PARTNERS IN GOOD HEALTH

We expect to see an increase in colds, viruses, stomach bugs and the flu in our facilities and communities during winter. This season, however, we face a new and serious health concern with the coronavirus. Please refer to the Centers for Disease Control (CDC) at cdc.gov and the New Jersey Department of Health (DOH) at nj.gov/health for up-to-date information and resources about coronavirus.

Practice good hygiene, wipe down all equipment before and after use, and follow these tips to further protect yourself from illness:

**WASH YOUR HANDS FREQUENTLY**
Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

**MAINTAIN SOCIAL DISTANCING**
Maintain at least 3 feet distance between yourself and anyone who is coughing or sneezing.

**AVOID TOUCHING EYES, NOSE AND MOUTH**
Hands touch many surfaces and can pick up viruses.

**STAY HOME IF YOU FEEL UNWELL**
If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

Lastly, stay informed and follow advice from your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others.