

# Coronavirus (COVID-19): How to Protect Yourself

We know that you are concerned about the spread of Coronavirus (COVID-19) in our region and want you to know that we are working closely with local, state and federal public health agencies, as well as our own health care professionals, to ensure that we remain prepared as this situation evolves. Your health and safety is our top priority.

## What You Can Do to Keep You and Your Family Safe

It is important to remember that there are everyday preventative actions you can take to help limit the spread of COVID-19:

- **Practice Social Distancing:**
  - Avoid close contact (keep a distance of 6 feet) with people, especially those who are coughing or sneezing.
  - Avoid unnecessary physical contact – greet others with a smile, not a hand shake.
  - Avoid attendance at crowded events and replace in-person gatherings with conference calls or web-based video conference alternatives.
- **Wash your hands often** with soap and water or alcohol-based hand sanitizer and rub for at least 20 seconds.
- **Avoid touching your eyes, nose and mouth.**
- **Cover your cough and sneeze into a tissue.**
- **Clean and disinfect frequently touched objects** and surfaces using a regular household cleaning spray or wipe.
- **Wear a facemask** if you are sick.

## Know The Symptoms

COVID-19 symptoms have ranged from mild to severe and may appear 2-14 days after exposure. The most common symptoms include:

- **Fever**
- **Cough**
- **Shortness of breath**

## What To Do If You Are Sick

Most people who contract COVID-19 will experience mild symptoms and can self-manage from the comfort of their own homes.

- **If you are mildly ill**, you should restrict activities outside your home and manage your symptoms.
- **Visit the Doctor's Office Virtually:** Non-emergency health care needs may not require a trip to the doctor's office. With [Atlantic Health System's Virtual Visit](#) telehealth service, you'll have 24/7 access to board-certified physicians online for consultations, diagnosis and treatment without having to leave your home or schedule an appointment. Follow-up care can take place with your primary care physician.
- **If you are experiencing symptoms and think you have been exposed to COVID-19**, [call your health care provider for advice](#).
- **If your symptoms are worsening, seek medical attention.** [Call your health care provider before you visit](#) so they can take proper precautions to limit the spread to others.

## Access Credible Sources of Information

With information regarding COVID-19 coming from every angle, it's critical you know where to obtain the most accurate and current information from credible sources.

- We've pulled the latest COVID-19 information and resources together for you in one place at [atlanticmedicalgroup.org/covid19](https://atlanticmedicalgroup.org/covid19).
- The New Jersey Department of Health also has a 24-hour hotline at **1-800-222-1222**, where trained healthcare professionals are standing by to answer questions about COVID-19.
- The [CDC](#) is also an excellent resource for the latest information.

As always, our medical centers, physicians and team members are ready and able to care for you and your family during this difficult time.

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