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## What to Do If You Are Sick

- **IF YOU BELIEVE YOU MAY HAVE COVID-19 CALL AHEAD BEFORE VISITING YOUR DOCTOR**
- Stay home except to get medical care
- Do not call 911 unless it is a true medical emergency
- Separate yourself from other people
- Cover your coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean all “high-touch” surfaces everyday
- Monitor your symptoms

For more information visit this CDC link:

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

Providing Public Health and Environmental Services to  
Chatham Borough, Fanwood, Garwood, Mountainside,

**New Providence, Roselle Park, Summit and Westfield**