



BOROUGH OF ISLAND HEIGHTS OFFICE OF EMERGENCY MANAGEMENT

Island Heights Municipal Complex
East End and Westray Avenues P. O. Box 484
Island Heights, N.J. 08732
732-270-5500

HELP STOP THE SPREAD OF CORONAVIRUS

- Keep your hands clean
- Avoid touching your face, nose or mouth
- Keep your distance from other people
- Wave instead of handshakes
- Avoid large crowds
- Limit unnecessary travel
- Get the flu shot
- Stay home if you are sick
- High fever, breathing difficulties, call your doctor
- Reach out to elderly family and friends
- With children, keep calm and carry on
- Take a deep breath. This too shall pass.

For more information, go to www.CDC.GOV