Pre-Check in/Check in/Check out

We look forward to seeing you in Ocean City and thank you for choosing Berger Realty for your vacation rental. Things are going to be a little different this year. Berger Realty has made the following adjustments to our check-in and check-out procedures:

Prior to your rental:

We are recommending that tenants bring their own pillows, blankets, mattress covers and bedspreads this summer just in case some owners do not provide them.

We also recommend bringing some extra cleaning supplies of your own. Most properties will have cleaning supplies, but we recommend having some extra supplies of your own as well.

The printed materials usually provided in your check-in envelope are attached to this letter. Please print them ahead of time or keep this file for future reference. The materials can also be found on our website for your convenience.

Check-in:

1. Please do not arrive early
2. All check-ins will be done outside
3. Parking lots maybe closed or sectioned off to provide space for social distancing
4. Tenants will not be permitted in the office during check-in time periods
5. Restrooms access will be limited
6. Try and wait in your vehicle until check-in is permitted or make sure you are taking the necessary precautions of social distancing outside of the office
7. Only one person from each party should approach the office for check-in

Check-out:

1. Please return the keys in the check-in envelope
2. Each office will have a drive thru check out basket or a basket will be located outside of the office for your convenience
3. If you need to speak to your agent, please contact them directly on their cell phone
4. Tenants will not be permitted in the office during checkout time periods

Thank you again for choosing Berger Realty. We appreciate your business and enjoy your vacation in Ocean City, NJ.
We join together to urgently request that all residents of and visitors to Cape May County wear face coverings in all public places, other than certain very limited exceptions.

The following are exceptions, where the mask-wearing request does not apply:

- For those engaged in active outdoor recreation such as swimming, walking, hiking, bicycling, or running.
- **While on the beach**, so long as strict social distancing is maintained.
- When socially distanced and eating or drinking in public at a restaurant, bar, or other food or beverage establishment.
- By those who cannot medically tolerate wearing a face covering.
- By children aged 9 or younger.

Please note that the request for the wearing of face coverings **INCLUDES** the County’s Boardwalks.
Dear Valued Customer,

Thank you for allowing us to arrange your accommodations this summer. We hope you enjoy your stay. If you have any questions or if I can be of any service to you, please do not hesitate to contact me.

While on vacation, you may want to look for a home to purchase for an investment and future retirement residence. Many people look to the future in this manner. We have numerous properties in a large range of prices and I would be very happy to assist your family in finding that perfect property.

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RE-BOOK YOUR RENTAL FOR NEXT YEAR EARLY

To ensure the best chance of securing next summer’s accommodations, you might consider making your reservations before you leave. Kindly fill in the form below and return it to me prior to leaving.

NAME: ____________________________________________________________

ADDRESS: ________________________________________________________

PHONE (H): ___________________ PHONE (C): ___________________

EMAIL: ________________________ @ __________________________

RENTAL PROPERTY: ______________________________________________

PREFERRED DATES FOR NEXT YEAR: _______/______/_______ TO _______/______/_______

AGENT: _________________________________________________________

When confirmation from the Owner is received for the week(s) you are requesting, a lease will be generated and forwarded to you. Please sign and return the lease with the deposit of $170.

Owners set the rates. We cannot guarantee the same rates.
UTILITY/CITY SERVICES PHONE NUMBERS
- Non-emergency Police 609-399-9111
- Non-emergency Fire 609-525-9182
- So. Jersey Gas-Leaks Only 1-800-582-7060
- AC Electric-Power Outage 1-800-833-7476
- Comcast Cable-Internet 1-800-391-3000

MEDICAL NEEDS
- Shore Medical Center 609-653-3515
- Atlanticare Urgent Care (2 locations)
  Call for hours and directions: 609-407-2273
  210 South Shore Rd (Marmora)
  443 Shore Rd (Somers Point)

MISCELLANEOUS
Grocery:
- Acme 34th and Bay 609-525-2160
- Acme 8th and West 609-814-9780
- Shoprite 4 W. Roosevelt Blvd 609-545-0410
  Marmora

