



Township of Holmdel

COVID-19 Update

March 16, 2020

As you may be aware, today the **Governor** took significant steps in an effort to contain the spread of COVID-19. These steps include, but are not limited to:

- All schools will be indefinitely closed as of Wednesday March 18th
- As of 8pm tonight all gatherings of more than 50 people will be suspended
- The National Guard will be mobilized and ready to respond if needed
- In a combined regional mitigation strategy with New York and Connecticut the following will be implemented:
 - Restaurants and bars will be take-out or delivery ONLY
 - Movie theaters and gyms will be closed
 - Non-essential businesses will be closed every night by 8pm
 - All casinos and racetracks will be closed indefinitely

You can find the entire Executive Order [here](#).

As you may also be aware, we are restricting Town Hall Access to employees *only* until further notice. Town Hall is still operating and you can reach us via phone or email. Our parks are remaining open to the general public (however organized group activities and use of play structures are prohibited).

We want to once again provide assurance to our residents that we are working with all applicable agencies to monitor the evolving COVID-19 pandemic. We are following protocols and taking every measure possible to contain the virus in our community.

We have established a page on our website specifically for resources as it relates to this outbreak. [Here](#) you can find the latest Township information as well as links to several resources. These may help answer some of your questions.

In this turbulent time, we would like everyone to know that resident safety is our number one priority. Please follow the [CDC Guidelines](#) and protect yourself and your family. Reach out (via phone) to neighbors, particularly the elderly, and check on their well-being.

We understand that this is a stressful time for many. The CDC recommends the following to support yourself during this situation:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do other activities you enjoy.

- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 9-1-1 or Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or Text TalkWithUs to 66746. (TTY 1-800-846-8517).

For more tips on coping with this situation visit the CDC website [here](#).

For all emergencies contact 9-1-1.

For other questions please contact:

- New Jersey's 24-Hour Public Hotline 800-222-1222
- Centers for Disease Control 800-232-4636
- Township of Holmdel Police Department 732-946-4400