



**City of Clifton
Department of Health
900 Clifton Ave.
Clifton, NJ 07013**



**Clifton Health Department
Public Health**
Prevent. Promote. Protect.

John E. Biegel, III
Health Officer
Director Human Services

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Please note that information highlighted in yellow reflects new and updated information.

Updated: October 14, 2020 5:30pm

(Clifton) - The Clifton Health Department, in consultation with the City Manager, Mayor and Council, understands that residents are concerned about the Coronavirus (COVID-19) pandemic.

The City of Clifton has had **14 new COVID-19 cases since Tuesday, 10/13**, bringing the total COVID-19 case count to **3,167**. **Please note that one case was found to be a duplicate and removed from the overall count.**

As a reminder, residents can find helpful resources (e.g. health insurance, job assistance, food assistance, etc.) that provide support during the COVID-19 pandemic here:
<https://covid19.nj.gov/faqs/nj-information/assistance-and-benefits/what-types-of-benefits-or-assistance-are-available-to-me-during-the-coronavirus-outbreak>

As an important mental health resource, the NJ MentalHealthCares Help Line offers counseling, emotional support, information and assistance in helping to get behavioral health services needed by you or a loved one. To access emotional support from trained specialists, New Jerseyans can text "NJHOPE" to 51684 or call 866-202-HELP (4357) from 8 a.m. to 8 p.m.

For a list of locations near you that are offering COVID-19 testing, please refer to this link for the most up-to-date information: <https://covid19.nj.gov/pages/testing#test-sites>

The Clifton Health Department will be holding FREE walk-up flu clinics on the following dates:

- **Thursday, October 15, 2020 from 10:30am-1:30pm**
- **Tuesday, October 20, 2020 from 10:30am-1:30pm**
- **Thursday, October 22, 2020 from 10:30am-1:30pm**

These clinics will be held at the Clifton Senior Center Parking Lot, located at 900 Clifton Ave., Clifton, NJ 07013. Clinics are for Clifton and Little Falls residents only.

Appointments are REQUIRED. For more information, or to register, please call 973-470-5760 or register online at:
<https://www.cliftonnj.org/348/Flu-Clinics-2020>.

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Press Release Update: 10-14-2020, Pg. 1



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The City of Clifton has a total of 158 deaths.

Of these deaths, 44 have involved residents at the Daughters of Miriam Nursing Home.
Please be advised that this number is reflective of the deaths identified in the
Communicable Disease Reporting and Surveillance System

As of Tuesday, October 13th, there are 38 states and U.S. jurisdictions on New Jersey's
COVID-19 travel advisory list, including:

- Alabama (added 6/24/20)
- Alaska (re-added 9/1/20)
- Arkansas (added 6/24/20)
- Colorado (added 9/29/20)
- Delaware (re-added 9/8/20)
- Florida (added 6/24/20)
- Georgia (added 6/30/20)
- Guam (added 8/25/20)
- Idaho (added 6/30/20)
- Illinois (added 7/28/20)
- Indiana (added 7/21/20)
- Iowa (added 6/30/20)
- Kansas (added 7/7/20)
- Kentucky (added 7/28/20)
- Louisiana (added 6/30/20)
- Michigan (re-added 10/13/20)
- Minnesota (re-added 9/22/20)
- Mississippi (added 6/30/20)
- Missouri (added 7/21/20)
- Montana (re-added 9/1/20)
- Nebraska (added 7/21/20)
- Nevada (re-added 9/22/20)
- New Mexico (re-added 10/6/20)
- North Carolina (added 6/24/20)
- North Dakota (added 7/21/20)
- Ohio (re-added 10/13/20)
- Oklahoma (added 7/7/20)
- Puerto Rico (re-added 9/15/20)
- Rhode Island (re-added 9/22/20)
- South Carolina (added 6/24/20)

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Press Release Update: 10-14-2020, Pg. 2



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- South Dakota (added 8/11/20)
- Tennessee (added 6/30/20)
- Texas (added 6/24/20)
- Utah (added 6/24/20)
- Virginia (re-added 10/13/20)
- West Virginia (added 9/8/20)
- Wisconsin (added 7/14/20)
- Wyoming (added 9/22/20)

Note: Arizona was removed 9/29/20. California, Hawaii, and Maryland were removed 9/15/20. The Virgin Islands were removed 9/8/20. Washington was removed 8/11/20. The District of Columbia was removed on 8/4/20.

