

# Public Health Report

June 2, 2020

Candice Davenport, Health Officer  
Maplewood Public Health Division



# PRIDE MONTH- Healthcare Resources



## Healthcare Resources for LGBTQ Community

- The brochure, [“Do Ask, Do Tell: Talking to your healthcare provider about being LGBTQ”](#) is a great start for LGBTQ youth to feel empowered to talk to their healthcare provider. It also has helpful hotlines for supporting youth.
- The Gay and Lesbian Medical Association (GLMA) provides a "[Find a Provider" Directory to find a gay-friendly healthcare provider](#) in your area.
- [Advocates for Youth](#) has a plethora of information for youth and has a section on LGBTQ issues, including a section for Health Professionals.
- [Hetrick-Martin Institute](#)
- [The African American Office of Gay Concerns](#) is a community based non-profit organization founded in 2001 to ensure that men of color who were gay-identified, bi-sexual or men who had sex with other men (MSM) had a voice in the fight against HIV/AIDS.

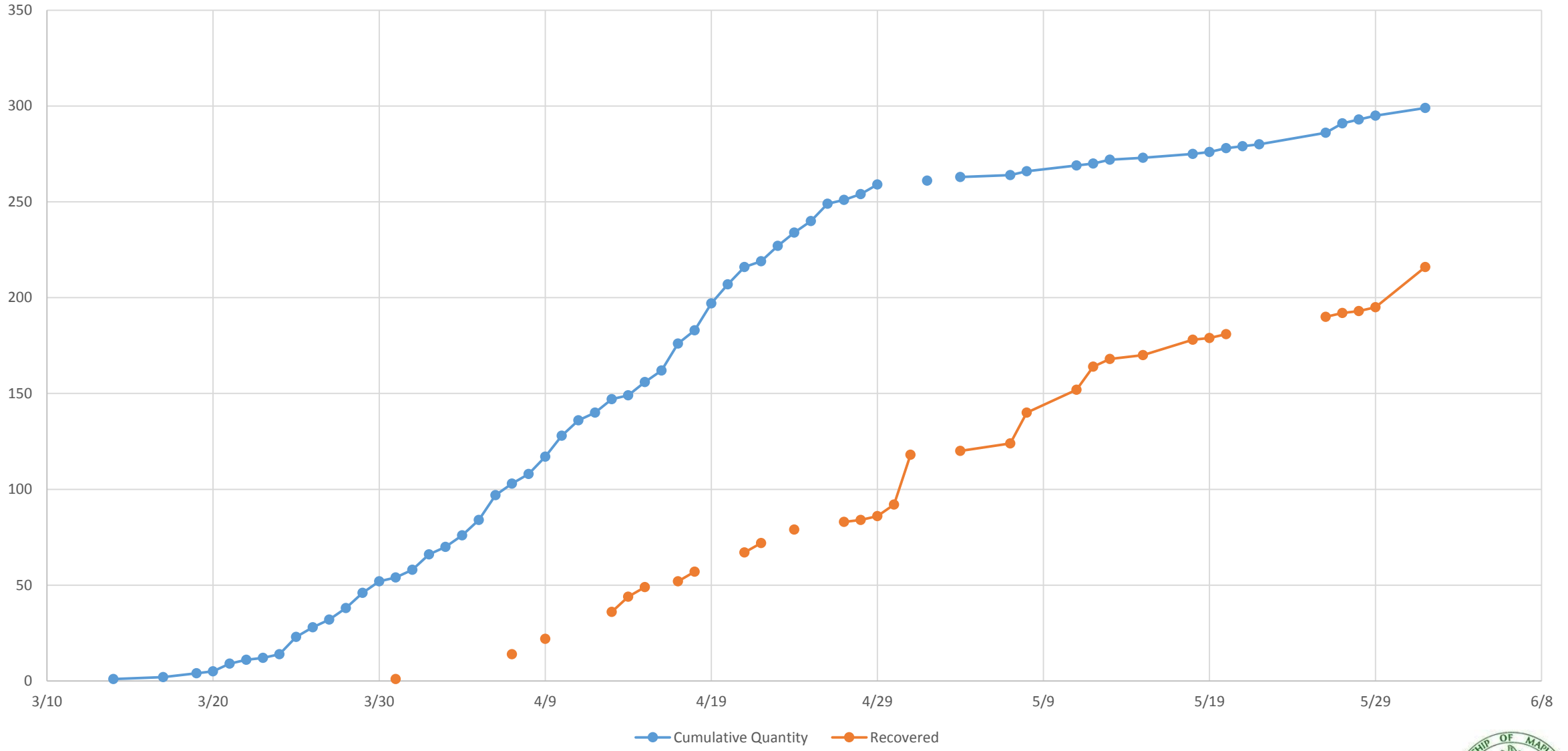
<https://www.twp.maplewood.nj.us/community-services-department/public-health-division/pages/community-health-care-resources>



