

The Tinton Falls Office of Emergency Management (TFOEM), in partnership with our local health department the Monmouth County Regional Health Commission (MCRHC), continues to monitor the COVID-19 outbreak.

- Monmouth County Regional Health Commission No. 1 (MCRHC) continues to report the number of positive cases of COVID-19. The latest number of people reported to have tested positive for COVID-19 in the Borough of Tinton Falls is: 158. The Borough has no further information to share due to privacy rights of our fellow residents. Our residents who have been reported to have tested positive are either self-isolated, self-quarantined or hospitalized. The MCRHC Communicable Disease Team continues to conduct intensive monitoring and ongoing public health investigation of every positive case. This investigation includes tracing of actions taken by the infected for days prior to first signs of symptoms.
- The New Jersey Department of Labor and Workforce Development announced that recipients of federal Pandemic Unemployment Assistance (PUA) — the self-employed, independent contractors and others who are not usually eligible for unemployment insurance benefits — will start being notified of their PUA eligibility and the Department will begin making payments Friday. See the complete press release here: https://www.nj.gov/labor/lwdhome/press/2020/20200429_puapayments.shtml
- The Central Jersey Family Health Consortium offers information as a way to connect to the growing constellation of resources being made available to support NJ residents in the face of the COVID-19 pandemic. For more information visit: <https://cjfhc.org/images/CJFHC.Newsletter.Week.5.pdf>
- Governor Murphy Signs Executive Order Reopening State Parks and Golf Courses. View Executive Orders here: https://nj.gov/infobank/eo/056murphy/approved/eo_archive.html
- Tinton Falls Municipal Parks remain open for passive trails and walkways only. All playgrounds, athletic fields and courts are closed to curtail group gatherings. No person is to access the playgrounds, athletic fields and courts, they are closed to all. Signs have been placed at the parks restating social distancing requirements.
- New Jersey posts updates on their website: www.nj.gov/health and www.covid.19.nj.gov
- Please check on your neighbors. If there are elderly or immune-compromised residents in Tinton Falls that are unable to arrange for grocery or medication deliveries, our faith-based communities within the municipality have provided services as needed. Contact oem@tintonfalls.com or call 732-542-3400 x555.
- Donations of Personal Protective Equipment (PPE) are needed. If any residents have any PPE that they would like to donate to the Tinton Falls Emergency Services serving our community, your donation will be greatly appreciated. The needs include nitrile examination gloves, surgical or N95 masks, protective isolation gowns, protective face shields, multi-function no-contact infrared thermometers, hand sanitizer and anti-bacterial wipes. Donations of these items are being accepted at the Tinton Falls Municipal Center located at 556 Tinton Avenue. Items may be placed at the front entrance inside the right entry vestibule.

The U.S. Centers for Disease Control (CDC) has issued a series of steps that you can take to protect yourself. The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself and others:

- Wear a face covering when in public, such as at the grocery store.
- Follow **social distancing** practices: put **distance between yourself and other people**. This is especially important for [people who are at higher risk of getting very sick](#).
- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact** with people who are sick.
- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).
- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.

Visit the CDC site here to learn more on how to protect yourself: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

It's important to remember that older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.