If you are traveling to New Jersey from any one of these highly impacted states and U.S. jurisdictions, you are urged to self-quarantine for 14 days. This means that you should NOT leave your home, hotel, or other lodging, except to seek medical care/treatment, or to obtain food and other essential items (while practicing the appropriate precautions). Please visit [covid19.nj.gov/travel](https://www.nj.gov/travel) for updates on the list of states on the quarantine advisory, and to learn whether you should be self-quarantining.

On 10/12/2020, Governor Murphy signed Executive Order #187 allowing the resumption of contact practices and competitions in indoor settings for organized sports defined as “medium risk” and “high risk” by the New Jersey Department of Health’s Guidance for Sports Activities, found here:

https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf

Proper health and safety protocols must be followed.

As a reminder to residents, this pandemic is NOT over. We cannot become complacent, especially as the number of COVID-19 cases continues to increase in other states. It is crucial that residents continue to practice these important precautions:

- Practice handwashing regularly for at least 20 seconds
- Wear a face covering in public settings
- Cover your cough and sneeze with a tissue
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched objects and surfaces
- Stay home, especially when you are sick, and avoid close contact with people who are sick

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Press Release Update: 10-14-2020, Pg. 3



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In addition, be sure to practice the following social distancing measures:

- **Keep a distance of at least 6 feet with other people**
- **Avoid unnecessary physical contact, such as handshaking**
- **Avoid attending crowded events and social gatherings. Consider replacing in-person gatherings with video chatting, voice messaging and phone calls**

The Passaic County Board of Chosen Freeholders is offering free COVID-19 testing at home in partnership with Vault Health. This program is available to Passaic County residents only. Health insurance is not required. For more information, or to register, please check out this link: https://www.passaiccountynj.org/government/departments/health/at-home_covid-19_testing/index.php.

The Health Department is in the process of contacting earlier COVID-19 cases for follow-up. A “Follow-Up Status” column has been added to the spreadsheet attachment to give the community a better understanding of the number of recoveries so far. This column will be updated regularly as we receive information from follow-up interviews.

In the attachment, you will notice that we have now included ALL cases we have received so far, including Little Falls cases and transferred cases. This does not change today’s total case count, and it is being done for our convenience in order to better track our cases. Additionally, due to a large volume of cases, you will notice that many of the boxes in the case information attachment are labeled “under investigation.” We are still in the process of following-up with individuals and obtaining this data. We will continue to update this spreadsheet as this information becomes available.

If you receive a call from the Clifton Health Department for case follow-up, there are specific questions we would ask. We would **never** ask for your social security number, so if you receive a call from anyone claiming to be a representative of the Clifton Health Department who asks for your social security number, please hang up immediately and report it to the Police Department at 973-470-5911.

We would like to take a moment to remind the community that all residents, regardless of age, need to take the COVID-19 pandemic very seriously and must practice the precautions mentioned below. **To help stop the spread, everyone must do their part.** Please **stay home** unless it is absolutely necessary to leave your home.

To reduce your risk of coming into contact with COVID-19, as per the Centers for Disease Control and Prevention (CDC), please be sure that you:

- Practice handwashing regularly for at least 20 seconds
- Cover your cough and sneeze with a tissue

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Press Release Update: 10-14-2020, Pg. 4



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- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched objects and surfaces
- Stay home, especially when you are sick, and avoid close contact with people who are sick

In addition, be sure to practice the following social distancing measures:

- Keep a distance of at least 6 feet with other people
- Avoid unnecessary physical contact, such as handshaking
- Avoid attending crowded events and social gatherings. Consider replacing in-person gatherings with video chatting, voice messaging and phone calls

As of 4/3/2020, the CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies). The CDC advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings should: fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction, be able to be laundered and machine dried without damage or change to shape.

The cloth face coverings recommended are **not** surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. For more information on cloth face masks, please visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

The Health Department does not have the capacity to distribute masks, sanitizers, and other supplies to the public.