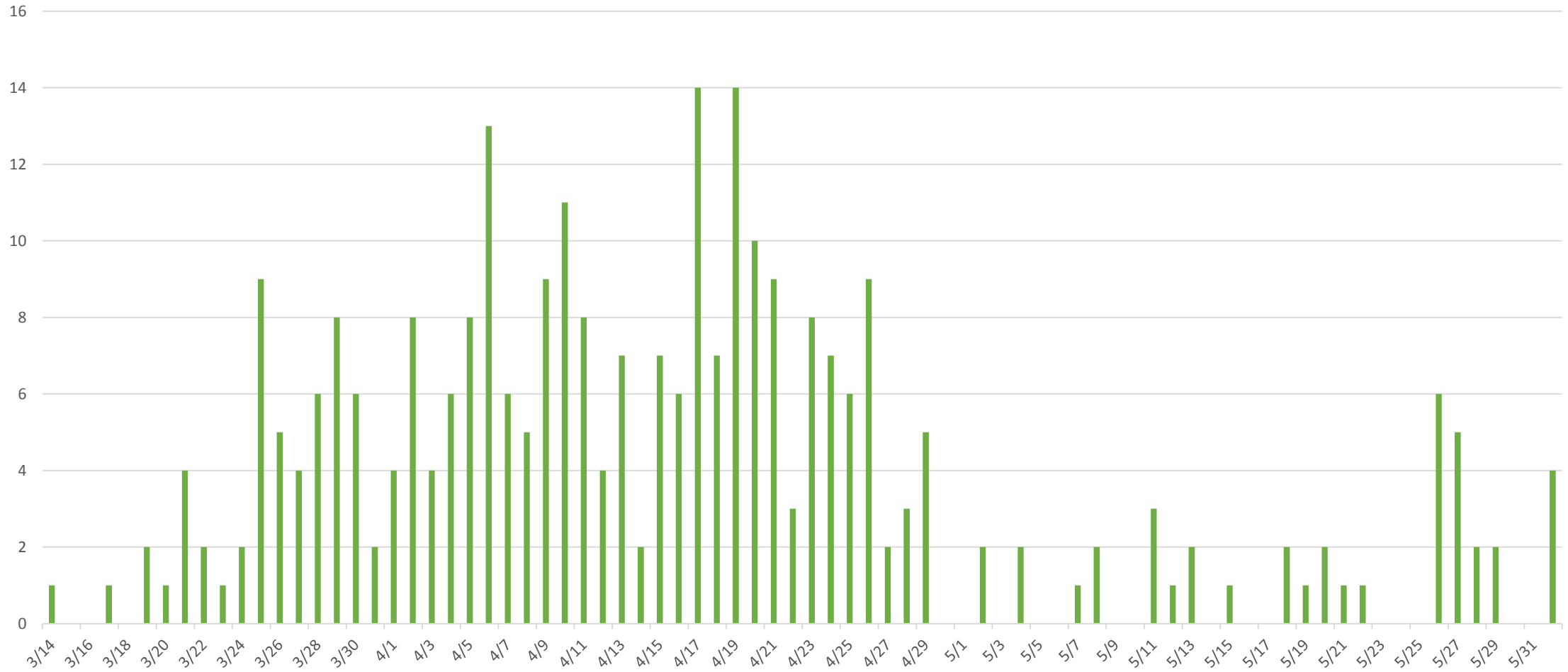
# COVID-19 UPDATE

- New Jersey: 161,545 confirmed cases, 11,770 deaths
- Essex County: 17,752 cases, 1,672 deaths
