Township of Harding Health Department

Information for Volunteers:

If you are volunteering your services to assist anyone during the COVID-19, please adhere to the following if doing grocery, pharmacy, or any type of shopping:

* If possible leave items that can be carried by our elderly residents (not too heavy) on the stoop or front steps.
* Avoid entering homes with elderly residents. (If entry is necessary, please maintain the social distance of 6 feet at all times as indicated in the attached flyer.)
* Do not volunteer if you are sick and have any respiratory illness/symptoms including Cough, sneezing, fever, or difficulty breathing.
* Cover your cough or sneeze with a tissue and remember to always wash your hands routinely as indicated on the attached flyer.
* Use sanitizer.

Know the Facts & Keep Informed By Visiting or Calling:

* CDC’s COVID-19 Website: https://www.cdc.gov/coronavirus/index.html
* NJ Department of Health COVID-19 Website: https://www.nj.gov/health/cd/topics/ncov.shtml
* NJ COVID-19 Information Public Call Center: 1-800-222-1222 or 1-800-962-1253 if in NJ but using a non-NJ cell phone.
WHAT SENIORS SHOULD KNOW ABOUT COVID 19

How is it spread?
- Through respiratory droplets produced when an infected person coughs or sneezes.
- Between people who are in close contact with one another (within 6 feet).
- Caring for an infected person.

What are the symptoms?
The symptoms are similar to other respiratory illnesses such as:
- Cough
- Fever
- Shortness of Breath
Symptoms may appear 2 to 14 days after exposure.

How should I proceed with traveling?
- CDC recommends travelers, particularly those with underlying health issues, to refrain from all cruise ship travel worldwide.
- Stay home for 14 days from the time you left an area with widespread, ongoing community spread and practice social distancing.

How should seniors and older adults respond to (COVID-19)?
- Older adults with underlying health issues should avoid situations that put them at increased risk. Seniors should:
  - avoid crowded places
  - avoid non-essential travel
And speak to their healthcare provider for further instructions.

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TOWNSHIP OF HARDING
BOARD OF HEALTH
PO box 666, 21 Blue Mill Road
New Vernon, 07976
Telephone: (973) 267-8000
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www.hardingnj.org
## CORONAVIRUS DISEASE 2019 (COVID 19)

### How is it spread?
Through respiratory droplets produced when an infected person coughs or sneezes.

Between people who are in close contact with one another including caring for an infected person.

<table>
<thead>
<tr>
<th>What are the symptoms?</th>
</tr>
</thead>
<tbody>
<tr>
<td>The symptoms are similar to the flu and may appear 2 to 14 days after exposure.</td>
</tr>
<tr>
<td>- Cough</td>
</tr>
<tr>
<td>- Fever</td>
</tr>
<tr>
<td>- Shortness of Breath</td>
</tr>
</tbody>
</table>

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### What can I do to protect myself and others from respiratory infections including COVID-19?

- Stay home if you are sick.
- Limit close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Avoid handshakes. Try an elbow bump.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Get a flu shot to prevent the flu if you have not done so this season.

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### Know the Facts & Keep Informed By Visiting or Calling:

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CORONAVIRUS DISEASE 2019 (COVID 19)
CLEANING AND DISINFECTING FACT SHEET

“Cleaning”
Cleaning refers to the removal of germs, dirt and impurities of surfaces.
Cleaning does not kill germs, but by removing them, it lowers the risk of spreading the infection.

“Disinfecting”
Disinfecting refers to the using of chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or removes germs, but by killing the germs after cleaning, it can further lower the risk of spreading infection.

HOW TO CLEAN AND DISINFECT

- Wear disposable gloves when you are cleaning and disinfecting. Clean hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective. Dilute by mixing 5 tablespoons of bleach per gallon of water, or 4 teaspoons of bleach per quart of water.
- For carpeted floors, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.
- After cleaning, launder items in accordance to the manufacturer, using the warmest possible water temperature.

How long can viruses remain on surfaces?
Current evidence suggests that a novel coronavirus may remain on surfaces for hours to days.
Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

KNOW THE FACTS AND KEEP INFORMED:

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Dirty Hands Spread Disease
Las Manos Sucias Propagan Enfermedades

WASH YOUR HANDS BEFORE RESUMING WORK
LÁVASE LAS MANOS ANTES DE VOLVER A TRABAJAR

1. Wet Hands
Mójose las Manos

2. Soap
Enjabónese

3. Wash for 20 seconds
Friégrese las manos 20 segundos

4. Rinse
Enjuáguese

5. Dry
Séquese las Manos

6. Turn Off Water
with a paper towel
Cierre el grifo con toalla de papel

COUNTY OF MORRIS
DEPARTMENT OF LAW & PUBLIC SAFETY
OFFICE OF HEALTH MANAGEMENT
P.O. Box 900
Morristown, NJ 07963
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www.health.morriscountynj.gov
WHAT IS SOCIAL DISTANCING?

- NJ Residents should be prepared for the possibility of a COVID-19 outbreak in their community. You can take measures to reduce the spread of COVID-19.

- Maintain distance (about 6 feet) from others when possible and avoid social gatherings, and crowds. Such efforts are critically important to protecting our vulnerable residents and relatives, particularly the elderly.

- Practice everyday prevention measures like frequent hand washing, staying home when sick, and covering coughs and sneezes.

Self-isolation helps prevent the spread of disease by separating people who are sick from people who are not sick.

You should self-isolate if you are experiencing symptoms such as fever, cough, and shortness of breath.

Staying home is important if you have COVID-19. Do not go outside to work, school, or other public places. Have enough supplies for 14 days. Follow directions of your local health department and health-care provider.

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