

a **PUBLIC SERVICE ANNOUNCEMENT**
from the Office of
MAYOR DANIEL J. REIMAN
& the Carteret Health Department



IMPORTANT INFORMATION ON
COVID-19

- ***Announcement from the Mayor***
- ***Declaration of Emergency***
- ***Federal announcement***
- ***What you need to know***
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- ***Prevent the spread of germs***
- ***Fact sheets***
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- ***How to talk to your kids about COVID-19***
- ***Contact information***



BOROUGH OF CARTERET

DANIEL J. REIMAN, MAYOR

Randy Krum

Council President

Vinnie Bellino

Councilman

Jorge Diaz

Councilman

Dennis DiMascio

Councilman

A.J. Johal

Councilman

Susna Naples

Councilwoman

March 19th, 2020

Dear Neighbor;

The Borough is closely monitoring developments surrounding COVID-19, more commonly referred to as the Coronavirus 19. We are in daily contact with county and state health officials and monitoring the CDC releases. As of March 19th, 2020, there are no reportable or confirmed cases in Carteret.

However there are confirmed cases in Middlesex County, in Central NJ and statewide. Inevitable every town in every county will be effected in some capacity or another.

In response, the federal government, the State of New Jersey and County of Middlesex have declared a State of Emergency. The state has also set up a public call center at **1-800-222-1222** for anyone with questions about Coronavirus.

As a precautionary measure Carteret Schools will be closed until further notice. Children who participate in the school Free and Reduced lunch program will be able to pickup their daily lunch. All lessons, as well as additional learning information for all grades, can be found on-line at Carteretschools.org.

At this time, all Borough offices will remain open for business. Though we encourage you to call or email for borough related questions. Tax and sewer payments can be made on line at Carteret.net or may be mailed in. Anyone exhibiting symptoms of a cold, fever, or even allergies should avoid all public buildings or retail stores. Sensor temperature monitoring will be used in the borough buildings and anyone exhibiting signs of a high temperature will be asked to leave.

The Carteret Public Library will be adopting the following precautions (subject to change):

A maximum 25 visitors will be accepted at any given time, for up to one hour each. Children under 12 must be accompanied by an adult or guardian, the library staff is not a babysitting service or daycare, anyone simply dumping their unaccompanied children there will be reported to the proper state authorities.

All public events in Carteret, including the Carteret Easter Egg Hunt and our little league and girls softball parade and opening day ceremonies have been canceled until further notice.

All senior related activities and meetings and gathering at the community center are canceled for the time being. Seniors who participate in the meals on wheels program will receive their daily nutritional

delivery as scheduled.

All municipal court sessions throughout Middlesex County will be suspended until at least Friday, March 27th. Court dates will be automatically postponed. Fees or fines can be paid online at NJCourts.gov.

Private organizations are to avoid any large public gatherings and to limit any private event to a maximum of 50 people.

Our own Carteret Shoprite has announced that, during this nationwide pandemic, they will be open from 8am - 8pm, allowing them time to restock the store and clean daily. As a courtesy to our Senior Citizen population, those 62 and older will have exclusive access to the store on Tuesday mornings (beginning 3/24) from 7am - 8 am before the store is open to the general public. We'd like to thank the Sitar family and Shoprite for considering our senior citizen population. Please bring ID to take advantage of the early hours.

Please use common sense we encourage you to follow basic standard personal hygiene measures, people should wash their hands frequently and after contact with public surfaces or other people and avoid touching your mouth or face. Refrain from shaking hands and use a tissue or paper towel to open any public doors including retail stores, eateries or restaurants.

As we continue to monitor the latest developments with the COVID 19 pandemic, please check in daily on Carteret.net and the My Carteret Facebook page for the latest information.

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Sincerely,

A handwritten signature in blue ink that reads "Daniel J. Reiman". The signature is fluid and cursive, with the first name being the most prominent.

Daniel J. Reiman
Mayor, Borough of Carteret

COVID-19 Emergency Declaration

On March 13, 2020, the President declared the ongoing Coronavirus Disease 2019 (COVID-19) pandemic of sufficient severity and magnitude to warrant an emergency declaration for all states, tribes, territories, and the District of Columbia pursuant to section 501 (b) of the Robert T. Stafford Disaster Relief and Emergency Assistance Act, 42 U.S.C. 5121-5207 (the “Stafford Act”). State, territorial, tribal, and local government entities and certain private non-profit organizations are eligible to apply for Public Assistance.

