

Holmdel Township

Office of the Mayor

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March 17, 2020

Dear Resident,

As you are probably aware the COVID-19 pandemic has caused many closures and service delivery changes throughout the state and country. As your Mayor, on behalf of the entire Township Committee, I want to reach out and let you know that the Township is actively monitoring this evolving situation and positioning ourselves to best mitigate the effects of this epidemic in our community.

The Township recognizes that some may be experiencing feelings of anxiety and fear about this coronavirus outbreak. We are meeting daily with our first responders and we are in constant coordination with Bayshore Medical Center, the Holmdel School District as well as the county, state and federal departments that are monitoring, assessing, and advising on the rapidly changing status of this virus. Know that members of our staff routinely train for these types of emergency situations.

We remind residents that this is a time to prepare and we ask that everyone does their part to keep our community as safe and healthy as possible. Please follow the CDC guidelines and take everyday preventive actions to protect you and your loved ones. Respect the temporary restrictions that have been imposed by officials.

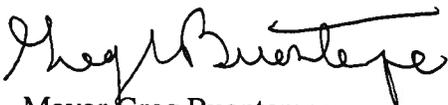
In order to assist you through this process we have enclosed a document with several numbers and resources for your information. These are the best places to go in order to get the most up-to-date information on this ever changing emergency.

It is important to take care of yourself during this time. Remember to take breaks from watching, reading or listening to stories regarding the pandemic. Take care of your body and eat healthy well-balanced meals, exercise and get plenty of sleep. Take deep breaths, stretch or meditate. Connect with others and share your feelings with people you trust.

If you have any emergencies, always call 9-1-1. If there is any way our offices can be of assistance, please call us at 732-946-2820.

Thank you for your time and your cooperation. Stay healthy.

Sincerely,



Mayor Greg Buontempo

Township Of Holmdel

COVID-19 RESOURCES

All Coronavirus questions are being handled by health experts at the New Jersey Poison Control

24 Hour Hotline: **1-800-222-1222**

USEFUL PHONE NUMBERS

- For an Emergency call 9 - 1 - 1
- Holmdel Police Department (non-emergency) 732-946-4400
- Holmdel Town Hall 732-946-2820
- Center For Disease Control 1-800-232-4636
- Monmouth Office on Aging 732-431-7450
- Monmouth Cty. Dept. of Human Services 732-308-3770

Feeling Stressed?

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 SAMHSA's Disaster Distress Helpline at 1-800-985-5990 or Text TalkWithUs (66746) TTY 1-800-846-8517

USEFUL WEBSITES

HolmdelTownship

holmdeltownship.com

Monmouth County

co.monmouth.nj.us

NJ Department of Health

nj.gov/health

Centers for Disease Control

cdc.gov

Frequently Asked Questions

What is novel coronavirus?

It is a new coronavirus that has not been previously identified. The virus causing the 2019 disease (COVID-19) is not the same as the coronavirus that is commonly circulated among humans and cause mild illness like the common cold.

How can I protect myself?

- **Wash your hands for at least 20 seconds** especially if you have been in a public place or after blowing your nose, coughing, or sneezing. If soap & water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until dry.
- Avoid touching your face, eyes, mouth and nose.
- **Clean AND disinfect frequently touched surfaces daily such as light switches, counter tops, door handles, etc**
- Maintain at least six feet of separation between you and another person
- Avoid large gatherings and common areas.

Am I considered "high risk"?

- Individuals considered high risk include: older adults and people who have serious chronic medical conditions such as heart disease, diabetes and lung disease.

What should I do if think I may have COVID-19?

- Stay home - except to get medical care and isolate yourself from other people in your home.
- **If you are experiencing fever, cough, shortness of breath - contact your health care provider**
- IMPORTANT - CALL AHEAD! Call your healthcare provider and tell them that you have or may have COVID-19. This will help the provider's office take steps to keep other people from getting exposed.
- Wear a facemask only if you are sick. Wear a facemask around other people and before entering your provider's office.
- Cover your cough and sneezes.
- Clean your hands often.
- Avoid sharing personal household items.
- Call 9-1-1 if you have an emergency. When calling 9-1-1 alert them to the potential exposure to COVID-19. If possible put on a facemask before EMS arrives.

I am not sick, but I need other types of help, what should I do?

- If you are a senior citizen you and need assistance with basic needs, you can contact the **Monmouth County Office on Aging, Disabilities and Veterans Services at 732-431-7450.**
- For other human services issues call the **County Division of Social Services at 732-431-6000** for information regarding: food stamps, family care and other social service needs
- If you are a Senior Citizen resident and need assistance with food or meals, please contact Town Hall at 732-946-2820 ext. 1225.

**If you still have questions or need guidance,
please call Holmdel Town Hall at 732-946-2820
Monday-Friday, 8:30 AM-4:30 PM**