

Respiratory Infection Prevention Strategies

While the immediate health risk for the general public in the United States continues to be low, and as per the CDC exposure to the coronavirus (COVID-19) is unlikely at this time, the staff of Medical Services feels that it is prudent to discuss nonpharmaceutical Interventions, which are the most important response strategy for all forms of respiratory illnesses, including flu, common colds and coronaviruses.

From the CDC website:

The best way to prevent viral illness is to avoid being exposed to the virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick. You should not return to work until fever-free for 24 hours and off of fever medication.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 and other respiratory diseases to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Additional trusted resources and information:

CDC website- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

NJ DOH- <https://www.nj.gov/health/cd/topics/ncov.shtml>

Any questions or concerns may also be directed to NJSP Medical Services, 609-882-2000 x 2540.