## Cape May County's COVID-19 Testing



## Stop the Spread of COVID-19 by Doing the Following:

- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people (at least 6 feet).
- Cover your mouth and nose with a mask when around others.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces daily.
- CDC recommends that people wear masks in public settings and when around people outside of their household, especially when other social distancing measures are difficult to maintain.

**CAPE MAY COUNTY FIRE ACADEMY** Every Monday and Wednesday (Except for Holidays)

## **MOBILE UNIT:**

Every Tuesday and Thursday (Except for Holidays)

## For a list of locations visit cmchealth.net or call (609) 463-6581

Appointments are required.

Call (609) 463- 6581 for additional information or to make an appointment. Walk-ups are reserved for first responders. Like us on Facebook or visit cmchealth.net for updates

Supported By:

Cape May County Department of Health Cape Regional Medical Center Cape May County Office of Emergency Management Cape May County Freeholders