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

March 5, 2020

In light of the recent coronavirus news in Bergen County, there are currently NO confirmed coronavirus (covid-19) cases in Palisades Park to date. We continue to follow NJ State Department of Health guidance in investigating and monitoring any suspect cases as this is a rapidly evolving situation with the risk assessment changing daily. Your health and safety is at our utmost concern and priority as we ensure all public health preventative measures are in place.

The CDC has updated their guidance on travelers who are returning from countries with widespread sustained (ongoing) transmission arriving in the United States. It is highly advised that those with a travel history 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 area with ongoing community spread. Upon return, please:

- Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
- Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
- Keep your distance from others (about 6 feet or 2 meters).

You are urged 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). The latest updates are available on CDC's coronavirus disease 2019 website. If you are feeling stressed about the novel coronavirus, please contact the NJ Department of Health's toll free, 24 hour "warm line" at 877-294-HELP (4357) to seek mental health services.

Branka Lulic, MPA; HO; REHS

Palisades Park Mayor Chris Chung