The CDC has recently expanded its list of COVID-19 symptoms to include the following:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

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Press Release Update: 10-14-2020, Pg. 5



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Some people who are exposed may show mild symptoms, while others may show severe illness. Remember that symptoms can appear **anywhere from 2-14 days after an exposure.**

Clifton parks may only be utilized for walking, running or bicycling only. If you plan on attending a park, you must have a mask on (that covers your nose and mouth) at all times. There is to be no congregating or stopping at any time.

The following executive orders signed by Governor Murphy remain in effect:

Executive Order 133, signed on 4/29/2020, re-opening state/county parks and golf courses.

Executive Order 142, signed on 5/13/2020, which allows the following:

- **The restart of non-essential construction, effective 5/18/2020 at 6:00am.** Safeguards must be put in place, including clear posting of safety protocols, preventing overcrowding, prohibiting non-essential visitors, staggering work hours and breaks, and ensuring proper sanitation.
- **Drive-in events under social distancing guidelines, effective immediately**

Executive Order 143, signed on 5/14/2020, allowing beaches, boardwalks, lakes, and lakeshores to remain open with social distancing measures in place. The Order takes effect on Friday, 5/22/2020.

Executive Order 145, signed on 5/15/2020, allowing for the resumption of elective surgical and other invasive procedures, effective 5/26/2020.

Executive Order 147, signed on 5/18/2020, allowing additional outdoor recreational areas and businesses to restart their operations, effective 5/22/2020:

- Golf ranges
- Batting cages
- Horseback riding
- Private tennis clubs
- Community gardens
- Shooting and archery ranges

Executive Order 149, signed on 5/29/2020, which includes the following:

- Child care centers may reopen effective 6/15
- Non-contact organized sports activities can restart on 6/22
- Youth day camps can begin on 7/6

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Press Release Update: 10-14-2020, Pg. 6



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Information on COVID-19 Summer Camp and Youth Camp Safety Standards can be found here:
<https://www.nj.gov/health/ceohs/sanitation-safety/youthcamps.shtml>

Information on guidance for outdoor organized sports can be found here:
https://nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf

Executive Order 150, signed on 6/3/2020, permitting outdoor dining effective Monday, June 15th. Establishments will be required to follow a number of COVID-19 health and safety protocols issued by the Department of Health, which can be found here:
<https://www.nj.gov/governor/news/news/562020/docs/ExecutiveDirective20-014OutdoorDining.pdf>.

Clifton restaurants that plan to reopen for outdoor dining on 6/15/2020 must complete the Application for License and provide a detailed seating/plot plan to the City for approval. Restaurants must also comply with Executive Order #150. To fill out the application, or for more information on guidelines and procedures that must be followed, please visit:
<https://www.cliftonnj.org/344/Outdoor-Cafe-Application-2020>.

The City has prepared a list of Clifton restaurants that have been approved for outdoor dining so far. Please refer to the attachment for this information. This list will continue to be updated regularly.

Executive Order 153, signed on 6/9/2020, authorizing the reopening of pools (municipal and private club pools), effective 6/22/2020.

Executive Order 154, signed on 6/13/2020, allowing the following personal care service facilities to reopen beginning 6/22/2020:

- Beauty salons
- Barber shops
- Cosmetology shops
- Day & medical spas
- Electrology facilities
- Hair braiding shops
- Massage parlors
- Nail salons
- Tanning salons
- Tattoo parlors

Information on health and safety standards for re-opening personal care service facilities can be found here: <https://www.nj.gov/oag/newsreleases20/pr20200616b.html>



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Executive Order 157, signed on 6/24/2020, announcing additional reopenings, including museums, aquariums, libraries, and indoor recreational facilities (bowling alleys, batting cages, shooting ranges, and arcades along the boardwalk). These locations can reopen effective 7/2/2020 at 25% capacity. This EO also announces guidelines that must be followed by these facilities, which can be found here: <https://www.nj.gov/infobank/eo/056murphy/pdf/EO-157.pdf>

Playgrounds, outdoor amusement parks, and outdoor water parks may also reopen at 50% capacity so long as they follow required social distancing policies and other safety guidelines. For more information, please visit: <https://covid19.nj.gov/faqs/nj-information/general-public/are-playgrounds-amusement-parks-and-water-parks-open-what-rules-or-safety-guidance-must-they-follow>

Executive Order 161, signed on 7/2/2020, raising the limit on crowd size for outdoor gatherings to 500 people.

