



**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

Phone: 973-470-5760
Fax: 973-470-5768
Email: jbiegel@cliftonnj.org

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

Updated: May 23, 2021 8:30pm

(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 **42 new COVID-19 cases since last Saturday, 5/15**, bringing the total COVID-19 case count to **12,118. 4 cases were found to be out of our jurisdiction and transferred out and 1 case was found to be a duplicate of an existing case; these cases have been removed from the overall spreadsheet count.**

The City of Clifton now has a total of 258 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.

The City of Clifton has administered the following COVID-19 vaccine doses between January, 6, 2021 and May 19, 2021:

1st doses	7,781
2nd doses	6,007
Total number of doses	13,788

Effective 5/19, the travel advisory has been lifted.

With regards to domestic travel, New Jersey residents returning home and travelers visiting New Jersey do not need to quarantine, but should follow travel guidance from the CDC, the NJ Department of Health, and all local health and safety protocols of their travel destination. The CDC continues to recommend delaying travel until you are fully vaccinated. The CDC also currently recommends that unvaccinated individuals traveling domestically get tested 1-3 days before their trip, 3-5 days after travel, and stay home and quarantine for 7 days after travel, even with a negative test. If no test is taken, a 10-day quarantine is recommended. Travelers should continue to wear masks and monitor for symptoms. For more information, refer to the CDC's guidance for domestic travel, found here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>



**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

Phone: 973-470-5760
Fax: 973-470-5768
Email: jbiegel@cliftonnj.org

With regards to international travel, the CDC requires all air passengers arriving in the United States from a foreign country to get tested for COVID-19 no more than 3 days before their flight departs and to present the negative result or documentation of having recovered from COVID-19 to the airline before boarding the flight. The CDC continues to recommend delaying travel until you are fully vaccinated. The CDC also currently recommends that unvaccinated individuals traveling internationally get tested 1-3 days before their trip, 3-5 days after travel, and stay home and self-quarantine for 7 full days after travel, even if you test negative. If no test is taken, a 10-day quarantine is recommended. Travelers should continue to wear masks and monitor for symptoms. For more information, refer to the CDC's guidance for domestic travel, found here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>

Also effective 5/19, the outdoor mask mandate has been lifted, although unvaccinated individuals should continue to exercise caution. The indoor mask mandate in public settings remains as many New Jersey residents have yet to be vaccinated.

As a reminder, to date in New Jersey, all vaccinated and unvaccinated individuals MUST continue to wear face coverings in indoor spaces open to the public, including retail, recreational, and entertainment businesses, government buildings open to the public, and on public transportation and in indoor commercial spaces closed to the public, including office buildings, when individuals are in prolonged proximity to others.

Please take note of recent changes to indoor and outdoor gathering limits, which went into effect on 5/19. The indoor gathering limits are as follows:

- General indoor gatherings must be limited to 50 people. This limit applies to general social gatherings in private settings, such as parties in people's homes**
- Indoor business gatherings and organized gatherings (e.g. conferences, expositions, meetings of fraternal organizations, job trainings, events hosted by senior centers) are limited to 250 people, so long as social distancing can be maintained**
- Indoor gatherings for religious services and celebrations including wedding ceremonies, funerals, and memorial services that involve a religious element must limit capacity to a number that ensures all individuals or groups can remain six feet apart**
- Indoor wedding receptions, wedding ceremonies, funerals, and memorial services that do not involve a religious element as well as private catered events such as**



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

Phone: 973-470-5760
Fax: 973-470-5768
Email: jbiegel@cliftonnj.org

proms are limited to 250 people per room, excluding venue employees, so long as social distancing can be maintained

- **Indoor sports practices and competitions may exceed the general indoor gathering limit under specific exceptions, found here: <https://covid19.nj.gov/faqs/nj-information/reopening-guidance-and-restrictions/can-organized-sports-resume-what-are-the-safety-requirements-for-sports-facilities>**
- **Indoor performances at entertainment centers, including movie theaters, performing arts centers, and other concert venues, must be limited to 250 people, not including staff**
- **Large venues, including sports and entertainment venues, with a fixed seating capacity of 1,000 or more may host events at 30 percent capacity indoors; the capacity limit excludes participants, such as athletes and performers, and staff, such as coaches and ushers, but include patrons and other members of the public. Individuals or groups of individuals that purchase tickets together must remain six feet apart**
- **Indoor meetings of addiction support groups, such as Alcoholics Anonymous and Narcotics Anonymous, are limited to 250 people per room so long as social distancing can be maintained**
- **Legislative and judicial proceedings are not subject to the limits on indoor gatherings**

The outdoor gathering limits are as follows:

- **There is NO capacity limit for outdoor gatherings. However, social distancing MUST be practiced**
- **Outdoor performances at outdoor entertainment centers, including movie theaters, performing arts centers, and other concert venues, are limited to a number that ensures that all people or groups of people can remain six feet apart**
- **Large venues, including sports and entertainment venues, with a fixed seating capacity of 1,000 are limited to a number that ensures that all people can remain six feet apart, except individuals who purchase or reserve tickets together may be seated together but must be six feet away from all other groups or individuals in all directions**

Everyone who lives, works or studies in New Jersey, ages 12+, is now eligible to be vaccinated. Currently, ONLY the Pfizer vaccine is authorized for individuals 12-17. Please remember that minors must be accompanied by an adult and have parent/guardian consent.



**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

Phone: 973-470-5760
Fax: 973-470-5768
Email: jbiegel@cliftonnj.org

Beginning 4/29, walk-in vaccinations are open to all New Jerseyans age 16+ at all six vaccine mega-sites during select times. For more information, please visit <https://covid19.nj.gov/pages/vaccine>

New Jersey Transit has recently launched VAXRIDE, a system offering free tickets for rides to and from COVID-19 vaccine appointments for New Jersey residents. For more information, please visit njtransit.com/vaxride.

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>

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 or
- Call 1-855-568-0545 for phone support

As a reminder to the community, even as the vaccination process continues, THE PANDEMIC IS NOT OVER. We must continue to avoid large gatherings, wear face masks, practice social distancing, and to take this virus seriously.

Also effective March 19th, the following businesses can increase indoor capacity to 50%:

- Restaurants
- Recreational and amusement
- Gyms and fitness clubs
- Barber shops, salons, and other personal care businesses

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.

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/>

The Clifton Health Department is a contractual health agency serving the Township of Little Falls.

Press Release Update: 5-23-2021, Pg. 4



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

Phone: 973-470-5760
Fax: 973-470-5768
Email: jbiegel@cliftonnj.org

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 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.

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 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

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.

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.

The Clifton Health Department is a contractual health agency serving the Township of Little Falls.

Press Release Update: 5-23-2021, Pg. 5



**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

Phone: 973-470-5760
Fax: 973-470-5768
Email: jbiegel@cliftonnj.org

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 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.

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.**

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.



**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

Phone: 973-470-5760
Fax: 973-470-5768
Email: jbiegel@cliftonnj.org

The Clifton Health Department is a contractual health agency serving the Township of Little Falls.

###

The Clifton Health Department is a contractual health agency serving the Township of Little Falls.

Press Release Update: 5-23-2021, Pg. 7