

Department of Health

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Englewood Health Department Communication – Dec 1, 2020 James Fedorko, Health Officer, City of Englewood, NJ

Englewood NJ, Dec 1, 2020 – We regret to report that there have been a total of **62 cumulative deaths of Englewood residents** that have occurred. There were **13 new positive cases reported since Monday 11/30**, with a **total (cumulative) of 1,427 known positive COVID-19 cases of Englewood residents**. It is likely there are more positive cases that have yet to be identified.

[NJ COVID-19 Activity Level Report](#) (includes Percent Positivity) – Week ending 11/21/2020
New Jersey's Current Activity Level: **High**

*It is important that you continue to practice **social distancing**, wash your hands frequently, and wear a face covering/mask to minimize the spread of the virus and to continue to **flatten the curve**. Social distancing means that you should limit social contact with others and, if you must interact with people, **maintain a distance of at least six feet**.*

New Jersey Travel Advisory Update – 11/25/2020

New Jersey strongly discourages all non-essential interstate travel at this time.

Travelers and residents returning from any U.S. state or territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging for 14 days. This includes travel by train, bus, car, plane and any other method of transportation. The self-quarantine is voluntary, but **compliance is expected**. For more information, visit: [Covid19.nj.gov/travel](https://www.covid19.nj.gov/travel)

City of Englewood Parks & Recreation

Tennis and Basketball courts have been re-opened as of July 6th. Residents are required to adhere to SOCIAL DISTANCING in the City Parks when possible. Additionally, the WEARING OF FACE COVERINGS is strongly encouraged when practical, as well as frequent washing of hands and/or the use of hand sanitizer. The following areas of City parks remain closed: Playgrounds, Bathrooms, Picnic Areas, Pavilions, Water Fountains, Exercise Stations and Equipment, Athletic Fields (soccer, baseball, etc.). Parking lots will be limited to 50% capacity.

COVID-19 Symptoms

CDC's current list of symptoms of the novel coronavirus (COVID-19) includes: fever or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea. This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. **If you believe that you may have been exposed or have symptoms, contact your medical provider before you go there.**

13 symptoms for the coronavirus overlap with infections of other viruses, including [influenza](#) and [rhinovirus](#), the virus that causes the common cold. It may be difficult to determine whether you have [COVID-19 or the flu](#) with a test. However, no matter which you have, you should [still stay home](#), [wear a mask](#), frequently [wash your hands](#) and [keep your distance](#) from others. The same goes for the common cold as well.

Testing:

On September 18th, CDC issued a clarification to its COVID-19 testing guidelines. Their [website testing overview](#) now reads: *Due to the significance of asymptomatic and pre-symptomatic transmission, this guidance further reinforces the need to test asymptomatic persons, including close contacts of a person with documented SARS-CoV-2 infection.*

All Bergen County Testing information is available [HERE](#).

How to Protect Yourself and Others – CDC currently recommends that everyone should:

- Clean your hands often
- Avoid close contact
- Cover coughs and sneezes
- Cover your mouth and nose with a cloth face cover when around others
- Clean and disinfect frequently touched surfaces daily

CDC has updated its guidance on self-isolation for people who test positive for COVID-19. According to the [new guidelines](#), people who are symptomatic should isolate at home for 10 days after symptoms begin and for 24 hours after their fever has broken. Asymptomatic patients should isolate for 10 days from the date of their positive test. The previous standard was that two negative tests were needed in order to end isolation. On 10/21/20 CDC modified the definition of a close contact regarding the length of time associated with exposure and the time interval to assess the potential exposure that can result in transmission. In summary, the new definition requires 15 minutes or more of close contact (within 6 feet) of exposure to an infected person during a 24-hour period in which the infected person is infectious (cumulative exposure).

Vaccination

In anticipation of the COVID-19 vaccine, the New Jersey Department of Health has launched the COVID-19 vaccination website at www.state.nj.us/health/cd/topics/covid2019_vaccination.shtml. Visit the site often for updates as information becomes available. This site will contain information regarding the state COVID-19 vaccination plan, frequently asked questions, resources, as well as other information for both public and health care providers.

[Governor Murphy Announces Computer Science for All Grant](#) – 11/13/2020

[Administrative & Executive Orders – NJ](#)

[EO-204 - Pausing Indoor Practices and Competitions for Youth and Adult Sports and Lowering Limits on Outdoor Gatherings](#)

Summary:

1. RETIGHTENING the #limit on outdoor gatherings to 25 individuals – effective 6:00 AM on December 7th. Only exceptions: Religious or political activities; Funerals; Memorial services; Wedding ceremonies
Outdoor dining is UNAFFECTED by this announcement.
2. Rumors about some impending statewide #shutdown/lockdown are just that – rumors. NJ is not in the same situation it was this spring – when drastic actions were necessary to save lives.
3. EFFECTIVE 6 a.m., December 5-January 2, 2021 -- All indoor youth and adult sports are being placed on a full pause. Only exceptions: Collegiate-level and professional teams.

Open enrollment on the health insurance marketplace is OPEN until January 31, 2021 at <https://www.nj.gov/getcoverednj/> until January 31st, 2021. In the midst of a pandemic, access to affordable, high-quality health care is more important than ever. Enroll by 12/31 for January coverage.

COVID Research Volunteers Needed

Anyone who has recovered from the virus, who has been symptom free for at least 14 days, and who is otherwise able to donate blood, could be eligible to save lives by donating their convalescent plasma. Convalescent plasma is the liquid part of blood that is collected from patients who have recovered from the novel coronavirus disease, COVID-19, caused by the virus SARS-CoV-2. COVID-19 patients develop antibodies in the blood against the virus. Antibodies are proteins that might help fight the infection. Convalescent plasma is being investigated for the treatment of COVID-19. There is no

approved treatment for this disease, but there are promising indications that COVID-19 convalescent plasma might help some patients recover.

Demand continues to exceed supply. To learn more about the process or find the nearest site, interested parties can visit:

[AABB](#)
[America's Blood Centers](#)
[American Red Cross](#)
[Blood Centers of America](#)
[CoVig-19 Plasma Alliance](#)
[National COVID-19 Convalescent Plasma Project](#)
[Plasma Protein Therapeutics Association](#)
[The Fight Is In Us](#)

Also, the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health, has established a new clinical trials network that aims to enroll thousands of volunteers in large-scale clinical trials testing a variety of investigational vaccines and monoclonal antibodies intended to protect people from COVID-19. Anyone interested can learn more, and, should they decide to go forward, [see if they qualify to volunteer](#).

NJ Dept of Human Services has INCREASED the income threshold for families seeking child care tuition assistance during remote-learning school hours from \$75,000 to \$150,000. This will allow more families to receive the support they need to afford child care. Apply: ChildCareNJ.gov/COVID19

The deadline to apply for the Senior Freeze property tax relief program has been extended to December 31st. For more information, visit: <http://nj.gov/treasury>

Please refer to the City of Englewood website at www.cityofenglewood.org/Coronavirus for periodic updates. We will continue to inform the community of further important updates.

Please sign up for NIXLE to receive local updates. Simply text any zip code to 888777 and receive **real-time alerts** and advisories directly from your local police department and other local agencies. There is no charge for registering, but standard text messaging rates associated with your mobile phone service will apply.

For more information, visit the CDC website at www.CDC.gov/COVID19 or contact the New Jersey State Department of Health Hotline (NJPIES) at 1-800-222-1222 or at 1-800-962-1253 if in New Jersey but using a non-NJ cell phone. The NJPIES hotline is available 24/7.