- Maplewood: 299 cases, 25 deaths

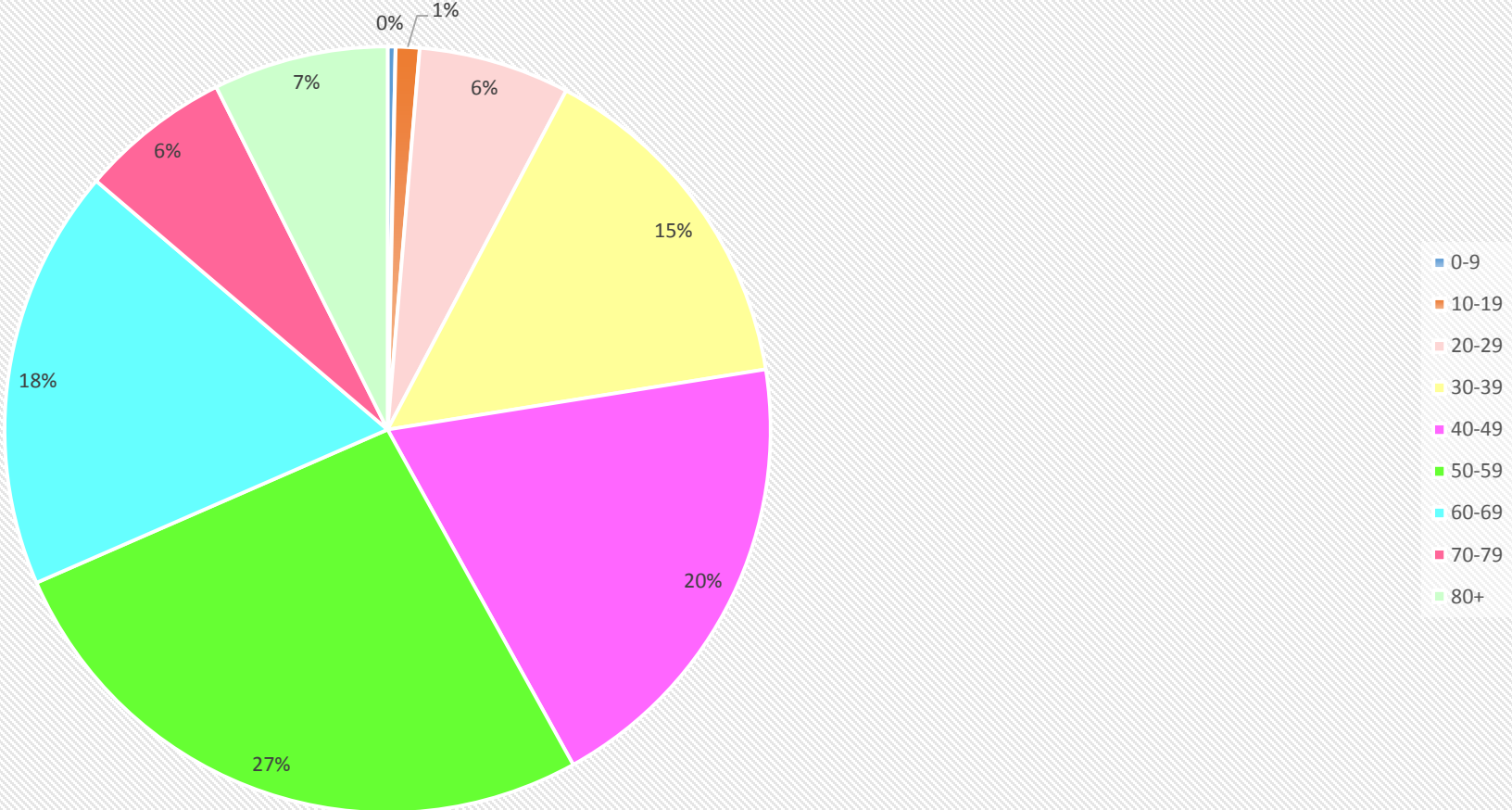
Total Number of Cases (299) and Recovered Cases (215), 6/1/2020



