

Social Distancing Guidelines

1) General

- Cancel non-essential events;
- No public or private gatherings or meetings of individuals of ten (10) or more in any space that does not allow for social distancing to be maintained for the entire gathering
- Do not attend any events, gatherings, meetings if you are not feeling well;
- Having hand washing capabilities, hand sanitizers and tissues available;
- Frequent cleaning of high touch surface areas like counter tops and hand rails;
- Maintain physical space to minimize close contact as much as possible with a minimum distance of 6 feet between yourself and other individuals

2) Vulnerable Populations: Limit Outings

- Vulnerable populations include people who are:
 - ✓ 60 years old and older.
 - ✓ People with certain health conditions such as heart disease, lung disease, diabetes, kidney disease and weakened immune systems.
- For vulnerable populations, don't go to gatherings unless it is essential. If you can telecommute, you should. Avoid people who are sick.

3) Restaurants and Bars

- No in-restaurant dining; Takeout, delivery and drive-thru service only.
- Regularly and frequently clean and sanitize all common surfaces (door handles, countertops, bathroom areas) and clean/sanitize tables after each use;
- Require any employee that is not feeling well to stay home;

4) Workplace and Businesses: Minimize Exposure

- Suspend nonessential employee travel.
 - Minimize to the greatest extent possible the number of employees working within six feet of one another, including minimizing or canceling large in-person meetings and conferences.
 - Monitor the health and well-being of your employees on a daily basis and take appropriate measures to prevent the spread of COVID-19 in the workplace
 - Require employees to stay home when they are sick and maximize flexibility in sick leave benefits.
 - Do not require a doctor's note for employees who are sick.
 - Consider use of telecommuting options.
 - Use a measure of 113 square feet per person when determining whether the size of a space is adequate given the number of attendees
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- Some people need to be at work to provide essential services of great benefit to the community. They can take steps in their workplace to minimize risk.

5) Schools: Safety First

- Do not have your child attend school if sick.
 - If you have a child with chronic health conditions, consult the child's doctor about school attendance.
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- Schools should equip all classrooms with hand sanitizers and tissues.
- Recommend rescheduling or cancelling events that are not essential.
- Explore remote teaching and online options to continue learning.
- Schools should develop a plan for citywide school closures, and families should prepare for potential closures.

6) Transit: Cleaning and Protection

- Increase cleaning of vehicles and high touch surface areas.
- Provide hand washing/hand sanitizers and tissues in stations and on vehicles.

7) Health Care Settings: Avoid as possible, protect the vulnerable

- Long-term care facilities should have a COVID-19 plan in accordance with CDC or state guidelines.
- Long-term care facilities should restrict all visitation except for certain compassionate care situations, such as end of life situations.
- The general public should avoid going to medical settings such as hospitals, nursing homes and long-term care facilities, even if you are not ill.
- If you are ill, call your health care provider ahead of time, and you may be able to be served by phone.
- Do not visit emergency rooms, unless it is essential.
- Follow guidance and directions of all facilities.

8) Everyone: Do your part

The best way for all Morris County residents to reduce their risk of getting sick, as with seasonal colds or the flu, still applies to prevent COVID-19:

- Wash hands with soap and water for at least 20 seconds.
- Cough or sneeze into your elbow or a tissue. Throw the tissue in the trash.
- Stay home if you are sick.
- Avoid touching your face.
- Try alternatives to shaking hands, like an elbow bump or wave.
- If you have recently returned from a country, state or region with ongoing COVID-19 infections, monitor your health and follow the instructions of public health officials and CDC guidance.
- There is no recommendation to wear masks at this time to prevent yourself from getting sick.

You can also prepare for the possible disruption caused by an outbreak. Preparedness actions include:

- Prepare to work from home if that is possible for your job, and your employer.
 - Make sure you have a supply of all essential medications for your family.
 - Prepare a child care plan if you or a caregiver are sick.
 - Make arrangements about how your family will manage a school closure.
 - Plan for how you can care for a sick family member without getting sick yourself.
 - Take care of each other and check in by phone with friends, family and neighbors that are vulnerable to serious illness or death if they get COVID-19.
 - Keep common spaces clean to help maintain a healthy environment for you and others.
 - Frequently touched surfaces should be cleaned regularly with disinfecting sprays, wipes or common household cleaning products.
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