

## **COVID-19 RECOVERY—WHAT YOU NEED TO KNOW**

**Vanessa Freire, Branchburg Health Officer**

People across New Jersey are recovering every day from COVID-19. Local Health Departments follow guidelines provided by the New Jersey Department of Health when investigating COVID-19 cases. As of 5/15/2020, Branchburg has a cumulative total of 74 COVID-19 cases, of these 74 cases, 55 have recovered, 2 have deceased, and 17 are active cases. Branchburg Health Department provides detailed guidance to our COVID-19 cases when it pertains to returning to work and preventing future spread to family members and within the community.

### **Returning to Work:**

If you tested positive for COVID-19 and have symptoms, you can return to work and daily activities once:

- At least 10 days have passed since symptoms first appeared, AND
- You are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine), AND
- Your other symptoms such as cough or shortness of breath have improved

### **Prevention is key.**

In order to prevent COVID-19 and other respiratory illnesses we need to do the following:

- Wash your hands and clean high-touch items often
- Cover coughs and sneezes with a tissue or your elbow
- Avoid sick people
- Follow social distancing and face covering guidelines

For more information on COVID-19, please visit: [covid19.nj.gov](https://www.covid19.nj.gov)

For questions, please e-mail the Branchburg Health Department: [health@branchburg.nj.us](mailto:health@branchburg.nj.us) or call us at 908-526-1300 x 183