Convenience Markets:
- Wawa 34th & Haven 609-398-6080
  13th & West 609-398-7754
- Blitz's 34th & Asbury 609-399-6080
  21st & Asbury 609-399-9983
- Boyars 1340 Asbury 609-399-1343
  55th & Haven 609-399-9980

Pharmacy:
- CVS 34th & Simpson 609-399-5252
  16th and Haven 609-391-0071
- Rite Aid 14th and West 609-814-1954

Public Library: 609-399-2434 (free wireless internet)

Aquatic and fitness center
Pool/gym/racquetball; Monthly/weekly non-resident membership required; call center for details. 609-398-6900

OUTDOOR RECREATION
Playgrounds: North & Haven, 6th & Atlantic, 6th & Bay, 8th & Haven, 15th & Bay, 29th & West, 34th St & West/Asbury, 52nd & Haver

Basketball: North & Haven, 6th & Atlantic, 8th & Haven, 15th & Bay, 34th Street

Tennis: Reservations required
  6th St: 609-525-9306
  18th St: 609-525-9307
  35th St: 609-525-9308

Boardwalk: Two and a half miles for biking (Summer, mid-June to Labor Day), walking, or jogging. Distance is conveniently marked every quarter mile.

TRASH SCHEDULE
Please remember: Just as the next tenant will be putting out some of your trash, please put out all trash at the unit on your designated days. Place trash out by 6am.
- Monday, Thursday – Longport Bridge to north side of 9th St
- Tuesday, Friday – south side of 9th St to north side of 28th St
- Wednesday, Saturday – south side of 28th St to 59th St

MANDATORY SINGLE STREAM RECYCLING:
Bottles, cans and jars can be mixed and placed in any rigid container with a recycling label; Paper and cardboard can be mixed and set out in brown paper bags or in a container with a recycling label along with cans & bottles.

No plastic bags
All trash and recycling must be in containers

PLEASE REVIEW THIS INFORMATION DESIGNED FOR YOUR COMFORT AND CONVENIENCE.

Welcome to Ocean City!
"America’s Greatest Family Resort"

Leon K. Grisbaum, owner

Office Hours:
Monday-Saturday: 9am-5pm
Sunday: 10am-5pm
5 Simple steps To a Good Start

1. CHECK ALL KEYS:
The first thing you should do before unpacking anything is to make sure all sets of keys get you into the unit. You don’t want to start unloading if there is a problem with your keys! Make sure both sets work properly! Only checking one set is a sure way to have someone locked out later.

2. DO A WALK THROUGH:
Designate someone to walk through the unit before you start unpacking. Make a list of any pre-existing damages you see and provide this to your agent within 24 hours of checking in. We are open until 5pm on Saturday and 10am to 5pm on Sunday.

3. DON’T OVERFILL THE REFRIGERATOR!
Anything room temperature that you put into an empty refrigerator will warm the interior and it can take hours for the fridge to cool back down. Check the orange sheet enclosed in your check in envelope for tips on how to properly manage the refrigerator.

4. DON’T FREEZE UP THE AIR CONDITIONER!!
Never set the air conditioner below 68 degrees. Check the orange sheet enclosed in your check in envelope for tips on how to properly manage the air conditioning system.

5. READ OVER THE INFORMATION PROVIDED IN YOUR CHECK IN ENVELOPE
We have provided helpful and necessary information in your envelope with your comfort and safety in mind. Please take a moment to review the provided information. Put the envelope and information in a safe place so that you can refer to it when needed, and return your keys in the envelope to Berger Realty when you check out.

RELAX AND ENJOY! BUT IF YOU RUN INTO A PROBLEM:

WHAT TO DO IF YOU CAUSE ACCIDENTAL DAMAGE IN THE PROPERTY:
If you don’t have a security deposit, you probably purchased an insurance policy through CSA which covers the property against accidental damages during your stay. There is CSA paperwork enclosed in your check in envelope. Please call Berger Realty immediately to report any damage you cause so that we can begin the paperwork, call the property owner, and start the process of repair or replacement for the next guest.

