Coronavirus Disease (COVID-19) in the U.S.

Coronavirus disease (COVID-19) is characterized by mild symptoms including a runny nose, sore throat, cough, and fever. Illness can be more severe for some people and can lead to pneumonia or breathing difficulties. More rarely, the disease can be fatal. Older people, and people with other medical conditions (such as asthma, diabetes, or heart disease), may be more vulnerable to becoming severely ill.

People may experience:

- runny nose
- sore throat
- cough
- fever
- difficulty breathing (severe cases)

Governor Murphy has set up a [24-hour hotline](#) where trained healthcare professionals are standing by to answer questions about coronavirus. The number is 1-800-222-1222 and the call is free. If using an out-of-state phone line, call 1-800-962-1253.

The Centers for Disease Control and Prevention (CDC) set up [this page](#) to track current cases in the United States.

Basic protective measures against the new coronavirus

- **Wash your hands frequently**
  Regularly and thoroughly clean your hands with alcohol-based hand rub or wash them with soap & water.

- **Maintain social distancing**
  Maintain at least 1-meter (3 feet) distance between you and anyone who is coughing or sneezing.

- **Avoid touching eyes, nose and mouth**
  Hands touch many surfaces and pick up viruses. Once contaminated hands transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

- **Practice respiratory hygiene**
  Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

- **If you have fever, cough & difficulty breathing, seek medical care early**
  Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

- **Stay informed and follow advice given by your healthcare provider**
  Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19