



Board of Health

## Borough of Palisades Park

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### ***CORONAVIRUS (COVID-19) UPDATE***

March 6, 2020

In light of the recent confirmed novel coronavirus cases in Bergen County, the health and safety of everyone who lives, works, and visits Palisades Park is at our utmost concern and priority.

While this is considered a serious public health concern with limited person-to-person spread occurring in the United States, the risk to the general public is still considered low at this time.

This is a rapidly evolving situation with the risk assessment changing daily, but locally we along with our local Health Officer continue to follow NJ State Department of Health guidance in effectively responding and investigating any suspect cases that may be identified.

At this time there is no need to cancel schools or social events. I am reminding everyone stay calm and continue on with normal daily activities of life.

Recently, the CDC updated their guidance on travelers who are returning to the US from countries with widespread sustained (ongoing) transmission. It is now highly advised that those who travel to countries with a Level 3 Travel Health Notice to self-quarantine, self-monitor, and practice social distancing for 14 day from the time you left the affected area. Upon return, notify your healthcare provider, employer, and school of such travel.

Please continue to practice universal, routine precautions for proper, good respiratory hygiene like washing hands often, covering coughs and sneezes with a tissue or sleeve, staying home when sick, avoiding sick people, cleaning and sanitizing surfaces, etc. at all times. The CDC has not made any recommendations that travelers or the general public need to wear masks in an effort to prevent exposure to coronavirus (covid-19).

If you are feeling stressed about the novel coronavirus, please contact the NJ Department of Health's toll free, "warm line" at 877-294-HELP (4357) to seek mental health services or for general information call the NJDOH Novel Coronavirus Call Center at 1-800-222-1222. They are open 24/7 and can accommodate callers in multiple languages.

Thank you.