

IMPORTANT UPDATE ABOUT CORONAVIRUS FROM NCJW BERGEN COUNTY SECTION

Dear NCJW BCS members,

We wanted to share with you the actions we are taking in light of health and safety concerns around Coronavirus (COVID-19), and its impact in our community.

At this time, we are following the lead of Temple Emeth and Temple Sinai and not canceling any NCJW Bergen County meetings or events. We will continue to monitor the situation and will keep you informed if this changes in the future.

Please stay home if you feel sick, especially if you have a temperature, are experiencing flu-like symptoms, or believe you may have been exposed to the Coronavirus. While we know you love NCJW BCS, there is no event so fantastic or committee meeting important enough that you should risk your health – or the health of others – by coming to an event or meeting if you are ill.

If you would rather stay home and not participate in an NCJW event at this time, we understand. Our next event is Council Shabbat, to be held at Temple Sinai in Tenaflly next Friday, March 13. If you have signed up for this but do not wish to attend, please let us know right away. To cancel, email Peggy Kabakow at peggyk1@optonline.net or call her at 201-767-3364 TODAY. Due to the unusual circumstances, we will issue a refund if she is notified by this date.

If we have to make changes to our schedule, we will email you as soon as possible, so watch your email box. If we have something urgent to communicate to the Board, we will use our automatic calling service. And even if you're home, you can still participate in NCJW BCS business by arranging for a conference call for multiple callers – if you would like our conference call number and passcode, please ask one of us - or you can video chat using Skype, Zoom or another video service.

Below is helpful information from the Centers for Disease Control and Prevention (CDC) and New Jersey Department of Health (NJDOH):

- Wash your hands thoroughly, with soap, scrubbing with the soap for at least 20 seconds.
- Stay calm – the actual risk for the general public is low.
- Cover your nose and mouth when you cough or sneeze, ideally with a tissue.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick; 6-feet is the recommended distance you should stay away from someone who has symptoms.
- The CDC does NOT recommend wearing facemasks to protect yourself if you are healthy; they do recommend wearing a facemask if you are sick to prevent spreading the virus to others.
- Keep high-touch surfaces clean and disinfected.
- Refrain from stigmatizing others – infection is beyond anyone's control.

For more information, please visit:

- NJ Department of Health: <https://www.nj.gov/health/>
- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Please follow the recommendations of the CDC, as they are the best source of information regarding public health issues. We will continue to follow guidelines from the CDC and other health professionals, and to update you with any changes.

We appreciate your help in keeping you, your families, and the NCJW BCS community healthy. If you have any questions, please do not hesitate to contact us.

Best wishes,
Bari-Lynne, Elizabeth and Ruth