell amongst others.

COVID-19 is mainly spread by droplets when someone who has the virus coughs, sneezes, or talks. These droplets can land in the mouths or noses of people nearby. Some people are at an increased risk for severe illness. These groups include those with underlying medical conditions and older adults aged 65 years and older.

For more information, visit our website at [www.hudsonregional.org](http://www.hudsonregional.org) and follow us on Twitter and Instagram @HudsonRegHealth. For charted countywide data, please refer to County of Hudson website at: <https://covid.hcnj.us/>. For additional COVID-19 resources, visit the New Jersey Department of Health website at: <https://covid19.nj.gov> and the Centers for Disease Control and Prevention website at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

“Please follow these common-sense guidelines to help us keep everyone safer,” said Hudson County Executive Tom DeGise. “Together we can lower the threat of COVID-19 for all of us.”

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