

AN URGENT MESSAGE FROM THE CUMBERLAND COUNTY BOARD OF CHOSEN FREEHOLDERS

CUMBERLAND COUNTY: LET'S PULL TOGETHER TO HALT THE CORONAVIRUS BY STAYING APART.

MESSAGE FROM FREEHOLDER DIRECTOR JOSEPH DERELLA :

THE CORONAVIRUS IS RAPIDLY SPREADING THROUGHOUT NEW JERSEY. EVERYONE MUST DO THEIR PART TO HALT THE SPREAD OF THE DISEASE. I URGE EVERYONE TO TAKE THIS VIRUS VERY SERIOUSLY. IT IS NOT THE FLU! CORONAVIRUS IS EXTREMELY CONTAGIOUS AND LIFE THREATENING FOR THE ELDERLY AND THOSE WITH UNDERLYING HEALTH CONDITIONS. YOU MAY BE HEALTHY AND EXPERIENCE NO OR MILD SYMPTOMS, BUT YOU MAY SPREAD IT TO OTHERS. DON'T BE A CARRIER AND THE CAUSE OF SOMEONE ELSE'S ILLNESS.

DIRECTOR JOSEPH DERELLA

DEPUTY DIRECTOR DARLENE BARBER

FREEHOLDER CAROL MUSSO | FREEHOLDER GEORGE CASTELLINI

FREEHOLDER JAMES F. QUINN | FREEHOLDER JACK SURRENCY

FREEHOLDER DOUGLAS ALBRECHT

WHAT IS SOCIAL DISTANCING? AND WHY IT'S IMPORTANT

Social Distancing is the practice of purposefully reducing close contact between people in order to reduce the spread of disease.

You can take measures to reduce the spread of Coronavirus or COVID-19:

- **AVOID crowded public places (shopping centers, bars, restaurants, movie theaters, mass gatherings)**
- **MAINTAIN distance (about 6 ft for a prolonged period) from others when possible**
- Social distancing is not always possible but do the best you can to maintain personal space and practice good hygiene.

HOW DOES IT HELP REDUCE + SLOW THE SPREAD OF COVID-19?

When we minimize the amount of close contact we have with others, we reduce our chances of catching the virus and spreading it within our communities.

The virus that causes COVID-19 spreads:

- **BETWEEN people who are in close contact (within about 6 feet)**
- **THROUGH respiratory droplets produced when an infected person coughs or sneezes**

These droplets can land in the mouth or nose of people nearby or possibly be inhaled into the lungs.

SLOWING DOWN the spread of the virus keeps everyone from getting sick at once so our healthcare systems are not overwhelmed.

This could put a major stress on hospitals and other medical facilities reducing their ability to provide other usual and necessary medical care within our community.

It's up to all of us to keep our community safe!

**The Cumberland County
Department of Health Hotline:
(856) 327-7090**

**The City of Vineland
Health Department Hotline:
(856) 405-4603**