In accordance with section 502 of the Stafford Act, eligible emergency protective measures taken to respond to the COVID-19 emergency at the direction or guidance of public health officials’ may be reimbursed under Category B of the agency’s Public Assistance program. FEMA will not duplicate assistance provided by the Department of Health and Human Services (HHS), including the Centers for Disease Control and Prevention, or other federal agencies. Reimbursable activities typically include emergency protective measures such as the activation of State Emergency Operations Centers, National Guard costs, law enforcement and other measures necessary to protect public health and safety. FEMA assistance will be provided at a 75 percent Federal cost share.

This declaration increases federal support to HHS in its role as the lead federal agency for the federal government’s response to COVID-19. The emergency declaration does not impact measures authorized under other Federal statutes.

FEMA assistance will require execution of a FEMA-State/Tribal/Territory Agreement, as appropriate, and execution of an applicable emergency plan. States, tribal and territorial governments do not need to request separate emergency declarations to receive FEMA assistance under this nationwide declaration.

FEMA encourages officials to take appropriate actions that are necessary to protect public health and safety pursuant to public health guidance.

If you have any questions, please contact the Office of External Affairs, Congressional and Intergovernmental Affairs Division at (202) 646-3444 or at FEMA-IGA@fema.dhs.gov.

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FEMA’s mission is helping people before, during and after disasters.

Follow FEMA online, on Twitter [@FEMA](https://twitter.com/FEMA) or [@FEMAEspanol](https://twitter.com/FEMAEspanol), on FEMA’s Facebook page or Espanol page and at FEMA’s YouTube account. Also, follow Administrator Pete Gaynor’s activities [@FEMA_Pete](https://twitter.com/FEMA_Pete).

PLEASE NOTE:

The State of New Jersey has established a special website devoted to business concerns during the coronavirus emergency. The site, cv.business.nj.gov, will be updated as new information becomes available. We encourage you to communicate this with the appropriate individuals within your organization.

In addition, the New Jersey Business Action Center’s Helpline is now available from 8:00a.m. to 9:00p.m., seven days a week. Call **1-800-JERSEY-7** to address any concerns you or your employees have.

Gov. Phil Murphy announced Monday in Executive Order No. 104 that people should not leave their homes between 8:00p.m. to 5:00a.m. to help stop the spread of the Coronavirus. The only exceptions, according to the governor’s recommendation, would be emergency or essential travel.

Bars and restaurants will only serve take-out food.

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also 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, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

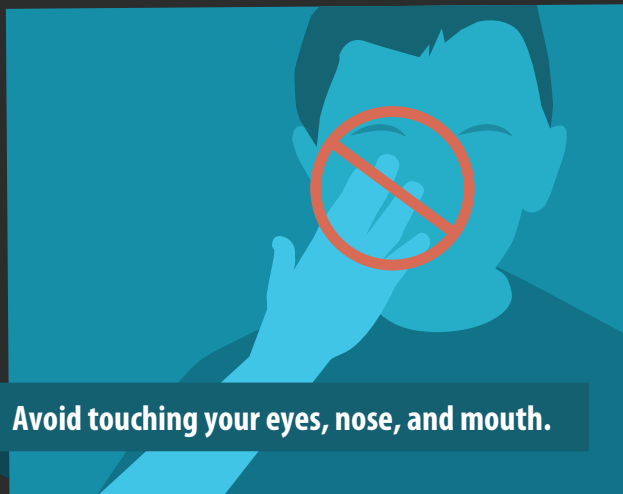
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



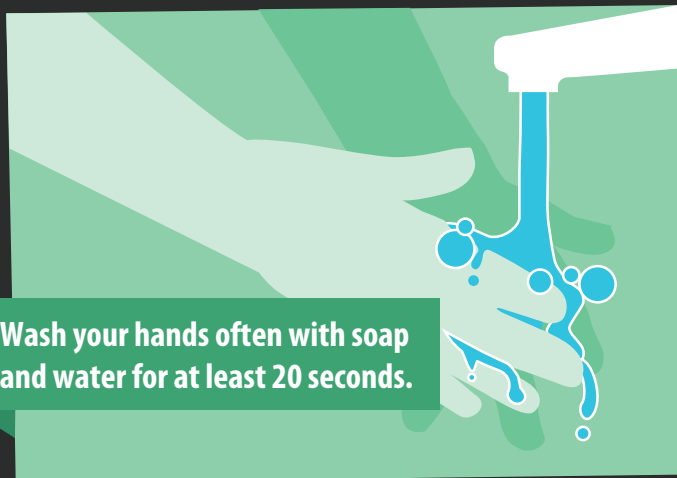
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

What is a novel coronavirus?

Novel (meaning “new”) coronavirus is a virus strain that has only spread in people since December 2019.

Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness in some people.