LOCK YOURSELF OUT?
Call police non-emergency after 5:00 pm for assistance if you lock yourself out after Berger office hours. 609-399-9111. We are open until 5pm on Saturday and 10am to 5pm on Sunday.

HAVING A PROBLEM IN THE UNIT?
Call Berger Realty during office hours and we assist you. Please do not email your agent about problems as this could delay the process. Berger Realty does not authorize or make repairs nor do we staff maintenance or cleaning personnel. We must contact individual unit owners to arrange all cleaning and repairs.

EMERGENCIES: Call 911 for any fire, police or gas emergency and leave the unit if necessary.

CLEANING EXPECTATIONS: You are expected to leave the property in clean condition. A cleaning checklist has been provided with your check in information for your convenience.

IF THE PROPERTY OWNER HAS LEFT CLEANING OR OTHER INSTRUCTIONS PLEASE FOLLOW THEM

HELPFUL INFORMATION

BEACH TAGS (REQUIRED JUNE 2-SEPTEMBER 1)
Beach tags are $10 weekly, available at several locations or directly from tag checkers on the beach in the summer. Seasonal tags good for the entire summer are $25. Property owners are not required to provide tags however if they are left in the unit as a courtesy, kindly return the courtesy by replacing any SEASONAL TAG you lose prior to checking out.

GUARDED BEACHES The lifeguard schedule is subject to change. Please call 609-814-9283.

SURF CHAIRS (free beach wheelchair program)
Chairs are available on a daily or weekly basis, reservations recommended, call 609-525-9304.

PERSONAL PROPERTY Secure your bikes, beach gear, etc. at all times to guard against theft.

NOISE ORDINANCE: Ocean City enforces a noise ordinance. Please be courteous to your neighbors between the hours of 10pm and 8am. Call 609-399-9111 to report noise violations.

GRILLING is not permitted on decks, within any building (including garage and carport) or within 5 feet of any structure.

NO PETS allowed in the unit at any time unless permitted in your lease.

NO SMOKING in the unit or near an open window or door of your unit.

INTERNET The property should have login information for the internet somewhere in the unit, (welcome letter, binder, taped to modem, on fridge, etc.).
WE HOPE YOU ENJOYED YOUR STAY. PLEASE REFER TO THESE GUIDELINES FOR VACATING YOUR UNIT

**CHECKOUT INSTRUCTIONS:**
1. Leave the property clean (refer to the cleaning checklist below)
2. Set A/C at 75°
3. Secure all windows and doors
4. Vacate by 10am
5. Return your keys to Berger Realty

**CLEANING CHECKLIST:**

**KITCHEN**
- Wipe down countertop/stovetop
- Empty refrigerator/freezer, spills wiped
- All kitchen items washed and put away
- Sweep floors if necessary
- Empty trash and recycling

**BATHROOMS**
- Rinse tub/sink; wipe counter if necessary
- Sweep floors if necessary
- Remove all personal items
- Empty trash

**BEDROOMS**
- Sweep or vacuum if necessary
- Empty trash
- Look in drawers, under bed, in the closet for personal items

**GENERAL**
- Vacuum and/or sweep living room/dining room area when needed
- Place trash and recycling in proper outside containers
- All furniture/decorative items in original positions
- Clean barbeque grills after each use
- All items you brought, take out—this includes all food!

**DO YOU HAVE YOUR...**
- Phone/electronics chargers
- Glasses
- Medications
- Movies/games/books

**PLEASE CHECK THE PROPERTY FOR ANY ADDITIONAL INSTRUCTIONS, CLEANING REQUIREMENTS OR ADDITIONAL INFORMATION PROVIDED BY THE PROPERTY OWNER.**
Refrigerators and Air Conditioning
What you need to know!

AC Units

Please read the following information to avoid problems with your air conditioning. A typical air conditioner can cool a property approximately 15 degrees cooler than the outside temperature. To avoid damaging your AC unit, please follow these simple directions.

