

Message from Mayor Joanne Minichetti:

Information on the virus and preventative measures from the Center for Disease Control (CDC) can be found on the Borough website, <https://www.usrtoday.org/2020/03/09/coronavirus-information/>.

The Borough contracts with the County of Bergen for health services and we are closely following information and guidelines provided by both the CDC, the NJ Dept of Health and the County Health Dept.

Our Police Department and volunteer Ambulance Corps members are here to serve you. However, if you are experiencing flu like symptoms, and it is NOT an emergency, such as someone having difficulty breathing or chest pains, please call your primary care physician first. If you have questions or feel the need to be tested for the Coronavirus, call your primary care physician. Obviously, it is of the utmost importance to keep our police officers and emergency volunteers healthy and safe so they can continue to respond to emergencies.

In addition, on February 29, the NJ Dept. of Health opened a Novel Coronavirus Call Center, 1-800-222-1222, available for the public to ask questions about the Coronavirus. Hackensack University Medical Center is offering online and virtual physician visits. Info can be found here: <https://convenientcarenow.com/landing.htm>.

Bergen New Bridge Medical Center is also offering this type of service: Telehealth Service for Covid-19 at 201-204-0712.

Our Police, Ambulance Corps, Board of Health and Office of Emergency Management, library, houses of worship and school administration are working together to reduce risk and help prevent the spread of this virus as well as others including the flu. Through an abundance of caution, meetings are being kept to a minimum. It is suggested, if possible, residents call or email questions or concerns to Borough Hall rather than come in person whenever possible. Today the USR Library announced they are suspending all adult and youth activities, exercise programs and meetings until further notice.

Our website will continue to be updated as information becomes available at <https://www.usrtoday.org/2020/03/09/coronavirus-information/>. In addition, please follow us on Borough of Upper Saddle River on Facebook, Upper Saddle River on Twitter, and be sure your contact information is up to date on Swift Reach 911. This can be done on our website, www.usrtoday.org. If you or loved one has special medical needs, such as immobility or is oxygen-reliant, please register them with the Police Dept. on <https://www.usrtoday.org/wp-content/uploads/2017/12/Senior-Special-Needs-Registration.pdf>. This is for a resident of any age and is completely confidential.

The following links are included on the Borough's website and are updated as information becomes available.

<https://www.co.bergen.nj.us/departments-and-services/about-health-services>

<https://www.nj.gov/health/cd/topics/ncov.shtml>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

It's been said before, but the following common-sense precautions are important:

Important things to know include:

- Wash your hands with warm water and soap frequently and thoroughly.
- Avoid close contact with people who are sick
- Stay at home if you are feeling sick

- Clean and disinfect commonly used areas such as doorknobs, cell phones etc.

- Have supplies, such as prescriptions and non-perishable food, on hand in the event of needing to stay at home for a period of time.