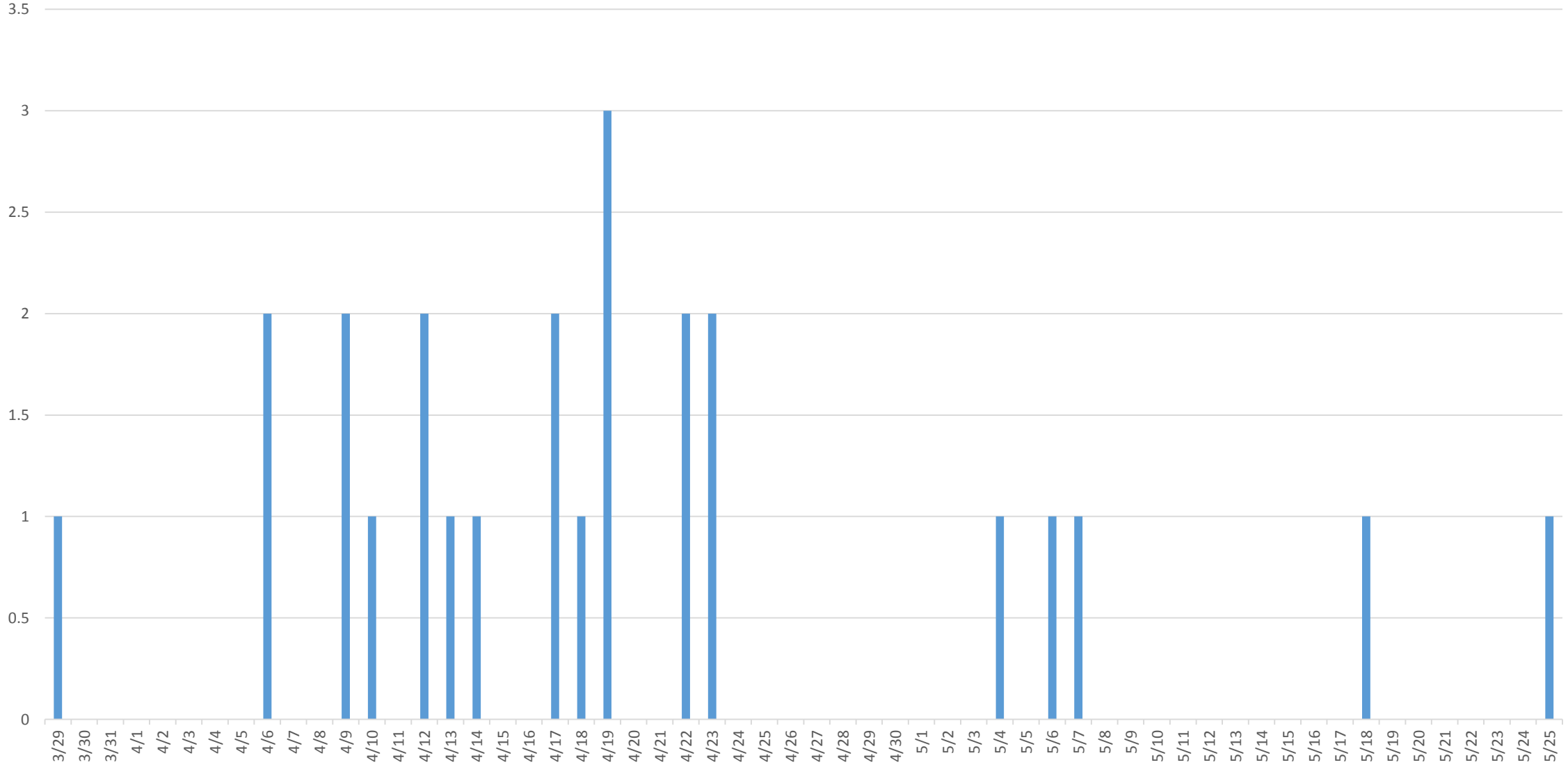
Number of Daily New Cases, 6/1/2020



