Yesterday, March 3, 2020, Chief Daniel Cormane of the Waterford Township Police Department and Township Clerk Dawn Liedtka sat in on a conference call with Governor Murphy and the CDC where we were informed that there are no confirmed cases at the current time of COVID-19 in New Jersey or in our schools.

The safety and wellness of our community is our number one priority. The Township is employing best practices to ensure that all Township buildings are disinfected on a daily basis. We will continue to monitor alerts from the Center for Disease Control and Prevention (CDC) about Coronavirus (COVID-19) within the United States. We also will follow the current guidance posted by the New Jersey Department of Health.

According to the CDC, while the immediate risk of this respiratory virus to the American public is believed to be low at this time, everyone can do their part to help us respond to this emerging public health situation. Currently there are 86 cases of COVID-19 in the United States between January 1, 2020 and March 2, 2020 in contrast to over 100,000 seasonal flu cases reported in the same two month time frame.

Since there are no confirmed cases in New Jersey, the best prevention is to follow recommended precautions for preventing the flu and viruses as follows:

- Cover your coughs and sneezes with a tissue or into your sleeve, not your hands.
- Avoid touching your eyes, nose and mouth.
- Wash hands often, with soap and water, for at least 20 seconds, especially after coughing or sneezing.
- Keep your children home when they are sick. Children should not return to school unless they have been fever-free without medication for 24 hours.
- Avoid people who are sick.
- Get a flu shot – it’s not too late to be protected.
- Clean and disinfect frequently-touched surfaces and objects.

For the most up-to-date information, as well as documents for reference and dissemination, please visit https://www.nj.gov/health/cd/topics/ncov.shtml

We will continue to monitor and provide new information as it becomes available.
What is coronavirus disease 2019 (COVID-19)?
Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?
Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic.

Have there been cases of COVID-19 in the U.S.?

How does COVID-19 spread?
The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?
Patients with COVID-19 have had mild to severe respiratory illness with symptoms of
• fever
• cough
• shortness of breath

What are severe complications from this virus?
Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?
People can help protect themselves from respiratory illness with everyday preventive actions.
• Avoid close contact with people who are sick.
• Avoid touching your eyes, nose, and mouth with unwashed hands.
• Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should
• Stay home when you are sick.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
• Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?
If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don’t go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?
There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?
There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19