1. If the unit is on when you arrive, do not lower the thermostat too fast to avoid freezing up the line (2-3 degrees in an hour)
2. If the unit is off when you arrive, turn it to cool, auto, and set the thermostat 5 degrees lower than the current temperature reading. (Changing the temperature at the thermostat only tells the system when to turn on or off, not the temperature of the air coming out of the vents. Turning it down does not make the air come out cooler! Turning it way down can break the unit.)
3. Never set the thermostat lower than 68 degrees. If the homeowner posts a restriction please follow their wishes, they know the limits of their system.
4. Leave all doors and windows closed, the air conditioning unit is re-circulating the air in the house. If you are letting in hot and/or humid air, you are slowing the process.
5. Close blinds/shades/curtains over windows that get direct sun.
6. Turn on all ceiling fans to help circulate the cool air.

Refrigerators

Refrigerators are open for longer than usual periods of time Saturday mornings during check out time with tenants emptying them, and the cleaners wiping them down. Follow these simple tips to prevent problems.

1. Keep the temperature dial at the mid-range mark (no lower or you risk freezing the motor and breaking the appliance)
2. Keep the doors closed as much as possible.
3. Put in only your perishable items at first. Do not load the refrigerator with warm items initially. After an hour or so, add other room temperature items a few at a time at about one-hour intervals. If you add too many warm items at once (like a case of beverages) to a refrigerator that has been sitting empty, it will warm the interior so much it can then take hours to recover.
4. Generally, if the freezer is working, the refrigerator is working. Give it time to do its job.
5. Bought or bought a lot of perishables? Put a bag or two of ice (sold at Wawa, Blitz's, CVS, grocery stores, etc.) in the fridge when you load it. Try putting the ice in zipper bags or bowls, whatever you can find that won’t leak as the ice melts. That should help cool the interior more quickly.
6. Tip: to cool cans/bottles of beverages quickly, fill a cooler or the sink with a 50/50 mix of ice and cold water. Add salt (a handful for a smaller container, more for something larger), submerge beverages and swish for several minutes!!
Dear Guest,

Welcome! We are pleased to have you as our guest, and we are committed to providing an outstanding vacation experience.

Please use this form to:

1. Document any damage you discover at the property at the time of check-in. It's important to let us know as soon as you discover the damage. This will document pre-existing damage so you won’t be responsible for it.

2. If you purchased CSA Vacation Rental Damage coverage, use the attached page to report any damage that occurred during your stay (don’t be afraid to report the damage – that's why you bought insurance!).

3. Please be reminded that any benefits under this program have been assigned by you to your Vacation Rental Agency

Part 1: The following damage was noted at the property when I checked in:

---

Guest Name ___________________________ Date _____________

Vacation Rental Agent Name ___________________________ Date _____________

---

Report any pre-existing damages at the property to Berger Realty within 24 hours of check-in. Report any other damages within 24 hours.

Please return all CSA forms to your Berger Realty agent. Berger Realty will process the CSA claim form and submit for payment. Please do not submit the forms directly to CSA.
## VACATION RENTAL DAMAGE COVERAGE CLAIM FORM

### SECTION 1: (To be filled out by the Guest/Tenant)

<table>
<thead>
<tr>
<th>Name of Guest/Tenant</th>
<th>Residence Telephone Number</th>
<th>Cell Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Policy Number</td>
<td>E-mail Address</td>
<td></td>
</tr>
<tr>
<td>Mailing Address</td>
<td>City</td>
<td>State</td>
</tr>
</tbody>
</table>

**Description of Loss** - Provide the date of the incident, detailed description of how the loss occurred, & items damaged.

### SECTION 2: (To be filled out by the Vacation Rental Agent)

<table>
<thead>
<tr>
<th>Vacation Rental Agency</th>
<th>Contact</th>
<th>Business Telephone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check-in &amp; Check-out Dates</td>
<td>Reservation Confirmation Number</td>
<td>Email Address</td>
</tr>
<tr>
<td>Company Mailing Address</td>
<td>City</td>
<td>State</td>
</tr>
<tr>
<td>Property Mailing Address</td>
<td>City</td>
<td>State</td>
</tr>
</tbody>
</table>

**Details of Loss**

- **Date of Report & To Whom Was the Incident Reported?**
- **Describe the Incident That Caused the Damage**

**Is the Loss Theft Related?**

- [ ] Yes
- [ ] No

If Yes, you are required to fill out a police report and submit a copy with this claim.

