

COVID-19

Update



An Update from Mayor Timothy Dougherty on COVID-19



As we continue to watch the coronavirus, COVID-19, unfold in our area, throughout our state, across our country, and around the world, we must keep in mind the safety and health of ourselves, loved ones, and neighbors.

I, and the Town of Morristown, understand there is confusion and contradiction in the news, and we want to address it. We all have an important part to play in combatting this illness, and it is crucial that we deliver the necessary and accurate information to our residents in a timely fashion.

Below are important links and resources for all Morristown residents to learn from and refer to for the latest updates. We are also providing CDC guidelines on maintaining proper health and hygiene to slow the spread of the virus. I am asking all who receive this letter to please read it all the way through and forward along as necessary - it is important information for every resident as we move forward.

I want to thank the public officials and councilmembers of the Town of Morristown and Morris County for the assistance and support they've provided me and the Town during this time. I also want to thank all of our emergency services and healthcare professionals who are putting their health on the line while working long tireless hours, to treat all those affected and work to prevent new cases.

For the most up-to-date information regarding public health and the coronavirus, please visit the Centers for Disease Control at [cdc.gov](https://www.cdc.gov). Finally, I ask that all residents follow us on [Facebook](#) as well as check-in regularly on our [Town website](#), where we will provide new information on the virus as it becomes available.

We will come out of this a stronger community so long as we work together.

- Mayor Timothy Dougherty

[Click here to visit the Town of Morristown's Coronavirus webpage](#)

We remind residents that anyone can carry the virus.

Regardless of age or health, please consider the individuals around you and practice proper hygiene accordingly.

This should reinforce the need for social distancing, which is critical to the health and wellbeing of our community. We all have a part to play, which includes following the CDC's strong recommendation regarding social distancing - please maintain 6 feet of distance between yourself and those around you, including family, friends, and neighbors.

Quick tips for all Morristown residents

If you are having symptoms: Call First

Communicate travel history and symptoms before arriving at a doctor's office or health care facility, enabling the provider to determine the best setting for you to receive care.

Stay home except to get medical care

Restrict your activities to limit the spread of the virus. If your symptoms are not severe, consider going online for 24/7 access to board-certified physicians for consultations, diagnosis & treatment.

Separate yourself

Limit contact with other people and animals in your home. When possible, stay in a separate room and use a separate bathroom.

Other tips

The CDC also recommends wearing a face mask, covering coughs and sneezes, cleaning hands often, avoiding sharing personal household items, cleaning commonly touched surfaces and more.

Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19

Update on Public Services and Utilities

Public Services

All residents whose driver's license, auto registration, or vehicle inspection is due for renewal or expiration by May 31 **will receive an automatic two-month extension.**

The U.S. Small Business Administration announced that it will work directly with state Governors to provide **targeted, low-interest loans to small businesses and non-profits that have been severely impacted by the coronavirus.**

Public Utilities

The New Jersey Board of Public Utilities has confirmed that, in cooperation with New Jersey's utility companies, **all utility shut-off orders have been voluntarily and universally suspended for the time being.** This includes all New Jersey phone and cable providers, including Verizon, CenturyLink, Altice, Comcast, and Charter.

Comcast opened all of its WiFi "Hot Spots" to the residents of New Jersey for free. Anyone who wants to connect to a free Comcast "Hot Spot" can click [here](#) to find one close to them and begin using it. Comcast will also offer **free internet** for 60 days to anyone who qualifies as a low-income family within a municipality that Comcast services.

Municipal Courts closed until March 27

Chief Justice Stuart Rabner has suspended all municipal court sessions in New Jersey for two weeks due to the Coronavirus. Anyone scheduled to appear in Morristown Municipal Court between Monday, March 16, and Friday, March 27, will receive a new court date in the mail. Filings and payments will still be accepted at Morristown Municipal court at this time.

Morristown Library Closed

The Morristown & Morris County Libraries are closed until further notice and have canceled all upcoming events.

Statewide Coronavirus Closures and Curfew

WHAT YOU NEED TO KNOW:

- All casinos, restaurants, bars, movie theaters and gyms must shut down at 8pm Monday night, and will remain closed until further notice. (Restaurants can offer takeout and delivery service.)
- Supermarkets, pharmacies, gas stations and medical offices will remain open.
- Other “non-essential” businesses not listed can remain open during the day if no more than 50 people are inside the establishment, and ensure people stay six feet apart.
- Statewide curfew is in effect, residents should not leave their homes between 8pm and 5am.
- Starting Wednesday, March 18th, all public and private schools will close and transition to online learning until further notice.
- CDC recommends gatherings of more than 50 people should not occur for eight weeks.



Unemployment Information

Are you unemployed or underemployed due to the Coronavirus?

The New Jersey Department of Labor has issued guidance for individuals whose jobs have been affected by COVID-19. For more information on available benefits [Click Here](#).

Information for Business Owners

The State of New Jersey has also set up a website to help answer questions that business owners may have regarding COVID-19 and the related closures. Here you will find information regarding business-related travel, economic assistance for businesses affected by COVID-19 closures, special recommendations for cleaning, and what to do when you have a sick employee.

The page also offers general information regarding the COVID-19 virus.

[Click here to view the business owners' guide to COVID-19](#)



Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER

COUGH

*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

[Click here to visit the CDC's Coronavirus webpage](#)

Need more assistance?

Governor Phil Murphy, the New Jersey Office of Emergency Management, the New Jersey Department of Health, and the United Ways of New Jersey announced today that NJ 211 has been activated to help handle COVID-19 related calls from New Jersey residents.

All residents with questions or concerns about COVID-19 and resources available to them can call 2-1-1. NJ 211 is New Jersey's statewide, comprehensive, information and referral service operated by United Ways of New Jersey.

Residents can also text NJCOVID to 898-211 to receive text information and stay informed. To receive live text assistance, residents can text their zip code to 898-211.

Mayor Dougherty and the Town of Morristown remind everyone that although we are practicing social distancing, give a call to your elderly family members and neighbors, as well as those with underlying health conditions.

They are most vulnerable to serious illness from COVID-19. Older adults and adults with underlying health conditions may need help caring for themselves if their caregiver gets sick, and may even need food and other supplies brought to their homes.

If you know of anyone that needs assistance for food or medical, please have them call 973-292-6709.

How to Prepare for COVID-19

The Morristown Division of Health is monitoring the evolving COVID-19 outbreak in New Jersey. If the public has questions, they should contact the NJ Poison and Information Education Systems 2019 Novel Coronavirus Call center at 1-800-222-1222 or 1-800-962-1253 if in NJ but using a non-NJ cell phone. The call center is open 24/7 and has multi-language capacity. Callers who need medical advice should contact their healthcare provider. Coronavirus Public Call Center at 1-800-222-1222.

[CDC WEBSITE](#)

[NJ DOH WEBSITE](#)

We understand there is growing concern around the virus and are suggesting all residents of Morristown follow the following steps to ensure your family is prepared:

- ✔ Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and 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 if hands are visibly dirty
- ✔ Avoid close contact with people who are sick
- ✔ Avoid touching your eyes, nose, and mouth
- ✔ 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 using a regular household cleaning spray or wipe
- ✔ Follow CDC's recommendations for using a facemask. The CDC DOES NOT recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19

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.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

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.



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For more information: www.cdc.gov/COVID19



[Click here to watch a special video for kids on the virus, presented by BrainPop](#)

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