

## **The Wuhan Novel Coronavirus (2019-nCoV) And Seasonal Influenza: What Hunterdon County Residents Need To Know**

The Hunterdon County Health Department has announced that while the immediate health risk from the Wuhan Novel Coronavirus to the general public in the United States is considered low at this time, the Department is following the evolving outbreak of the virus, is prepared to investigate any reported cases of Coronavirus in the County, and is sharing guidance to the County's medical providers, based recommendations from the Centers for Disease Control.

The Department has been advised by the State Health Department that New Jersey has no confirmed case reports of Coronavirus (2019-nCoV) at this time.

Based on current information regarding 2019-nCoV disease transmission, individuals at risk for developing infection are those with a history of travel to Wuhan, China or those who have direct contact with someone with Coronavirus.

The County's Health Officer Karen DeMarco stated, "We are currently experiencing high activity of seasonal influenza, and residents are encouraged to take steps to protect themselves against Influenza and other respiratory viruses currently present in New Jersey and Hunterdon County. The best methods for preventing viral respiratory illness include:

- Wash your hands often with soap and water. Use alcohol-based hand sanitizer if soap and water are not available.
- Stay home if you are sick and avoid close contact with others who are sick. Keep sick children home from school and follow school sick policies.
- Cover coughs and sneezes with a tissue or sleeve, not your hands.
- Get a flu vaccine. It's not too late, most flu activity typically peaks between December and February and can continue as late as May.
- Review and follow CDC travel advisories when planning travel. If you become ill after returning home to the United States, call your healthcare provider before going to a doctor's office or emergency department of a hospital. They may want to place a mask on you before you enter the building to protect other people. Travel guidance can be found here: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/china#travel-notices>.

DeMarco said, "Although health professionals are still learning about the Coronavirus, symptoms include flu-like symptoms including a fever, cough and congestion. Some patients – particularly the elderly and others with other chronic health conditions – may develop a severe form of pneumonia. The Coronavirus is a rapidly evolving situation, and for the most up to date case count information, please visit <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>."

Limiting the spread of the flu virus in Hunterdon County remains a high priority. Anyone can get the flu, even healthy people. In the 2018-2019 flu season an estimated 35.5 million people were sickened and 34,200 people died from influenza in the United States. The annual vaccine and proper hand hygiene is your best defense against the influenza virus.

Additional Important Information Can Be Found By Visiting:

For 2019 Novel Coronavirus, Wuhan, China (2019-nCoV)

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

For Influenza information and updates

CDC - <https://www.cdc.gov/flu/index.htm>

NJ - <https://www.nj.gov/health/cd/topics/flu.shtml>

Hunterdon County Health Department

<http://www.co.hunterdon.nj.us/health.html>

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