



New Jersey  
Council of  
County Colleges

## Health Resources for New Jersey Community College Students and Community Members Affected by the Coronavirus

### How to protect yourself

The Centers for Disease Control (CDC) has the most up-to-date information on protecting yourself from COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

### If you think you are sick

The Centers for Disease Control (CDC) has the most up-to-date information as to what to do if you think you are sick:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

### If you need your local health department

To find your local health department, visit:

[www.localhealth.nj.gov](http://www.localhealth.nj.gov)

### If you need health insurance

NJ FamilyCare is New Jersey's publicly funded health insurance program. It includes CHIP, Medicaid and Medicaid expansion populations. That means qualified NJ residents of any age may be eligible for free or low cost health insurance that covers doctor visits, prescriptions, vision, dental care, mental health and substance use services and even hospitalization.

<https://www.njhelps.org/>

### If you are anxious or stressed

Coping with stress during infectious disease outbreaks can cause anxiety and stress. These guidelines can help:

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

### If you need access to mental health professionals

NJMentalHealthCares is New Jersey's behavioral health information and referral service. **To get help now, call 866-202-HELP (4357) or visit:**

<https://www.njmentalhealthcares.org/>

### If you want updates on COVID-19 from the State of New Jersey

For updates on COVID-19 in New Jersey, text **NJCOVID** to **898-211**. For live text assistance, text your zip code to **898-211**. You can also visit:

<https://www.nj.gov/health/cd/topics/ncov.shtml>

### To see the New Jersey Department of Health's COVID-19 Online Dashboard, visit:

[https://www.nj.gov/health/cd/topics/covid2019\\_dashboard.shtml](https://www.nj.gov/health/cd/topics/covid2019_dashboard.shtml)