



LONG BEACH ISLAND HEALTH DEPARTMENT  
2119 Long Beach Boulevard, 1<sup>st</sup> Floor  
Ship Bottom, NJ 08008  
[www.lbihealth.com](http://www.lbihealth.com)



**Public Health**  
Prevent. Promote. Protect.

Daniel J. Krupinski, MPH, HO, REHS  
Health Officer

Phone: 609-492-1212  
Fax: 609-492-9215

## FOR IMMEDIATE RELEASE

Contact: Daniel J. Krupinski, MPH, HO, REHS

Health Officer  
(609) 492-1212

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(Long Beach Island) – The Long Beach Island Health Department would like to discourage anyone from relocating, particularly from anywhere with a known high rate Covid-19 transmission. In addition, it is strongly advised to self-quarantine for 14 days for anyone returning from a city or country with a high rate of Covid-19 transmission. We ask that you not interact with anyone outside of your household or go anywhere during this time period. For instance, stopping and running errands in the community or on your way here would not be consistent with self-quarantining.

Self-quarantine involves:

- Using standard hygiene and washing hands frequently
- Not sharing things like towels and utensils
- Staying at home
- Not having any visitors
- Staying at least 6 feet away from other people in your household

Once your quarantine period has ended, if you do not have symptoms, you must continue to follow the general mandate of your state and local government.

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. As a reminder, the LBIHD recommends preventive actions to help halt the spread of respiratory diseases, including:

- SOCIAL DISTANCING;
- Washing your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, after blowing your nose, coughing or sneezing;
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol;
- Avoiding touching your eyes, nose and mouth;
- Avoiding close contact with people who are sick;

- Staying home when you are sick and avoiding contact with persons in poor health;
- Covering your cough or sneeze with a tissue, then disposing of the tissue;
- Cleaning and disinfecting frequently touched objects and surfaces using a regular household cleaning spray or wipe.

For more information on COVID-19, call the New Jersey hotlines available around the clock for questions as follows:

Call (General Covid-19 Questions): 2-1-1 (7a-11p)

Call (General Covid -19 Questions): 1-800-222-1222

Call (Speak With a Health Professional): 1-800-962-1253 (24/7)

Text NJCOVID to 898-211 to receive texts updates

Text: your zip code to 898-211 for live text assistance

Additional information can be found at:

Office Site of The State OF New Jersey at:

<https://www.covid19.nj.gov>

Centers for Disease Control and Prevention website at

<https://www.cdc.gov/coronavirus/2019ncov/summary.html>

New Jersey Department of Health website at

<https://www.state.nj.us/health/cd/topics/ncov.shtml>