

Department of Health

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Englewood Health Department Communication – Jan 13, 2021 James Fedorko, Health Officer, City of Englewood, NJ

Englewood NJ, Jan 13, 2021 – We regret to report that there have been a total of **71 cumulative deaths of Englewood residents** that have occurred. There were **14 new positive cases reported since Tuesday, 1/12**, with a **total (cumulative) of 1,975 known positive COVID-19 cases of Englewood residents**. It is likely there are more positive cases that have yet to be identified.

[NJ COVID-19 Activity Level Report](#) (includes Percent Positivity) – Week ending 01/02/2021 (Week 53)
New Jersey's Current Activity Level: **High**

*It is important that you continue to practice social distancing, wash your hands frequently, and wear a face covering/mask to minimize the spread of the virus and to continue to flatten the curve. Social distancing means that you should limit social contact with others and, if you must interact with people, **maintain a distance of at least six feet**.*

COVID-19 Symptoms

CDC's current list of symptoms of the novel coronavirus (COVID-19) includes: fever or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea. This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. **If you believe that you may have been exposed or have symptoms, contact your medical provider before you go there.**

13 symptoms for the coronavirus overlap with infections of other viruses, including [influenza](#) and [rhinovirus](#), the virus that causes the common cold. It may be difficult to determine whether you have [COVID-19 or the flu](#) with a test. However, no matter which you have, you should [still stay home](#), [wear a mask](#), frequently [wash your hands](#) and [keep your distance](#) from others. The same goes for the common cold as well.

How to Protect Yourself and Others – CDC currently recommends that everyone should:

- Clean your hands often
- Avoid close contact
- Cover coughs and sneezes
- Cover your mouth and nose with a cloth face cover when around others
- Clean and disinfect frequently touched surfaces daily

While the CDC still recommends a quarantine period of 14 days, [new guidelines](#) have been introduced that shorten the quarantine time period as a means to reduce the burden and increase willingness to adhere to public health recommendations. According to the [new guidelines](#), quarantine can end after day 10 without testing and if no symptoms have been reported during daily monitoring, or after day 7 after receiving a negative test result (test must occur on day 5 of quarantine or later).

On 10/21/20 CDC modified the definition of a close contact regarding the length of time associated with exposure and the time interval to assess the potential exposure that can result in transmission. In summary, the new definition requires 15 minutes or more of close contact (within 6 feet) of exposure to an infected person during a 24-hour period in which the infected person is infectious (cumulative exposure).

Testing:

On September 18th, CDC issued a clarification to its COVID-19 testing guidelines. Their [website testing overview](#) now reads: *Due to the significance of asymptomatic and pre-symptomatic transmission, this guidance further reinforces the need to test asymptomatic persons, including close contacts of a person with documented SARS-CoV-2 infection.*

All Bergen County Testing information is available [HERE](#) or State of NJ Testing [HERE](#)

Vaccination

In anticipation of the COVID-19 vaccine, the New Jersey Department of Health has launched the COVID-19 vaccination website at www.state.nj.us/health/cd/topics/covid2019_vaccination.shtml. Visit the site often for updates as information becomes available. This site will contain information regarding the state COVID-19 vaccination plan, frequently asked questions, resources, as well as other information for both public and health care providers. The State's website allows pre-registration for vaccination. Add your name to the list here: COVID19.nj.gov/pages/vaccine

From New Jersey Spotlight news: [New Jersey seeks retired Health Care Workers](#) to speed the pace of #COVID19 #vaccinations As the state plans to open vaccination megasites, it's recruiting retired physicians, nurses, pharmacists, paramedics and others whose training and license allows them to immunize patients.

As of TOMORROW 1/14/2021, the following New Jersey residents are eligible for the #COVID19 vaccination:

- Ages 65 years and older
- Between the ages of 16-64 with medical conditions, as defined by [CDC](#), that increase the risk of severe illness from the virus

If you have preregistered at <http://covidvaccine.nj.gov>, and are now eligible, you should soon be receiving your email that it is your time to make an appointment at a site near you to get your first vaccine dose.

State of NJ news

[Administrative & Executive Orders – NJ](#)

[Jan 11 2021 – EO 214](#) -- Implements New Policies for the 2020-2021 School Year

Travel Advisory Update – 11/25/2020

New Jersey strongly discourages all non-essential interstate travel at this time. Travelers and residents returning from any U.S. state or territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging for 14 days. This includes travel by train, bus, car, plane and any other method of transportation. The self-quarantine is voluntary, but **compliance is expected**. For more information, visit: Covid19.nj.gov/travel

[OUT OF STATE TRAVEL REGISTRATION FORM](#)

As of January 2nd, indoor practices and competitions for organized sports may resume in accordance with health and safety protocols – however, indoor interstate youth sports competitions continue to be prohibited in New Jersey. For more information, [refer to this article](#).

Open enrollment on the health insurance marketplace is OPEN until January 31, 2021 at <https://www.nj.gov/getcoverednj/>. In the midst of a pandemic, access to affordable, high-quality health care is more important than ever. Enroll by 12/31 for January coverage.

NJ school news

The New Jersey Department of Health (NJDOH) Communicable Disease Service disseminated a letter yesterday (1/6/2021), through the New Jersey Chapter of the American Academy of Pediatrics, outlining the recent modified recommendation for return to school for children with COVID-19 compatible symptoms outlined in the NJDOH COVID-19 Public Health Recommendations for Local Health Departments for K-12 Schools.

The NJDOH recommends that any child with COVID-19 compatible symptoms should not return to school until they have either received a negative viral test (molecular or antigen) for SARS-CoV-2 or they have completed an isolation period of at least 10 days since symptom onset and at least 24 hours after resolution of fever without fever-reducing medications with symptom improvement. A purely clinical alternative diagnosis is no longer acceptable.

City of Englewood Procedures/Policies

The City's COVID Committee, in an abundance of caution, has decided that sponsorship of public events will continue to be withheld for at least the first three months of 2021. Additional information will be provided as it is available.

Tennis and Basketball courts have been re-opened as of July 6th 2020. Residents are required to adhere to SOCIAL DISTANCING in the City Parks when possible. Additionally, the WEARING OF FACE COVERINGS is strongly encouraged when practical, as well as frequent washing of hands and/or the use of hand sanitizer. The following areas of City parks remain closed: Playgrounds, Bathrooms, Picnic Areas, Pavilions, Water Fountains, Exercise Stations and Equipment, Athletic Fields (soccer, baseball, etc.). Parking lots will be limited to 50% capacity.

Please refer to the City of Englewood website at www.cityofenglewood.org/Coronavirus for periodic updates. We will continue to inform the community of further important updates.

Please sign up for NIXLE to receive local updates. Simply text any zip code to 888777 and receive **real-time alerts** and advisories directly from your local police department and other local agencies. There is no charge for registering, but standard text messaging rates associated with your mobile phone service will apply.

For more information, visit the CDC website at www.CDC.gov/COVID19 or contact the New Jersey State Department of Health Hotline (NJPIES) at 1-800-222-1222 or at 1-800-962-1253 if in New Jersey but using a non-NJ cell phone. The NJPIES hotline is available 24/7.