



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 or if you need a COVID-19 test

The State of New Jersey has developed an online tool to check your symptoms, as well as a centralized resource with information on COVID-19 Testing Sites throughout the state. For more information, visit:

<https://covid19.nj.gov/search.html?query=Testing+Centers+in+NJ>

If you need your local health department

To find your local health department, visit:

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

NJ Mental Health Cares is New Jersey's behavioral health information and referral service. If you are experiencing anxiety or worry related to the Coronavirus outbreak, help is available seven days a week, from 8 a.m. to 8 p.m. **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