



Municipality of Princeton

*Monument Hall
One Monument Drive
Princeton, NJ 08540*

Telephone (609)497-7608

Fax (609) 924-7627

December 11, 2020

ADVISORY

FROM THE BOARD OF HEALTH

OF THE MUNICIPALITY OF PRINCETON, NEW JERSEY

Protecting Those with Higher Risk Conditions from COVID-19 During The 2nd Wave

The Municipality of Princeton, New Jersey and the entire United States are experiencing a resurgence of COVID-19, the disease caused by the novel coronavirus SARS-CoV-2. While all residents and visitors to Princeton are currently at increased risk of exposure to SARS-CoV-2, those with underlying health conditions that increase the risk for severe illness from COVID-19 must take special protections during this surge. These high risk conditions include cancer, heart conditions (heart failure, coronary artery disease or cardiomyopathies), chronic kidney disease, type 2 diabetes, pregnancy, sickle cell disease, obesity, an immunocompromised state (weakened immune system) from solid organ transplant, smoking, and chronic obstructive pulmonary disease. A full list of conditions that may increase the risk of severe illness can be found on the [CDC website](#).

The Board of Health of the Municipality of Princeton offers the following ADVISORY to specify how those with higher risk can best survive this surge.

WHEREAS, on March 9, 2020, pursuant to N.J.S.A. 26:13-1 et seq (the New Jersey Emergency Health Powers Act), the existence of a public health emergency within the State of New Jersey as a result of COVID-19, for which certain orders and actions are necessary to protect the health and safety of the Municipality of Princeton and its residents, was declared;

WHEREAS, with the Municipality of Princeton is experiencing a rapid increase in COVID-19 cases and the health care facilities that serve our town are reporting an increase in hospitalizations, additional actions are warranted to protect public health, moderate case growth and preserve hospital capacity; and

WHEREAS older adults and people with certain underlying health conditions have an increased risk of severe COVID-19 that increases the risk of medical complications, hospitalization, and death:

The Board of Health of the Municipality of Princeton hereby issues an advisory **for older adults (in particular, aged 65 and older), people with underlying health conditions that put them at increased risk of severe COVID-19, and household members and caregivers of these individuals.**

THEREFORE, YOU ARE HEREBY PROVIDED NOTICE THAT:

To protect yourself, your household members and our community against the spread of COVID-19, you are hereby advised to limit activities outside your home, except leaving home to travel to work or school, or for essential purposes including medical care, grocery shopping or pharmacy necessities.

Further, all Princetonians covered by this advisory should, when at all possible, adhere to the following advice.

- Wear a face covering at all times in public settings
- Avoid all non-essential travel, especially non-essential out-of-state travel
- Avoid public indoor spaces and crowded outdoor settings
- If you do travel, maintain at least 6 feet of distance from other individuals at all times outside of the home, even if wearing a facial covering/mask
- Stay home if you are sick except for essential medical care, including testing for COVID-19
- Limit others in your home except for necessary caregivers or members of your own household
- Wear a face covering when around household members who have symptoms consistent with COVID-19, are a known exposure to someone with COVID-19, or who have frequent interactions with the public
- Follow good hand hygiene, including washing your hands often with soap and water for at least 20 seconds and avoiding touching your eyes, nose, and mouth with unwashed hands
- Frequently clean high touch areas
- **Maintain routine medical care for any chronic or other health conditions, and obtain any necessary vaccinations, under the consultation of your healthcare provider.**

All Princetonians, in any risk category, should consider these actions as a way to further minimize their risk and the risk to those around them.

Contact your health care provider if you have symptoms of COVID-19. If you are experiencing a medical emergency, call 911.

For more local information and guidance visit <https://princetoncovid.org>

For more state information and guidance visit <https://covid19.nj.gov>

For more national information and guidance on the need for extra precautions for certain persons with increased risk, visit <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

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