



THE TOWNSHIP OF GREEN BROOK

County of Somerset, New Jersey

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For Immediate Release

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(Green Brook) – Press Release – COVID-19 Update

Middle-Brook Regional Health Commission, Green Brook's Department of Health, is reporting two cases of Coronavirus Disease 2019 (COVID-19) within Green Brook Township at this time. The individuals are isolated and recuperating at home.

The best way to protect yourself and your family from this coronavirus and other diseases is to follow simple daily health precautions:

- Wash hands frequently with soap and water, and for at least 20 seconds each time.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are ill.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Do not reuse tissue after coughing, sneezing, or blowing your nose.
- Clean and disinfect surfaces that are frequently touched.
- Stay home when you are sick.

In addition, as this virus comes to our community, we ask that everyone practice "Social Distancing" in the community: Avoid crowds, stay home when you are sick, and maintain 6 feet of distance between other people. This virus can affect people of all ages, with the elderly and immune-compromised individuals at the most risk, but the risk to all cannot be understated. This is not the time for sleepovers, birthday parties, play dates and pick-up games.

Your patience and cooperation is essential to slowing the spread of this serious virus for everyone's sake. It is a stressful time but we can get through it together. Remember to practice some extra kindnesses too — check in on older neighbors and talk to friends (by phone or standing six feet apart) or take a walk in the fresh air. We can and must work to overcome this, together.

The New Jersey Department of Health is providing information to residents and has set up a 24/7 public hotline with the New Jersey Coronavirus & Poison Center at 1-800-222-1222 or you can also call 211.

For an updated case count of COVID-19 in Somerset County, please call 908-231-7111. For Somerset County specific updates, please visit www.co.somerset.nj.us/health

Since the situation is evolving, it is important to stay up to date by following trusted sources of information such as the Centers for Disease Control and Prevention at www.cdc.gov, the World Health Organization at www.who.int, the New Jersey Department of Health at www.nj.gov/health, the Somerset County Department of Health at www.co.somerset.nj.us/health, Middle-Brook Regional Health Commission <http://middlebrookhealth.org/> and the Township of Green Brook www.greenbrooktp.org.