

News from the Somerset County Board of Chosen Freeholders

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FOR IMMEDIATE RELEASE

Somerset County COVID-19 Update

March 25

As of March 25, a total of 139 cases of COVID-19 and 2 deaths have been reported in Somerset County. The New Jersey Department of Health is reporting a total of 4,402 cases and 62 deaths in New Jersey.

Everyone has the potential to be infected with a new disease like COVID-19. . No one has immunity to it, which is why we are seeing such rapid spread. People who look completely healthy may be infected and can actively spread COVID-19 to others

The Somerset County Department of Health strongly urges residents to limit their risk of exposure by staying home and avoiding close contact with people outside of their household.

Individuals can lower their risk of contracting coronavirus disease by taking the same measures that are recommended to prevent the spread of the flu and other respiratory illness:

- Cover your mouth and nose when you cough or sneeze
- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your face, especially your eyes, nose and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces
- Avoid close contact with people who are sick
- Stay home when you are sick.

Social distancing or keeping at least 2 arms' length (about six feet) away from others is especially important to protect older people and those with underlying health conditions like diabetes, heart disease, cancer and other ailments. While COVID-19 is a respiratory disease, it is more infectious and much deadlier than the flu.

Public health officials are conducting interviews and working diligently to identify people who have been in contact with individuals who have tested positive for the coronavirus. Each person is assessed for their exposure risk and provided guidance for their health and recommendations for self-isolation or other measures.

This is a rapidly changing situation, and information is being shared as it becomes available. 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 Organizations at www.who.int, the New Jersey Department of Health at www.nj.gov/health and the Somerset County Department of Health at www.co.somerset.nj.us/health.

For more information, contact the Somerset County Department of Health at coronavirus@co.somerset.nj.us, or the New Jersey Poison Control Center's **24/7 public hotline** at [1-800-222-1222](tel:1-800-222-1222).

To stay up to date with Somerset County events and information, sign up for [free email alerts](#) at www.co.somerset.nj.us/subscribe or follow us on [Facebook](#), [Twitter](#) and [Instagram](#).