Executive Order 163, signed on 7/8/2020, mandating that face coverings are now REQUIRED in outdoor public spaces when social distancing is not possible. Exceptions include children under two years of age, eating and drinking at an outdoor restaurant, and situations where wearing a mask would inhibit health or safety.

Executive Order 168, signed on 7/20/2020, allowing contact drills and practices, and competitions, to resume for high-risk sports. Practices must be held at outdoor venues ONLY. All sports will have to abide by a number of health and safety protocols.

Executive Order 175, signed on 8/13/2020, officially clearing both public and nonpublic pre-K through 12 schools as well as colleges and universities to reopen for the upcoming academic year. School districts that cannot meet all health & safety standards for safe in-person instruction will begin their school year with all-remote learning. Public school districts must show plans for satisfying these standards and an anticipated date to resume in-person instruction.

Executive Order 181, signed on 8/26/2020, allowing the following to reopen at 25% capacity effective Tuesday, 9/1/2020: gyms, health clubs, and indoor amusement facilities. The NJDOH's detailed health and safety guidelines for gyms and fitness centers can be found here:

https://d31hzlhk6di2h5.cloudfront.net/20200827/bd/43/8d/e4/e2c76d7f6c991300483fd808/gym_fitness_FINALv2.pdf

Executive Order 183, signed on 8/31/2020, allowing indoor dining to resume at 25% capacity, effective 6am on 9/4 and movie theatres and other indoor performance venues to reopen on 9/4.



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Establishments must follow appropriate mitigation requirements detailed in the Department of Health's [Protocols for Outdoor Dining](#), [Executive Order No. 157](#), [Executive Order No. 183](#), and the Department of Health's [Health and Safety Standards for Indoor Dining](#)

The City of Clifton's Indoor Dining Application, in addition to indoor dining protocols that must be followed, can be found here: <https://www.cliftonnj.org/346/Indoor-Dining-Application-2020>

Movie theaters and other indoor entertainment centers, including performing arts centers and concert venues, must follow the mitigation requirements detailed in paragraph 2 on pages 5-9 of Executive Order No. 183, which is summarized below.

This Executive Order also increases the limit for indoor gatherings to the lesser of 25% capacity or 150 individuals:

- Religious services and celebrations
- Weddings
- Funerals
- Memorial services
- Political activities

For more information pertaining to Governor Murphy's executive orders, please refer to this link: https://nj.gov/infobank/eo/056murphy/approved/eo_archive.html

On 5/18/2020, Governor Murphy announced a plan to begin to cautiously re-open the State of New Jersey. Please refer to this link for more information: <https://covid19.nj.gov/faqs/nj-information/general-public/how-does-new-jersey-plan-to-lift-restrictions-what-does-a-responsible-and-strategic-restart-of-new-jerseys-economy-look-like>

On 5/19/2020, Governor Murphy released an administrative order to allow for in-person sales to resume, effective 6:00am on 5/20/2020, at car and motorcycle dealerships, and bicycle shops.

On 6/5/2020, Governor Murphy announced that on 6/15/2020, in-person customer services will restart at Motor Vehicle Commission (MVC), with a variety of pick-up and drop-off services.

For information on MVC's extended deadlines for driver's licenses, non-driver's IDs, vehicle registrations, temporary tags, and inspections, please visit: <https://www.state.nj.us/mvc/pdf/about/FREQUENTLY%20ASKED%20QUESTIONS.pdf>

Effective, 6/9/2020, the stay-at-home order has been lifted. However, residents are strongly urged to continue to practice appropriate precautions, such as wearing a face covering when going out and maintaining social distancing.



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On 6/18/2020, Governor Murphy has announced that retail shopping malls may re-open on 6/29/2020, with the following requirements:

- Masks are required to be worn by employees and patrons
- Restaurants may provide take-out or outdoor dining, but food court seating and common seating areas are to remain closed
- Theatres and arcades will remain closed

On 6/19/2020, Governor Murphy announced that, beginning on 6/21/2020, the following locations will be able to permit visitors in designated outdoor spaces:

- Nursing homes
- Assisted living residences
- Dementia care homes
- Pediatric transitional care homes
- Comprehensive personal care homes

Visitors must be screened for COVID-19 symptoms – including a temperature check – and facilities must follow safety and infection prevention and control measures in order to allow visitation.