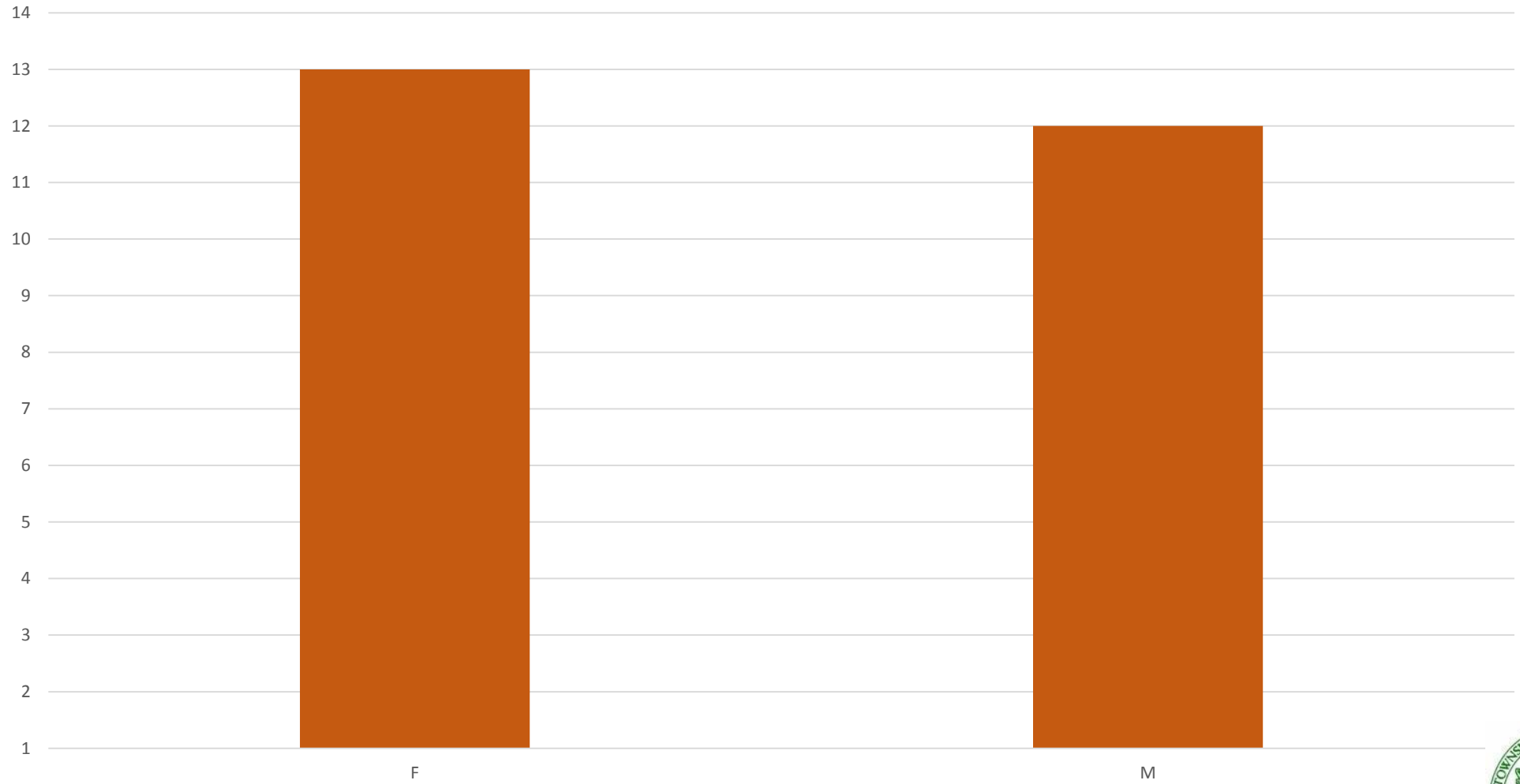
# Age Distribution of COVID-19 cases, Maplewood



