How can Jersey City Seniors preserve their health & well being in the current climate?

Coronavirus COVID-19 is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Be Assured & Be Prepared!
The Jersey City Department of Health & Human Services is working diligently 24/7 to preserve and protect the health and well-being of Jersey City residents.

Should an outbreak occur, we want healthy, happy & prepared senior citizens.

Facts:
Senior Citizens and the immune compromised populations are the most vulnerable, should a local outbreak occur. You can do some personal preparations to preserve your health in the event of a local outbreak.

What Can You Do?

- Store a two-week supply of water & food. (Canned goods are a good idea!)
- Check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs & other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes (like Gatorade) and vitamins.
- Make sure you have sufficient stock of toiletries on hand including toilet paper, disinfectants & hand sanitizers.
- Talk with family members & loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

www.HealthierJC.com
**How can you prepare in case of a local outbreak of COVID-19?**

- Make a personal commitment to limit the spread of germs & prevent infection.
- Avoid close contact with people who are sick.
- When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your mouth & nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Regularly disinfect frequently touched surfaces like countertops and doorknobs.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

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**Helpful Resources**

**FREE New Jersey 24-hour public hotline - 1-800-222-1222**

Call anytime if you have questions about the novel coronavirus, symptoms, or risk of exposure.

**Visit the Centers for Disease Control & Prevention (CDC) Website**

Link to Frequently Asked Questions:


**Visit our HealthierJC Partner Portal for Access to our Live Twitter Feed from all pertinent Health Agencies:**

www.HealthierJC.com

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