



MONMOUTH COUNTY REGIONAL HEALTH COMMISSION NO. 1

1540 WEST PARK AVE., TINTON FALLS, NJ 07724

www.mcrhc.org

For Immediate Release

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March 9, 2020

Monmouth County Regional Health Commission Reports First Presumptive Positive Case Of COVID-19

A 27-year old male resident of Little Silver has tested positive for coronavirus (COVID-19) on March 9, 2020. It is believed that this individual contracted the virus while attending the Biogen Conference in Boston, Massachusetts in February. The individual reported symptoms upon his return from the conference which prompted the Monmouth County Regional Health Commission No. 1 (MCRHC) to refer him for further testing and medical evaluation at Riverview Medical Center. The individual was evaluated in the hospital emergency room, released and returned to self-quarantine. The US Centers for Disease Control will be verifying the result of this test.

MCRHC is working closely with the NJ Department of Health, local hospitals, and our public health partners on this evolving situation. Governor Phil Murphy's Executive Order to declare a State of Public Health Emergency will allow for state resources to be utilized during our response efforts to COVID-19.

We continue to stress that the public use proper hygiene techniques to help stop the spread of the virus. These habits include:

- Washing your hands with soap and water, creating a lather, for 20 seconds (length of singing "Happy Birthday" twice) and turning off the faucet with a paper towel.
- Avoid touching your eyes, nose and mouth
- Covering your nose and mouth with a tissue or your elbow (remember to throw the tissue in the trash)
- Avoid close contact with those who are coughing or sneezing
- Stay home if you are sick

If you feel you may have been exposed, monitor your symptoms. If you become ill with fever, a cough and shortness of breath, call your health care provider. If you have any questions about COVID-19, call the NJ State Hotline at 1-800-222-1222.

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The Monmouth County Regional Health Commission provides shared public health services to nineteen (19) towns: Allenhurst, Brielle, Deal, Fair Haven, Interlaken, Little Silver, Loch Arbour, Middletown, Monmouth Beach, Ocean Township, Red Bank, Rumson, Sea Bright, Sea Girt, Shrewsbury Borough, Spring Lake, Spring Lake Heights, Tinton Falls, and West Long Branch.