



COVID-19 UPDATE
November 5, 2020

Glen Ridge, We Need to Continue Looking Out for Each Other!

To date, Glen Ridge residents have done an exceptional job of wearing masks, congregating outside rather than inside, keeping their distance from each other, maintaining their personal hygiene (handwashing) and staying at home if sick. Nonetheless, COVID-19 cases are once again spreading across New Jersey and the novel coronavirus that causes COVID-19 continues to actively circulate in our community.

All of us have heard of 'COVID-fatigue', and many of us are undoubtedly experiencing it. We hope that our community efforts to contain this virus will increase and reestablish the awareness that we are all in this pandemic together and hopefully lessen that fatigue through solidarity.

With the rising number of cases (the number of positive cases in Glen Ridge has increased by about 38% over the past 2 - 2½ months), it is absolutely imperative that we continue to work together as a community and do EVERYTHING we can to prevent the further spread of this insidious disease. As another point of reference, the Essex County 7-day average positive Covid-19 count has risen from 32 cases on October 1st to 245 cases on October 30th.

While we all desperately want things to be "normal" again, COVID-19 is still a very real threat, so that when one of us engages in a high-risk activity, we make it less safe for everyone else. This is the reason why it is so important for all of us to continue to follow ALL COVID-19 safe practices and protocols.

What do we all need to do now?

- Value the health of others as well as our own health as we go about our essential activities, such as securing necessary healthcare, schooling, work, and shopping, etc. In this way, these activities can be AS SAFE AS POSSIBLE for EVERYONE until there is a safe, effective and available vaccine to prevent infection, disease, or serious disease outcomes.
- Remain aware of the risks involved in the activities we engage in and understand that such risks not only impact ourselves, but also affect our family, friends, teachers, businesses, and other community members.
- Follow, to the best of our ability, national, state, and local public COVID-19 health guidance.

- If necessary, quarantine if exposed, or if returning from travel or college in areas with high levels of the virus, as designated by the State of New Jersey.
- Stay home – isolate - if we become ill with signs and/or symptoms consistent with COVID-19, or while waiting for a COVID-19 test result that clears us to go out.
- Get tested promptly if we experience signs and/or symptoms consistent with COVID-19 or have been in close contact with someone who tests positive for COVID-19.
- Wear a mask/face-covering over both nose and mouth, AT ALL TIMES, when out or when within 6 feet of others who are not members of our household.
- Always practice social distancing when outside of our home.
- Cooperate honestly and openly with contact tracing to protect the health and safety of others in the community.
- Be respectful of others in our community and always commit to practicing COVID-19-safe etiquette.

These actions, if committed to and followed by everyone in our community, will have an appreciable impact on decreasing exposure and infection. While we cannot change or halt the virus, we can, and must, change our behaviors to lessen its impact on ourselves and others.

For the most current information regarding testing locations, food distribution programs and statistics, please visit <https://essexcountynj.org/>

Finally, at the next regularly scheduled meeting of the Borough Council, I will ask the Councilors to pass a resolution committing themselves to take all necessary actions, with regard to the foregoing, to actively assist our community in working together to contain this pestilence.

Sincerely,

Mayor Stuart K. Patrick