



*Township of Union*  
1976 MORRIS AVE.  
UNION, NEW JERSEY 07083

**BE SUPPORTIVE. BE CAREFUL. BE ALERT. BE KIND.  
BE READY TO FIGHT COVID-19.**

March 13<sup>th</sup>, 2020

Dear Resident,

As the growing concern about the COVID-19 virus gradually emerges across the nation and, unfortunately, closer to Union, we will begin to implement changes and precautions in various departments out of an abundance of caution and for the safety of all our residents, employees and families.

Our Township Administration and Health Department have been participating in state, county, and local conference calls and communication, including with our Board of Education.

While there is no known vaccine at this time, it's important to note that the best defense against the virus is prevention and precaution. It requires everyone to be more attentive to your surroundings, limit contact that could entail the transfer of viruses and bacteria, and be meticulous about hand washing and cleaning of surface areas.

In this letter, we've put together FAQ's and useful information from the World Health Organization as a guide for you. We will continue to monitor and put out additional information as it becomes available on our social media platforms, @twpunionnj. We also have dedicated a page on our website uniontownship.com where all this information will be housed.

  
Mayor Michele Delisfort



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## NOVEL CORONAVIRUS (COVID-19) FREQUENTLY ASKED QUESTIONS

### WHAT IS A CORONAVIRUS?

Coronavirus disease 2019 (COVID-19) is a respiratory illness (like common cold or flu) that can spread from person to person. The virus that causes COVID-19 is a novel (new) coronavirus that was first identified during an investigation into an outbreak in Wuhan, China, in late December 2019.

### HOW DOES COVID-19 SPREAD?

The virus spreads by:

- Air through coughing and sneezing (droplets) - most common mode of transmission
- Close personal contact, such as touching, shaking hands, touching your mouth, nose, or eyes
- Touching an object or surface with the virus on it

### WHAT ARE THE SYMPTOMS OF COVID-19?

- Patients with COVID-19 symptoms can range from mild flu-like illness to severe respiratory disease – most common symptoms include:
  - Fever
  - Cough
  - Shortness of breath

### HOW CAN I HELP PROTECT MYSELF AND OTHERS?

- **THE MOST EFFECTIVE METHOD OF PREVENTION IS HAND WASHING** - Wash your hands often with soap and water for at least 20 seconds, especially if hands are visibly dirty. If soap and water are not available, **use an alcohol-based hand sanitizer with at least 60% alcohol.**
- **THE BEST THING TO DO IF YOU ARE SICK IS COVER YOUR COUGH OR SNEEZE** with a disposable tissue or the fold of the arm.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- **STAY HOME WHEN YOU ARE SICK AND CONTACT YOUR MEDICAL PROVIDER FOR FURTHER INSTRUCTIONS.**
- Avoid close contact with persons who are sick and maintain your personal space of at least 6 feet from persons with symptoms such as cough, sneezing, fever, etc.
- **CDC RECOMMENDS USING A FACEMASK ONLY IF YOU BELIEVE YOU ARE SICK.**

**Note:** For persons over 60 years of age and/or with chronic illnesses; eat well, exercise, and maintain your scheduled doctor appointments.





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### **IS THERE A VACCINE OR TREATMENT?**

There is currently no vaccine to protect against COVID-19, though vaccine development is projected to be accomplished within the next 12 months. There is no specific antiviral treatment for COVID-19.

People are treated for symptoms to reduce fever, body aches, and to provide breathing support. Please seek medical care should symptoms worsen.

Although the flu vaccine will not protect you from COVID-19, it will help to prevent the flu, which has similar symptoms as COVID-19. More than 14,000 people have already died from the flu this season alone.

**GET YOUR FLU VACCINE TODAY!!!**

**Note:** *Antibiotics are not effective against coronaviruses because antibiotics do not treat viruses, only bacteria.*

### **MINIMIZING STIGMA AND MISINFORMATION**

- Know your facts about COVID-19.
- People of Asian descent are not more likely to get COVID-19 than anyone else and should be treated without discrimination.
- People who returned from 14 days of quarantine or isolation do not put others at risk.
- Provide social support for people who are worried about friends or relatives in the affected regions.

**REMEMBER: STAY CALM AND BE INFORMED!**

### **FOR MORE INFORMATION ON UPDATES AND TRAVEL:**

- Visit the Centers for Disease Control and Prevention website at <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- Visit the New Jersey Department of Health website at <https://www.state.nj.us/health/cd/topics/ncov.shtml>
- Visit the Township of Union's website at <https://www.uniontownship.com/>



# Helping children cope with stress during the 2019-nCoV outbreak



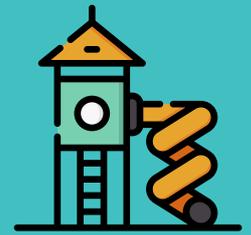
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

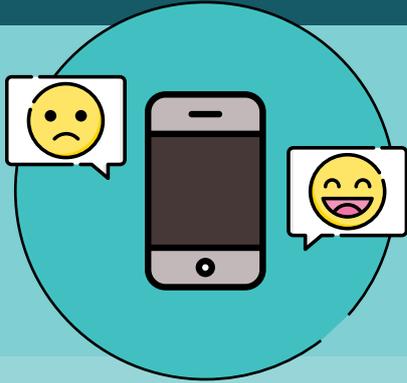
Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

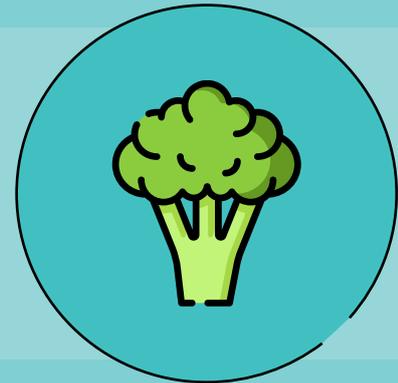
# Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

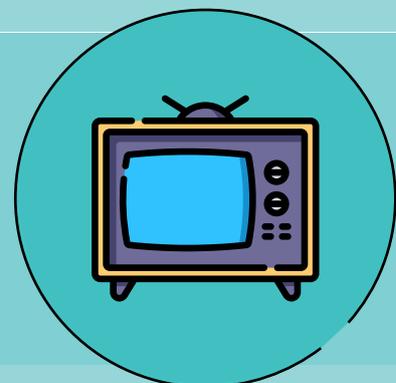
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

