

## Important Reminders Regarding COVID-19

### To help stop the spread of COVID-19, it is important to:

1. Always wear a mask that covers your nose and mouth if you are with people who do not live with you, if you are in a crowded area, and/or if you are in a poorly ventilated indoor space that is not your home.
2. Stay at least six feet (about two arm's lengths) from others who do not live with you.
3. Avoid crowds and poorly ventilated indoor spaces.
4. Wash your hands often with soap and water, especially before eating, drinking, and touching your face.
5. Stay home if you are sick.
6. Routinely clean and disinfect frequently touched surfaces.

### Symptoms to watch for:

1. Fever
2. Cough
3. Headaches
4. Fatigue
5. Muscle or body aches
6. New loss of taste or smell
7. Sore throat
8. Nausea
9. Diarrhea

### What to do if you are sick:

1. Contact your healthcare provider and Probation, ISP/JISP, or Pretrial Officer if you think you have been exposed to COVID-19.
2. Contact your Probation, ISP/JISP, or Pretrial Officer if you are tested for COVID-19 and follow up with the officer with the results of your test.
3. Stay home unless you have been directed by your healthcare provider to seek medical care.
4. Take care of yourself. Stay hydrated and rest.
5. Separate yourself from others and continue practicing caution to prevent spreading the virus.
6. Monitor your symptoms and keep your Probation, ISP/JISP, or Pretrial Officer informed about any updates to your condition.

### How to get tested for COVID-19 in New Jersey:

1. Testing is available to everyone in New Jersey and new testing sites are frequently added.
2. You do not need insurance. Free testing is available at Community Health Centers, also known as Federally Qualified Health Centers.
3. Use the link below to the New Jersey COVID-19 website to find a testing location near you.

### What to know about the COVID-19 vaccine:

1. The U.S. Food and Drug Administration has granted Emergency Use Authorizations for two COVID-19 vaccines. The vaccines have been shown to be safe and effective through clinical trials.
2. At this time, New Jersey is distributing vaccines in phases to all adults (18 and over) who live, work, or are being educated in the state.
3. Visit the New Jersey COVID-19 website to find out the State's most current and up-to-date plan and to determine your phase for vaccination.

For more information, go to  
<https://covid19.nj.gov/index.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>