



## **MONMOUTH COUNTY REGIONAL HEALTH COMMISSION NO. 1**

1540 WEST PARK AVE., TINTON FALLS, NJ 07724

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

### **For Immediate Release**

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### **MCRHC Reports a Symptomatic Case Associated with Initial Case Of COVID-19**

A household adult contact of the initial presumptive case from March 9<sup>th</sup> has become symptomatic. The entire household has been self-isolating and self-quarantining since first member was reported as a presumptive positive case. Initial investigation indicates there is no linkage to any other presumptive positive in the community.

Self-isolation is the act of separating one-self from others while showing signs of sickness. Self-quarantine is the act of separating one-self to others without any symptoms of sickness. MCRHC is working closely with the NJ Department of Health, local hospitals, community officials and our public health partners on this evolving situation. We stress that the public use social distancing techniques and commonsense hygiene to help stop the spread of the virus. These include:

- Practice prevention measures like frequent hand washing, staying home when sick and covering coughs and sneezes
- Maintain distance (at least 6 feet) for others when possible
- Avoid crowded public places during common hours and mass gatherings
- Avoid food sharing

If you feel you may have been exposed, STAY HOME AND monitor your symptoms. CALL AHEAD TO your medical provider if you are feeling symptoms. Calling ahead instead of immediately showing up will prevent anyone else including healthcare workers from getting sick and potentially protect you from COVID-19. If you have any questions about COVID-19, call the NJ State Hotline at 1-800-222-1222. Note the hotline is not to locate testing, to get test results, or for medical advice.

Currently New Jersey has 69 positive presumptive cases and Monmouth County has 8 positive presumptive cases. MCRHC is working closely with our partners and will continue to update Monmouth County residents of the evolving situation.

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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.