Coronavirus Update – March 12, 2020

The Middle-Brook Regional Health Commission continues to monitor the Coronavirus situation and is working closely with our partners to minimize its impact on our communities.

As this is a rapidly evolving situation we encourage you the visit the following websites to obtain the most current information.

NJ Department of Health:  https://www.nj.gov/health/cd/topics/ncov.shtml
NJ Poison Information Center:  https://www.njpies.org/

In addition, the NJ Department of Health in collaboration with the NJ Poison Information Center has provided a hotline for the general public at 1-800-222-1222.

We also urge you to take the following actions to help protect you:

a. Wash your hands
b. Stay home if you are sick
c. Cover your mouth and nose when you cough or sneeze with a tissue or your sleeve
d. Avoid touching your eyes, nose, or mouth
e. Avoid contact with people who are sick
f. Wash your hands