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FOR IMMEDIATE RELEASE

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21 New Positive Cases of COVID-19 in Cape May County

Cape May Court House- Today, the Cape May County Department of Health reports an increase of positive cases by 21, making a total of 245 including 17 deaths from COVID-19.

<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	10	2	3	1
LOWER TOWNSHIP	46	4	17	13
MIDDLE TOWNSHIP	39	3	10	
NORTH WILDWOOD	3	1	3	
OCEAN CITY	16	1	4	
SEA ISLE CITY	0		2	
STONE HARBOR	0			
UPPER TOWNSHIP	23	3	6	2
WEST CAPE MAY	1			
WEST WILDWOOD	0		1	
WILDWOOD	15		3	
WILDWOOD CREST	4		4	
WOODBINE	8	7		1
TOTAL ACTIVE	166			
TOTAL RECOVERED			62	
TOTAL DECEASED				17
TOTAL CASES IN CAPE MAY COUNTY	245			

Older adults and people with chronic health conditions, such as diabetes, heart disease and lung ailments, are more likely than younger, healthier people to experience serious symptoms from the illness caused by the coronavirus (COVID-19). The immune system grows weaker as one ages, which makes it more challenging for older adults to fight off infectious diseases. Chronic diseases are more common with age, can compromise the immune system, and make people more vulnerable to serious complications. In addition, many individuals with disabilities and chronic health conditions and many seniors, rely on in-home care, making physical distancing challenging for them, their loved ones and their caregivers. Individuals in nursing

homes and long-term care facilities are at a particularly heightened level of risk for severe illness as a result of COVID-19.

Cape May County Department of Health recommends additional measures to prevent exposure among vulnerable people, including the elderly and those with underlying health conditions (such as diabetes, cancer, immunodeficiency, asthma, COPD and others). The department recommends that residents, especially those who are vulnerable:

- Stay home except for essential tasks. Ensure you have a two-week supply of medication on hand.
- When engaging in essential tasks away from home, remain 6 feet away from others and wear a facial covering.
- Wash your hands with soap and water regularly.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Keep surfaces clean by wiping them down with a household disinfectant,

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.

For Additional Information:

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