Putting your risk into perspective…

- The flu causes millions of cases of illness each year in the U.S.

- 2017-2018 estimated number of deaths from flu 12,000-61,000

- Flu severity is unpredictable

- Healthy people can become seriously ill from flu

- In general, flu causes low level of concern

The top range of these burden estimates are from the 2017-2018 flu season. These are preliminary and may change as data are finalized.

https://www.cdc.gov/flu/about/burden/index.html
How do coronaviruses spread?

- Through the air by coughs and sneezes
- Touching an object or surface with the virus on it, then touching your eyes, nose, or mouth
- Close contact with those who are sick
- Health care workers need to wear protective gear to prevent exposure during medical care and testing procedures
How can we prevent the spread?

- Cover coughs and sneezes with tissue or sleeve, not hands
- Wash hands often or use hand sanitizer when soap and water not available
- Stay home when sick
- Avoid others who are sick
Should I wear a mask?

• CDC does not recommend the routine use of face masks by the general public.
What if I am planning to travel to an affected area?

- CDC posted travel restrictions

- Avoid all non-essential travel to areas specified by CDC. Check frequently.

- If you must travel:
  - Avoid contact with sick people
  - Avoid animals (alive or dead), animal markets, uncooked meat
  - Wash hands often
What if I recently traveled to an affected area and feel sick?

- Seek medical care right away.
- **CALL BEFORE** going to the doctor’s office, urgent care, or hospital
- Avoid contact with others
- Stay home
- Cover coughs and sneezes
- Wash hands often or use hand sanitizer
If I think I’m sick—what should I do?

► Practice good respiratory hygiene
► Wash hands frequently & correctly
► Use hand sanitizer that is 60% alcohol
► Do NOT touch your face
► Stay home if you are sick
► If you think you may have COVID-19, call your medical provider before you go
Stay informed with factual information

- [https://www.cdc.gov/coronavirus/](https://www.cdc.gov/coronavirus/)
- [https://www.nj.gov/health/cd/topics/ncov.shtml](https://www.nj.gov/health/cd/topics/ncov.shtml)
- [https://www.westfieldnj.gov/coronavirus](https://www.westfieldnj.gov/coronavirus)
COVID-19 Call Center
1-800-222-1222

- Public callers only
- Hours: 24/7
- Multiple languages