



**Joseph P. McGovern**  
*Chief of Police*  
Graduate FBINA 245

# FAIR HAVEN POLICE DEPARTMENT

35 Fisk Street  
Fair Haven, New Jersey 07704  
732-747-0991  
732-747-7431 (fax)



**Robert Townshend**  
*Lieutenant of Police*  
*Operations Division*

March 25, 2020

As the Coronavirus health crisis continues, the Fair Haven Police Department and the Fair Haven Office of Emergency Management remain prepared to serve our community with the professionalism and expertise we always have. As of today, there are 10 confirmed cases of COVID-19 in Fair Haven. As testing becomes more readily available, we expect these numbers to continue to rise. While we recognize the importance of keeping the community informed, it is not practical to provide daily updates as to the number of cases. Rest assured, we will continue to communicate important new information as it becomes available. What is most critical at this time is to remain at home unless absolutely necessary to leave for an exempted purpose, maintain recommended social distancing, and continue to practice proper hygiene.

Additionally, in order to assist in protecting our residents, our police officers, and all borough first responders, we ask that the community follow the below procedures for instances related to COVID 19:

If you are experiencing flu like symptoms (fever, body aches, cough, fatigue), or have been exposed to COVID 19:

- Self-isolate in your home
- Notify your health care provider and follow their instructions
- Maintain a clean environment in your home
- Monitor your symptoms regularly

Contact 911 for emergency assistance for the following:

- Difficulty breathing
- Pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- Other medical emergency
- As directed by a medical professional

Please follow these procedures when calling for emergency response:

- Notify the call taker of your symptoms and of a positive test if applicable
- Wear a facemask and other protective equipment if available
- Have a healthy household member meet the emergency responders outside upon arrival
- Consider self-transport if it is at all feasible without compromising health or safety

For further information, please see the attached information sheet issued by the Monmouth County Regional Health Commission.

## Other resources:

Call 211 or visit: <https://www.cdc.gov/coronavirus/2019-ncov/>  
<https://covid19.nj.gov/>





# WHAT SHOULD I DO IF I TEST POSITIVE FOR COVID-19?

The Monmouth County Regional Health Commission is asking for your assistance to prepare for and help prevent the spread of the COVID-19. Nationally, there continues to be a growing number of people infected with this virus. According to the Centers for Disease Control and Prevention and the World Health Organization, COVID-19 is a pandemic. We need to prepare to prevent the spread of this virus locally.

## SYMPTOMS

Fever, mild to severe lower respiratory illness. Symptoms can include cough, shortness of breath, and chest pain.

## WHY IS COVID-19 A BIG DEAL?

There is still information we don't know about Sars-CoV-2, the coronavirus that causes COVID-19. Why is it so contagious? How should it be treated? Can be contained? These are some of the questions we need answers for. What we do know is that there is currently no vaccine and the incubation period is up to 14 days, which is longer than the seasonal flu. The biggest concern is that as the cases increase, hospitals will not have the capacity to treat the severely ill if too many people fall sick at the same time.

## I TESTED POSITIVE FOR COVID-19, WHAT DO I DO?

If you test positive for COVID-19 it is most likely that you will have a mild case and can manage your symptoms at home. Monitor and record your symptoms every day. If possible, take your temperature twice a day. Drink lots of fluids (avoid caffeine and alcohol), increase your intake of Vitamin C and Zinc, and take fever reducing medications when needed.

Most importantly, isolate yourself at home away from family or other household members. If you must use shared areas like the bathroom, wear a mask, and wipe down any areas you touched. Have other household members wipe down those areas as well. Prepare your home so that you have an identified isolation room for anyone who is sick. If possible, activities such as sleep, eating and reading should be in that room.

## WHEN CAN I STOP SELF-ISOLATION?

After your diagnosis, you will be asked to isolate yourself at home until:

1. You are fever free for at least 72 hours (three days) without the use of fever-reducing medications AND
2. At least seven days have passed since you first developed symptoms AND
3. Your symptoms have significantly improved.

If you have trouble figuring out when to stop isolation, contact your medical provider.



# WHAT SHOULD I DO IF I TEST POSITIVE FOR COVID-19?

## EMERGENCY WARNING SIGNS AND WHEN SHOULD I GO TO HOSPITAL?

It's always best to self-monitor your health. If you notice symptoms including a fever, cough and shortness of breath, call your doctor. Your doctor will be able to determine if you need to seek further treatment in person. Call 9-1-1 if you develop any of the following emergency warning signs:

- Difficulty breathing
- Persistent pain or pressure in chest
- New confusion or inability to arouse
- Bluish lips or face

If you are under home isolation and experience a medical emergency, call for an ambulance or dial 9-1-1. Inform the dispatch that you have tested positive for COVID-19 and are currently isolating at home. Calling will help them prepare and keep other people from getting infected.

## WHAT CAN HOUSEHOLD MEMBERS DO?

Household members taking care or sharing a home with someone who tested positive for COVID-19 should take precautions to prevent spread of COVID-19 in the household. Those in the household who are healthy and not showing symptoms should:

- Avoid close contact with the person who tested positive.
- Wash their hands frequently prior to and after interacting with the high-risk person, refrain from sharing foods, towels and other items.
- Clean surface areas daily and after being touched by a person with COVID-19. Use gloves to clean with products that are proven to kill the virus or a mixture of bleach and water.
- Wash laundry thoroughly, if possible wear disposable gloves when handling soiled laundry and keep laundry away from their body. Then, wash their hands for 20 seconds with soap and water.

You should also identify a protected space for vulnerable household members; this can help limit the spread of COVID-19. The Centers for Disease Control has more detailed information on "[Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities](#)"

## WHERE DO I FIND MORE INFORMATION?

**Call the NJ COVID-19 Hotline at 1800-222-1222 or 1-800-962-1253 if using out-of-state phone line. Visit <https://covid19.nj.gov/> for New Jersey COVID-19 information.**