

# Middle-Brook Regional Health Commission

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## FOR IMMEDIATE RELEASE

### Middle-Brook Regional Health Commission Addresses New Coronavirus

The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus (termed “2019-nCoV”) that was first detected in Wuhan City, Hubei Province, China and which continues to spread. The Middle-Brook Regional Health Commission (MBRHC) provides public health services to the communities of Green Brook, South Bound Brook, Warren, and Watchung 24 hours a day, seven days a week, including monitoring and preparing for communicable diseases such as this new coronavirus. The MBRHC staff has a seasoned and experienced staff that coordinates and responds to public health diseases of concern and we are working and collaborating with local, state, and federal health officials, such as CDC, as well as local hospitals, medical providers, police, and emergency medical services to respond to this new emerging coronavirus.

Coronaviruses are a large family of viruses. There are several known coronaviruses that infect people and these usually only cause mild respiratory diseases, such as the common cold, however, some can cause more serious illness such as pneumonia. **Current symptoms reported for patients with 2019-nCoV have included mild to severe respiratory illness with fever, cough, and difficulty breathing. If you have any of these symptoms and have traveled to areas of concern in China, please contact your doctor immediately.**

Since it is cold and flu season, you may experience similar symptoms to the coronavirus. Unless you have traveled to the identified areas in the world, there is little concern for exposure to 2019-nCoV. As with all respiratory illnesses, you can help protect yourself and others by:

- **Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.**
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Avoid close contact with people who are sick.**
- **Stay home when you 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.**

The health department continues to work with public health professionals and healthcare providers to quickly identify any cases that may be related to the 2019-nCoV outbreak and to contain the spread of disease.

For more information please contact the health department at 732-968-5151 or 908-753-8000. In addition, visit the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov)



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