

# Middle-Brook Regional Health Commission

[www.middlebrookhealth.org](http://www.middlebrookhealth.org)

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## IMPORTANT PUBLIC HEALTH REMINDER – COVID-19

In light of the recent reports of increased COVID-19 activity around the country and remembering where New Jersey was relative to COVID-19 cases just a few weeks ago, the health department wants to remind everyone we are not done yet! The country is seeing unprecedented numbers of cases of COVID-19, but New Jersey has done and continues to do a good job at preventing its spread. We need to make sure we do not let our guard down and continue to practice the actions that have improved conditions in New Jersey. The Governor’s Executive Orders and State’s Directives provide rules and details about what is expected in order to prevent the spread of the disease, but it ultimately boils down to the “Three W’s” of prevention:

### **Wear a Mask**

Whenever you are indoors in public places and outdoors and cannot guarantee maintaining at least 6 feet from others.

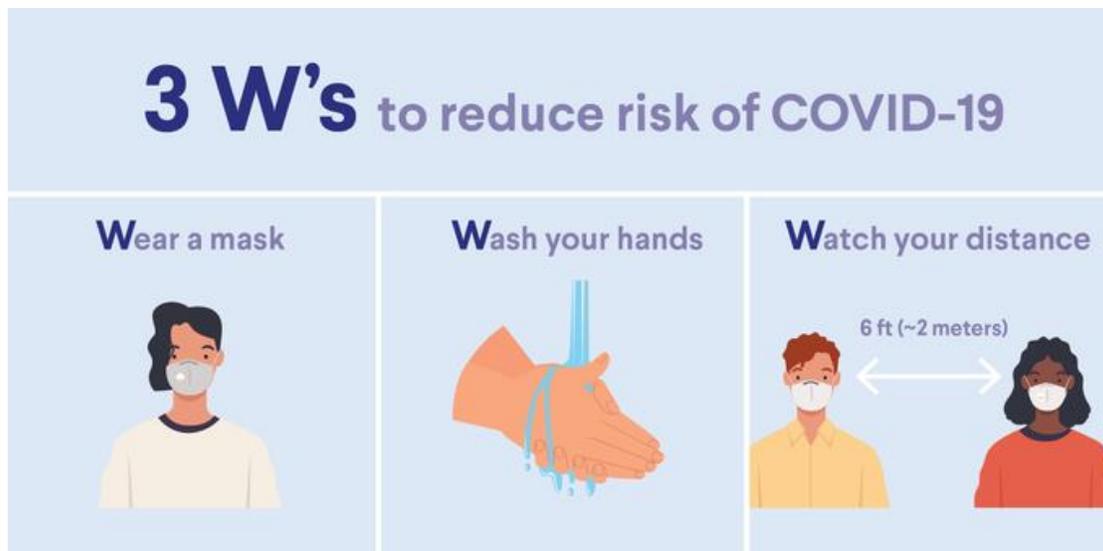
### **Wash your Hands**

Wash your hands with soap and water frequently and use hand sanitizer when soap and water is not available.

### **Watch your Distance**

Maintain a minimum distance between you and others of at least 6 feet.

These steps will help to prevent the spread of the virus!



COVID-19 **RESOLVE** TO SAVE LIVES Vital Strategies More info at [PreventEpidemics.org](http://PreventEpidemics.org)

#KnowCOVID  
#PreventEpidemics

