



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



Clifton Health Department  
Public Health  
Prevent. Promote. Protect.

John E. Biegel, III  
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**Please note that information highlighted in yellow reflects new and updated information.**

**Updated: March 9, 2021 4:30pm**

*(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 **125 new COVID-19 cases since Saturday, 3/6** bringing the total COVID-19 case count to **9,743. A few cases were found to be out of jurisdiction and transferred out. These cases have been removed from the overall count.**

**The City of Clifton has a total of 214 deaths.**

**Of these deaths, 45 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.**

**Due to a high volume of total cases, the “follow-up status” column on our spreadsheet attachments has been removed. We will still provide information on which cases are asymptomatic and those that are deceased.**

**As of 3/9/2021, 1,688,812 first doses and 869,104 second doses of the COVID-19 vaccine have been administered in the State of New Jersey. The most recent list of locations offering the vaccine, as well as registration instructions can be found here: <https://covid19.nj.gov/pages/covid-19-vaccine-locations-for-eligible-recipients>**

**For a list of most Governor Murphy’s current and past executive orders related to the COVID-19 pandemic, please refer to this link: <https://nj.gov/infobank/eo/056murphy/>**

**If you are a Clifton or Little Falls resident without access to the internet, and need assistance, please call 973-470-2039. Please note that this is an automated system and a Health Department employee will return your call as soon as possible. Although we understand your frustration, please continue to be patient due to the overwhelming and unprecedented demand for this vaccine.**

**If you need support with the New Jersey Vaccine Scheduling System, you can:**

- **Complete an online form using this link: [covid19.nj.gov/vaccinehelp](https://covid19.nj.gov/vaccinehelp) or**
- **Call 1-855-568-0545 for phone support**



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**Beginning March 15th, the following groups will be eligible to book vaccine appointments:**

- **Pre-K to 12 educators and staff**
- **Childcare workers**
- **Transportation workers**
- **Additional public safety workers**
- **Additional high-risk individuals**

**Beginning March 29th, additional frontline essential workers will be eligible to book vaccine appointments. For more information, please visit: <https://covid19.nj.gov/faqs/nj-information/slowing-the-spread/who-is-eligible-for-vaccination-in-new-jersey-who-is-included-in-the-vaccination-phases>**

**As per Governor Murphy's recent announcement, effective immediately, houses of worship and religious services can operate at 50% capacity. Masks are required and members of different households must be at least six feet apart at all times.**

**Effective immediately, indoor and outdoor collegiate sports practices and competitions may allow two parents or guardians per participating athlete as spectators. Numbers cannot exceed 35% of the indoor room's capacity and social distancing MUST be maintained outdoors.**

**Additionally, starting March 1st, sports and entertainment venues with a fixed-seating capacity of over 5,000 people may open for spectators. There will be a 10% capacity for indoor venues and a 15% capacity limit for outdoor venues.**

**Please note that all non-essential out-of-state travel is discouraged. Residents and visitors coming to New Jersey, with limited exceptions, are to observe a 14-day self-quarantine. This recommendation excludes transient travel.**

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>

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>

Due to an increasing 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

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following-up with individuals and obtaining this data. We will continue to update this spreadsheet as this information becomes available.

It is very important to remember the following preventative steps you can take to reduce the risk of spreading COVID-19:

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

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 a reminder to residents, if you are being tested, remain home while awaiting your results, whether or not you're showing symptoms, to avoid potentially infecting other people. Also remember, you cannot test out of quarantine. A negative test means you are negative at the time of testing and you can still test positive during the quarantine period. If you are a close contact, you must quarantine for the full 14 days.

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.

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.

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



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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>

**Please note: 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

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.

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](mailto:Lhelwani@cliftonnj.org).

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