On 6/26/2020, Governor Murphy and Department of Education Commissioner Lamont O. Repollet announced the release of “*The Road Back: Restart and Recovery Plan for Education*” to assist schools with reopening in the fall. For more information, please visit: <https://nj.gov/governor/news/news/562020/approved/20200626b.shtml>

The school reopening guidance document on face coverings can be found here: <https://www.nj.gov/education/reopening/updates/docs/RestartUpdateFacecoverings080320.pdf>

FAQs for the reopening of schools can be found here: <https://nj.gov/education/reopening/faqs/index.shtml>

Effective 7/2/2020, indoor pools may reopen at 25% capacity with social distancing measures in place. For more information, please visit: https://nj.gov/health/legal/covid19/7-1-2020_20-022ExecDirWAttachmentsPools.pdf

Effective Monday, 7/20, DOH will launch an electronic survey to collect information on out-of-state travelers that arrive at NJ's airports. The survey will be accessible by:

- Texting NJTRAVEL to 898211

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Press Release Update: 10-14-2020, Pg. 10



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- Visiting: <http://covid19.nj.gov/njtravel>
- Scanning a QR code on airport posters

On 7/22/2020, Governor Murphy clarified the following regarding indoor recreation facilities:

- Martial arts studios, which are classified as indoor recreational facilities, may conduct non-contact classes inside at a maximum of 25% capacity, so long as everyone is masked and social distancing. No contact drills or sparring can take place indoors.
- Yoga and pilates studios, which are not licensed health clubs, also fall under the definition of “indoor recreation”. They can only open to 25% of capacity, must observe social distancing, and all participants and instructors must be masked.
- Facilities that are licensed health clubs can only open their indoor areas for one-on-one, individualized training.

On 8/7/2020, in an effort to urge people to answer critical calls from contact tracers, the New Jersey Department of Health unveiled an online dashboard highlighting New Jersey’s contact tracing efforts throughout the state. The Contact Tracing Dashboard, which will be updated on Fridays, provides information such as: the percentage of cases successfully interviewed, those who provided contacts, contacts notified, and more. This dashboard can be found here:

https://www.nj.gov/health/cd/topics/covid2019_dashboard.shtml

On 8/10/2020, the New Jersey Department of Health released Executive Order No. 20-026, setting mandatory benchmarks and requirements for New Jersey’s long-term care facilities as they look to reopen to visitors and resume normal operations. The directive establishes phases for reopening based on the time since a facility’s last outbreak. It also establishes strong, baseline infection control measures, requirements for PPE stockpiling, and requirements for resident and staff COVID-19 testing. The complete directive can be found here:

https://www.state.nj.us/health/legal/covid19/8-20_ExecutiveDirectiveNo20-026_LTCResumption_of_Svcs.pdf

Starting on 9/30/2020, the Small Landlord Emergency Grant (SLEG) Program is accepting applications for its second round and has been expanded to include three- to 30-unit rental properties to reimburse landlords for missed rent payments due to COVID-19. Please refer to this link for more information: <https://njhousing.gov/rentals/sleg2>

The New Jersey School-Age Tuition Assistance Program has been launched, which will provide tuition assistance to parents/caretakers with school-age children (5 to 13 years old) in need of child care due to schools’ remote learning schedules this fall as a result of the COVID-19 public health emergency.



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To be eligible for this assistance, you must be:

- a NJ resident;
- your child must be attending school remotely, either part-time or full-time; and
- your annual gross household income must be \$75,000 or less.

This assistance is available until December 30, 2020 and applications will be accepted until funds are exhausted. For more information, or to fill out the application, please use this link: <https://www.childcarenj.gov/COVID-19-School-Age-Tuition-Assistance-Application>

For general questions pertaining to COVID-19, please call the New Jersey Department of Health COVID-19 Hotline at 211 or text NJCOVID to 898-211. Please also feel free to visit <https://covid19.nj.gov/> for more information. For mental health-related concerns during COVID-19, call the Disaster Distress Hotline at 1-800-985-5990 or text “talk with us” at 66746. If you wish to get in touch with the Clifton Health Department for general COVID-19 questions, please email Health Educator Layal Helwani at Lhelwani@cliftonnj.org.

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