# Total Number of Deaths (25)



# COVID-19 Deaths, by Gender (Total=25)





	<b>% of Population with PCR test</b>	<b>% PCR positive tests</b>
<b>MAPLEWOOD TOWNSHIP</b>	3.9%	28.4%
<b>ESSEX COUNTY</b>	5.7%	37.2%
<b>* as 5/20/20 6pm</b>		



## Maplewood COVID-19 Antibody tests

<b>Total</b>	<b>444</b>
<b>Negative</b>	<b>391</b>
<b>Positive</b>	<b>53</b>
<b>% positive</b>	<b>11.9%</b>



# Essex County COVID-19 Testing Sites

To make an appointment,  
visit [www.EssexCOVID.org](http://www.EssexCOVID.org)  
or call 973-324-9950

## Essex County Weequahic Park Testing Site

Every Monday,  
Wednesday  
and Friday

9AM to 12 Noon

## Essex County Satellite Testing Locations

- Tuesday June 2<sup>nd</sup>, 4 to 6 PM, Seabra Foods parking lot, 281-285 Ferry Street, Newark
- Thursday, June 4<sup>th</sup>, 4 to 6:30PM, Maplewood Community Pool, 187 Boyden Avenue, Maplewood
- Tuesday, June 9<sup>th</sup>, 4 to 6:30PM, Nutley Recreation Building, 44 Park Avenue, Nutley

***Residents taking the COVID-19 saliva test should not eat, drink, smoke or chew gum 30 minutes prior to arrival.***

- Essex County residents with or without symptoms are encouraged to get tested.
- Residents age 13 and older are welcome to get tested.
- Residents are encouraged to get retested if they have taken the swab or saliva tests 14 days ago or more and have received negative test results.
- Testing is provided free of charge to Essex County residents. No insurance is required.

Joseph N. DiVincenzo, Jr., *Essex County Executive*  
And The Board of Chosen Freeholders

Brendan W. Gill, President; Wayne L. Richardson, Vice President; Tyshammie L. Cooper,  
Romaine Graham, Rufus I. Johnson, Len M. Luciano, Robert Mercado, Carlos M. Pomares, Patricia Sebold





Clinic Visit

Video Visit

Insurance & pricing

Pay bill

[Home](#) > [Clinic locator](#) > CVS Health COVID-19 Drive Thru Testing Site - By Appointment Only

# Drive-Up Coronavirus Test at 453 Valley Road Maplewood, NJ 07040

CVS Health drive-up testing for COVID-19 – limited appointments now available to patients who qualify

[Look for available times](#)

## Who qualifies?

Patients must legally reside in the state where the test is given and be 18 years of age or older.

## How it works

- 1 Answer a few questions to see if you qualify for COVID-19 testing.
- 2 Select a test site and available time. Fill out the registration form.
- 3 Bring **proof of identity and in-state residence**, as well as your test confirmation email or text message. Be sure to have your mobile phone in case we need to reach you.
- 4 Upon arrival please stay in your car and follow the posted instructions at the site.

