

HUDSON REGIONAL HEALTH COMMISSION
595 COUNTY AVENUE, BUILDING 1, SECAUCUS, NEW JERSEY 07094
TEL. (201) 223-1133 FAX (201) 223-0122

John P. Sarnas, President

Carrie Nawrocki, MPH, HO
Executive Director

**HUDSON REGIONAL HEALTH COMMISSION ENCOURAGES HUDSON COUNTY
TO PREPARE FOR CORONAVIRUS CASES**

Hudson Regional Health Commission (HRHC) is actively working with state and local partners to closely monitor the ongoing spread of coronavirus disease (COVID-19) in the United States.

There are no cases in New Jersey at this time and the Centers for Disease Control and Prevention (CDC) states that the immediate health risk from COVID-19 is considered low for the general American public, who are unlikely to be exposed to this virus at this time. However, due to the occurrence of community spread in the United States, we are encouraging residents to stay vigilant.

“We understand that residents in Hudson County are concerned about COVID-19 and we want to share reasonable preventive measures that can be taken so that the general public can prepare without resorting to panic”, states Carrie Nawrocki, Health Officer and Executive Director at HRHC.

To prevent the spread of respiratory disease, it is important to follow the following everyday preventive actions:

- Cover your cough and sneeze with a tissue, and discard the tissue in a wastebasket. If a tissue is unavailable, cough and sneeze into your elbow
- Wash your hands often with soap and water for at least 20 seconds, especially before eating and after blowing your nose, coughing, or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Stay home when you are sick
- Avoid contact with sick people
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe

Please be advised that the CDC does not recommend the use of facemasks in people who are well. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

Call ahead to a healthcare professional if you develop a fever, cough, or have difficulty breathing and have been in close contact with a person known to have COVID-19 or if you live in or have recently traveled to an area with ongoing spread. Tell your healthcare professional about your recent travel or contact. Your healthcare professional will work with your state and local health department and CDC to determine if you need to be tested for COVID-19.

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HRHC will continue to actively monitor the situation as it is constantly evolving. HRHC will continue the following preparedness activities:

- Participating in and receiving updates from New Jersey Department of Health (NJDOH) and CDC conference calls and webinars
- Meeting with and providing guidance to Hudson County partners
- Reviewing applicable emergency plans and procedures for Hudson County partners

For more information and additional resources regarding COVID-19, please visit the following websites:

- HRHC at <https://www.hudsonregional.org>
- CDC at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- NJDOH at <https://www.nj.gov/health/cd/topics/ncov.shtml>

We also encourage residents to call the NJDOH 24-hour public hotline at 1-800-222-1222 if they have general questions regarding COVID-19.

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