



Mayor Brindle's COVID-19 Update March 14, 2020



Today, we received confirmation of the first COVID-19 case in Westfield.

Regional Health Officer Megan Avallone is following all related protocols issued by the State Department of Health for case investigation and contact tracing. This entails a full inventory of the resident's recent activities and locations visited. From this assessment, notification to all other individuals who have been identified as close contacts will follow. These individuals will also be asked to self-quarantine for 14 days.

In accordance with privacy laws, we are unable to release any personally identifiable information about this patient, who is in their 40s and remains stable while managing symptoms at home at this time. Residents are reminded to take all recommended precautions and exercise best practices like hand washing and social distancing to help mitigate the spread of COVID-19. If you are experiencing symptoms consistent with COVID-19, please call your health care provider before arriving for evaluation.

WHAT CAN THE PUBLIC DO?

As with all illnesses, it is important to take steps to prevent the spread of germs:

- Cover your mouth and nose with a tissue or your sleeve while coughing or sneezing
- Wash your hands frequently
- Avoid touching your face
- Stay home if you are sick
- If using hand sanitizer, ensure it contains at least 60% alcohol

If you are sick and have symptoms such as a cough and fever, it is recommended that you stay at home and do not attend public gatherings or go to work/school. If you are not sick you should still practice good hand hygiene and avoid sick people.

If you are at increased risk for COVID-19 complications due to your age or a severe underlying medical condition, it is especially important for you to take actions to reduce your risk of exposure. You should also talk to your health care provider ahead of time to have a plan in place in the event you become sick.

We encourage residents to call the NJ COVID-19 Hotline at 1-800-222-1222 if they have general questions about novel coronavirus. The hotline is open 24/7 and has multi-language capacity. Callers who need medical advice should contact their health care provider.

It is important to have factual up to date information on novel coronavirus. Be certain to get information from trusted and credible sources, such as the CDC, NJDOH, your local health department and the call center.

The Centers for Disease Control and Prevention are providing live updates to their page which can be found at www.cdc.gov/coronavirus.

New Jersey specific information can also be found at <https://www.nj.gov/health/cd/topics/ncov.shtml>

Additional information can also be found at the Westfield Regional Health Department's webpage at www.westfieldnj.gov/health