

NOVEL CORONAVIRUS

(Covid-19)

Borough of Fair Haven Residents:

The Fair Haven Office of Emergency Management (OEM), continues to actively monitor the evolving novel coronavirus (COVID-19) outbreaks in our area and we continue to work with County and State Health Departments as well as the Center for Disease Control (CDC). We are ensuring that our police and first responders are prepared and have a plan in place to continue basic operations, deliver essential services and respond to emergencies.

In our immediate area, a 27 year old Little Silver resident has tested presumptive positive for COVID 19. It is believed that this individual contracted the virus while attending the Biogen Conference in Boston MA in late February. This resident has been self-quarantined since March 1st and appears to be recovering at home.

At this time, I would like to remind everyone to take certain precautions, as with any illnesses, to help prevent the spread of germs:

- Cover your cough and sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Anyone who is not feeling well should refrain from attending any large group events.
- Those with a fever should remain home until they are fever free for at least 24 hours.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water when available.

Follow CDC's recommendations for using a facemask.

- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Coronavirus symptoms may appear between 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath

Please also be aware that the Department of Health is strongly recommending that symptomatic individuals should immediately contact their primary health care physician regarding testing measures. If the situation changes, we will notify you via Nixle alert system. If you haven't done so already please register to receive regular communications from the Borough through our website at <https://www.fairhavennj.org> under Emergency Notification on the homepage.

Resources:

Center for Disease Control
www.cdc.gov/coronavirus

NJ Department of Health
www.nj.gov/health

Monmouth County Regional Health Commission
www.mcrhc.org