**Can the Damage Be Repaired?**

- [ ] Yes
- [ ] No

If Yes, please submit a copy of the repair estimates. If No, please fill out Amounts Claimed below.

### SECTION 3: DESCRIPTION OF ITEMS AND AMOUNTS CLAIMED

<table>
<thead>
<tr>
<th>Description - Please Include Manufacturer, Model, and Serial Number</th>
<th>Original Purchase Date</th>
<th>Original Purchase Price</th>
<th>Replace/Repair Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**Less Amount Received from Other Sources**

**Total Amount Claimed**

(including additional items if attached)

Notice: If you have more items, please attach separate sheet.
SECTION 4: (GUEST/TENANT & VACATION RENTAL AGENT: PLEASE READ NOTICE BELOW & SIGN)

FRAUD WARNINGS AND DISCLOSURES

Arizona: For your protection Arizona law requires the following statement to appear on this form: Any person who knowingly presents a false or fraudulent claim for payment of a loss is subject to criminal and civil penalties.

Alaska, Minnesota, New Hampshire: A person who knowingly and with intent to injure, defraud, or deceive an insurance company files a claim containing false, incomplete, or misleading information may be prosecuted under state law.

Arkansas, Louisiana, New Mexico, Texas, West Virginia: Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to civil fines and criminal penalties.

California: For your protection California law requires the following to appear on this form: Any person who knowingly presents false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

Colorado: It is unlawful to knowingly provide false, incomplete, or misleading facts or information to any insurance company for the purpose of defrauding or attempting to defraud the company. Penalties may include imprisonment, fines, denial of insurance and civil damages. Any insurance company or agent of an insurance company who knowingly provides false, incomplete, or misleading facts or information to a policyholder or claimant for the purpose of defrauding or attempting to defraud the policyholder or claimant with regard to a settlement or award payable from insurance proceeds shall be reported to the Colorado Division of Insurance within the Department of Regulatory Agencies.

Maine, Virginia, Tennessee, Washington: It is a crime to knowingly provide false, incomplete or misleading information to an insurance company for the purpose of defrauding the company or any other person. Penalties include imprisonment and/or fines. In addition, an insurer may deny insurance benefits if false information materially related to a claim was provided by the applicant.

Delaware, Idaho, Indiana: Any person who knowingly, and with intent to injure, defraud or deceive any insurer files a statement of claim containing any false or misleading information is guilty of a felony.

Florida: Any person who knowingly and with intent to injure, defraud, or deceive any employer or employee, insurance company, or self insured program files a statement of claim or an application containing any false or misleading information is guilty of a felony of the third degree.

Hawaii: For your protection, Hawaii law requires you to be informed that presenting a fraudulent claim for payment of a loss or benefit is a crime punishable by fines or imprisonment, or both.

District of Columbia: WARNING: It is a crime to provide false or misleading information to an insurer for the purpose of defrauding the insurer or any other person. Penalties include imprisonment and/or fines. In addition, an insurer may deny insurance benefits, if false information materially related to a claim was provided by the applicant.

Oklahoma: Warning: Any person who knowingly and with intent to injure, defraud or deceive any insurer, makes any claim for the proceeds of an insurance policy containing any false, incomplete or misleading information is guilty of a felony.

Kentucky, Pennsylvania: Any person who knowingly and with intent to defraud any insurance company or other person, files an application for insurance or statement of claim containing any materially false information or concealments for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

Kansas: Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or concealments for the purpose of misleading, information concerning any fact material thereto may be guilty of insurance fraud as determined by a court of law.

Maryland: Any person who knowingly or willfully presents a false or fraudulent claim for payment of a loss or benefit or knowingly or willfully presents false information in an application for insurance is guilty of a crime and may be subject to civil fines and criminal penalties.

New Jersey: Any person who knowingly files a statement of claim containing any false or misleading information is subject to criminal and civil penalties.

New York: Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or concealments for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed five thousand dollars and the stated value of the claim for each violation.