How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
- In rare cases, contact with feces (poop)

How severe is novel coronavirus?

Health experts are still learning about the illness caused by the new virus. People infected have had illness that has ranged from mild (like a common cold) to severe pneumonia that requires medical care in a hospital. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms may include fever, cough, and shortness of breath.

Who is at risk for novel coronavirus?

Currently, there is a widespread outbreak in Wuhan, China. At this time, the risk in the U.S. to the general public is low. At this time, there are a small number of cases in the U.S. To limit the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate anyone they think may have the virus.

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent from getting novel coronavirus?

If you are traveling overseas (to China, but also to other places) follow the CDC's guidance at wwwnc.cdc.gov/travel.

Right now the novel coronavirus has not been spreading widely in the United States, so there are no additional precautions recommended for the general public. Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid contact with others
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing

Currently there are no vaccines available to prevent novel coronavirus infections.

How is novel coronavirus treated?

There is no specific treatment for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital.

For more information:

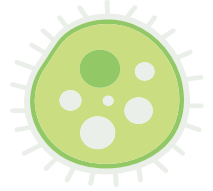
<https://www.nj.gov/health/cd/topics/ncov.shtml>

Follow the New Jersey Department of Health on:

Twitter: [@njdeptofhealth](https://twitter.com/njdeptofhealth)
Facebook: [/njdeptofhealth](https://www.facebook.com/njdeptofhealth)
and Instagram: [@njdeptofhealth](https://www.instagram.com/njdeptofhealth)



What is the difference between **isolation** and **quarantine**?



Isolation and quarantine help protect the public by preventing exposure to people who have or may have a **contagious disease**.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

ISOLATION

Isolation is for people who are already sick.



Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.



Isolation is a routine procedure in hospitals and healthcare facilities.



Isolation is usually voluntary, but officials have the authority to isolate people who are sick if necessary.

QUARANTINE

Quarantine is for people who are not sick, but may have been exposed.



Quarantined people may or may not become sick.



Quarantined people may stay at home or another location so they don't spread disease to healthy people.



If you are quarantined and you become ill, you can seek medical treatment from a healthcare provider.



Quarantine can be voluntary, but officials have the authority to quarantine people who have been exposed to an infectious disease if necessary.

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



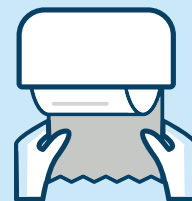
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS

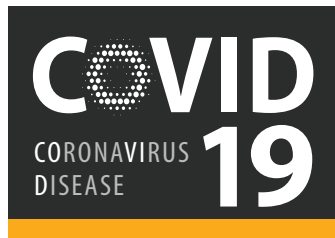


www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



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How to talk to kids about COVID-19

1 STAY OPEN TO QUESTIONS
There is a new virus a bit like a cold, not many kids are getting it but the Dr's are helping everyone.



3 KIDS ARE STRONG
Eat healthy foods, sneeze into your elbow, drink lots of water and try not to touch your face!



2 WASH YOUR HANDS
Sing the Happy Birthday song twice every time you wash your hands, rub them together with soap!



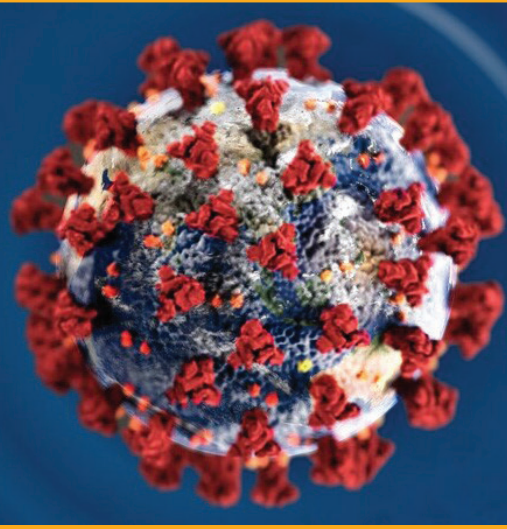
4 IT CAN IMPACT ANYONE
It doesn't matter where you or your parents come from, be caring to everyone. It's not your job to worry.



FOR A TOOLKIT OF RESOURCES
VISIT BHUSD.ORG/COVID19/



CORONAVIRUS [COVID-19]



Who to call



For health concerns related to Coronavirus:
The Middlesex County Health Department
(732) 745-3100

For CDC updates, please visit:
<https://www.cdc.gov>

For Carteret school information:
<https://www.CarteretSchools.org>

For general information you may also talk to your local doctor, an urgent care physician, or visit the Middlesex County website: <https://www.middlesexcounty.gov> **under corona update-healthcare**