

## Borough of Tinton Falls OEM Public Health Update (May 5, 2020)

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 currently positive for COVID-19 in the Borough of Tinton Falls is: 114. As reported cases get added to the database, at the same time, residents are also getting healthy and coming off the total. Unfortunately, our Health Officer at the Monmouth County Regional Health Commission reports that New Jersey Department of Health has recorded eight (8) Tinton Falls Residents who have died with COVID-19. 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.
- COVID-19 Related Scams: The NJ Attorney General and U.S. Attorney have created a State of New Jersey and Federal joint task force to investigate and prosecute those who are exploiting this pandemic. If you believe you are being victimized or know of someone who is, you can call the National Center for Disaster Fraud's National Hotline at 866-720-5721.
- NJ-211 continues to be a quick reference resource for NJ COVID-19 related information. Call 2-1-1 or go to [www.NJ211.org](http://www.NJ211.org) See their latest information for:  
You finally got the results of your COVID-19 testing, now what?  
If you tested positive for COVID-19: [bit.ly/nj211covidpositive](https://bit.ly/nj211covidpositive)  
If you tested negative for COVID-19: [bit.ly/nj211covidnegative](https://bit.ly/nj211covidnegative)
- Tinton Falls Emergency Medical Services, paid division and volunteers alike, are to be commended on how they continually put themselves at risk in order to continue their cause. Emergency Medical Services have often been overlooked by the general public and media outlets in past disasters both locally and nationally. Emergency Medical Service are clearly the key first responder in this declared disaster. The Borough of Tinton Falls is lucky to have such dedicated Emergency Medical Service personnel.
- New Jersey posts updates on their website: [www.nj.gov/health](http://www.nj.gov/health) and [www.covid.19.nj.gov](http://www.covid.19.nj.gov)
- Reports of any violation of an Executive Order can be submitted directly to the following: <https://covid19.nj.gov/violation>.
- 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](mailto: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.