Ohio: Any person who, with intent to defraud or knowing that he is facilitating a fraud against an insurer, submits an application or files a claim containing a false or deceptive statement is guilty of insurance fraud.

Oregon: Any person who knowingly and with intent to defraud, files a claim for benefits may be guilty of insurance fraud and may be subject to prosecution.

☐ By checking this box, I/we, the insured(s) and the Agent(s), agree that my/our electronic signature(s) shall be the legal equivalent of my/our manual signature(s) on the document. I/we, the insured(s) and the Agent(s), attest that all the statements in this document are true and complete to the best of my/our knowledge. I/we authorize CSA Travel Protection to contact me/us or anyone else involved in this matter, to verify whether or not this loss occurred. I/we further authorize CSA Travel Protection to release and share claim information including that which may be used in the identification and prevention of potential fraudulent activity to Generali U.S. Branch, Generali Assicurazioni Generali S.p.A. (U.S. Branch), Assicurazioni Generali – U.S. Branch, Generali U.S. Branch DBA The General Insurance Company of Trieste & Venice, The General Insurance Company of Trieste and Venice – U.S. Branch, Stonebridge Casualty Insurance Company, Transamerica Casualty Insurance Company, insurance support organizations, fraud information clearinghouses, designated service providers and business associates assisting in the processing of the claim.

GUEST/TENANT’S SIGNATURE          PRINT NAME         DATE

VACATION RENTAL AGENT’S SIGNATURE   PRINT NAME   DATE

VACATION RENTAL AGENTS REMEMBER TO SUBMIT THE FOLLOWING WITH THIS CLAIM FORM:
- FOR THEFT CLAIMS, A COPY OF THE POLICE REPORT
- PHOTOGRAPHS OF THE PROPERTY DAMAGE
- REPAIR ESTIMATES
- ORIGINAL PURCHASE RECEIPTS OR ESTIMATES
- REPLACEMENT RECEIPTS
- A COPY OF THE PROPERTY LEASE AGREEMENT

SUBMIT FORM          CLEAR FORM

You may also submit your completed form to CSA by fax: (877) 300-8670 or mail: CSA Travel Protection R.O. Box 939057 San Diego, CA 92193

QUESTIONS? CALL CSA AT (800) 541-3522 OR E-MAIL: CLAIMS@CSATRAVELPROTECTION.COM

VRD Without Assignment_15676_0414
Coronavirus Disease 2019

How to Protect Yourself & Others

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness. More information on Are you at higher risk for serious illness.

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
  - Remember that some people without symptoms may be able to spread virus.
  - Stay at least 6 feet (about 2 arms’ length) from other people.
  - Do not gather in groups.
Keeping distance from others is especially important for **people who are at higher risk of getting very sick.**

### Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a **cloth face cover** when they have to go out in public, for example to the grocery store or to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

### Cover coughs and sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your **mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household disinfectants [will work](#).

### Monitor Your Health

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
  - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- **Take your temperature** if symptoms develop.
  - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow **CDC guidance** if symptoms develop.
Handwashing Resources

Handwashing tips

Hand Hygiene in Healthcare Settings

More information

Symptoms

What to do if you are sick

If someone in your house gets sick

Frequently asked questions

Travelers

Individuals, schools, events, businesses and more

Healthcare Professionals

6 Steps to Prevent COVID-19

6 Steps to Prevent COVID-19 (ASL Version)

Social Distancing (ASL Video)

ASL Video Series: What You Need to Know About Handwashing

Page last reviewed: April 24, 2021
Coronavirus Disease 2019

How COVID–19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

The virus spreads easily between people

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.

The virus may be spread in other ways

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

Spread between animals and people

- At this time, the risk of COVID-19 spreading from animals to people is considered to be low. Learn about COVID-19 and pets and other animals.
- It appears that the virus that causes COVID-19 can spread from people to animals in some situations. CDC is aware of a small number of pets worldwide, including cats and dogs, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19. Learn what you should do if you have pets.

Protect yourself and others

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.
• Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
• Routinely clean and disinfect frequently touched surfaces.

Learn more about what you can do to protect yourself and others.

More Information

ASL Video Series: How does COVID-19 Spread?
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