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FOR IMMEDIATE RELEASE

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Today, we have learned of yet another death due to COVID-19 as the case count reaches 200

Cape May Court House- Today, the Cape May County Department of Health reports a 75-year-old female resident from Lower Township that passed away from the corona virus. Cape May County's positive case count has now increased by 10 making a total of 200 including 13 deaths from Covid-19.

"Today, we have learned of yet another death due to COVID-19 which has impacted our communities in Cape May County," Freeholder Jeff Pierson said. "Our thoughts and prayers go out to this woman's family as well as the families of those who have also been victims of this terrible pandemic."

<u>MUNICIPALITY</u>	<u>ACTIVE CASES</u>	<u>REPORTED TODAY</u>	<u>OFF QUARANTINE</u>	<u>DEATHS</u>
AVALON	0		6	
CAPE MAY CITY	1		3	
CAPE MAY POINT	0			
DENNIS TOWNSHIP	6	1	3	1
LOWER TOWNSHIP	54		7	10
MIDDLE TOWNSHIP	34	1	8	
NORTH WILDWOOD	1		3	
OCEAN CITY	12	2	3	
SEA ISLE CITY	0		2	
STONE HARBOR	0			
UPPER TOWNSHIP	15	5	4	1
WEST CAPE MAY	1			
WEST WILDWOOD	1			
WILDWOOD	11	1	3	
WILDWOOD CREST	5		3	
WOODBINE	1			1
TOTAL ACTIVE	142			
TOTAL RECOVERED			45	
TOTAL DECEASED				13
TOTAL CASES IN CAPE MAY COUNTY	200			

“The best prevention against illness is always hand hygiene. Good hand hygiene helps protect yourself and others from spreading germs. The Center for Disease Control and Prevention does not recommend the use of gloves in public settings currently. Gloves should only be used by trained individuals,” said Kevin Thomas, Health Officer.

As of now, the Centers for Disease Control and Prevention does not recommend wearing gloves in public as a preventative measure. Washing your hands is just as effective as wearing gloves. Individuals should also not be wearing gloves if they were not properly trained. The World Health Organization only recommends gloves to be used by medical professionals when there is a possibility that they might come in contact bodily fluids. Washing your hands often can help ensure that you and your loved ones stay healthy. Clean hands can stop germs spreading from one person to another and throughout an entire community. By washing your hands, you can protect your home, workplace, childcare facilities, and hospitals.

Clean your hands often by taking the following methods:

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Follow Five Steps to Wash Your Hands the Right Way

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Call your healthcare professional if you have concerns about COVID-19 and your underlying health conditions. Stay up to date on the current situation as it evolves. Some reliable sources are New Jersey Poison Information and Education System hotline at 211 or 1-800-962-1253, the Centers for Disease Control and Prevention at www.cdc.gov, the World Health Organization at www.who.int, the New Jersey Department of Health at COVID19.nj.gov. **For additional information** visit <https://capemaycountynj.gov/> or Cape May County Department of Health at www.cmchealth.net, also like us on Facebook.

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