453 Valley Road  
Maplewood, NJ 07040

[Get Directions](#)



# A message about face masks/ face coverings

- People can have COVID-19 and not show any symptoms.
  - COVID-19 is spread by contact with infected respiratory droplets.
- Respiratory droplets are spread when people cough, sneeze, talk, sing, yell.
  - They may not realize they were exposed to a COVID positive person.
    - They can spread COVID-19 to others.



- Therefore, a cloth or surgical face mask/face covering protects others from *your* respiratory droplets. It does not offer you protection from others.
  - If we all wear face masks/ face coverings, we are protecting each other.



# The Road Back: Restoring Economic Health through Public Health



Maximum restrictions

STAGE 1

STAGE 2

STAGE 3

New normal

«« If health metrics develop unfavorably, measures from the maximum restrictions stage or stages 1, 2, 3 may be reinstated

<b>What is happening?</b>	Strict social distancing Non-crucial industries closed	Restrictions relaxed on low-risk activities that may be easier to safeguard	Moderate-risk activities restarted with safeguarding	Higher-contact activities restarting with significant safeguarding
<b>Which precautions apply across stages?</b>	Work that can be done from home should be done from home	Clinically high-risk individuals who can stay at home should do so	Residents and businesses should follow state and federal safeguarding guidelines: Wash hands regularly Respect social distancing Disinfect workplaces Wear masks in public Limit gatherings No mass gatherings	
<b>Which businesses are open?</b>	Crucial industries with safeguarding and modifications, e.g., emergency healthcare, essential construction with social distancing	Easiest to safeguard work activities with safeguarding and modifications, e.g., non-essential construction with protections, curbside retail	More work activities allowed with safeguarding and modifications, e.g., outdoor dining, limited personal care	Most work activities allowed at physical locations with safeguarding & modifications
<b>Which social activities are allowed?</b>	<ul style="list-style-type: none"> <li>Socialization only with household members, family, caretakers, romantic partner</li> <li>Only leave home for limited reasons such as essential shopping and exercise</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor recreation (e.g., hiking) and beach visits allowed with social distancing</li> <li>Other limited activities may be allowed with significant restrictions, e.g., drive-in activities</li> </ul>	<ul style="list-style-type: none"> <li>More activities with proper safeguards, capacity limitations, and sanitation protocols may reopen, e.g., libraries and museums</li> </ul>	<ul style="list-style-type: none"> <li>Higher-density settings may be considered with safeguards, e.g., limited entertainment, bars with limited capacity</li> </ul>
<b>Are childcare and education operating?</b>	<ul style="list-style-type: none"> <li>Child care open for children of essential workers</li> <li>K-12 and higher education engaged in distance learning</li> </ul>	<ul style="list-style-type: none"> <li>Child care may expand with capacity restrictions</li> <li>K-12 and higher education engaged in distance learning</li> </ul>	<ul style="list-style-type: none"> <li>Child care may expand with capacity restrictions</li> <li>Potential for some in-person learning with modifications in K-12 and higher education</li> <li>Summer school and summer camps may have limited in-person engagement if health conditions improve</li> </ul>	<ul style="list-style-type: none"> <li>Child care likely open for most</li> <li>K-12 and higher education may operate in person with reduced capacity</li> <li>Day and summer camps likely open for all with safeguards and modifications</li> </ul>
<b>Is public transit available?</b>	<ul style="list-style-type: none"> <li>Public transit with enhanced safeguards (e.g., regular vehicle disinfection) encouraged only for essential workers</li> <li>Service may be modified with off peak travel encouraged</li> <li>Personal protection measures, e.g., social distancing, face coverings</li> </ul>	<ul style="list-style-type: none"> <li>Public transit with enhanced safeguards (e.g., regular vehicle disinfection) encouraged only for those who cannot work from home</li> <li>Service may be modified with off peak travel encouraged</li> <li>Personal protection measures, e.g., social distancing, face coverings</li> </ul>	<ul style="list-style-type: none"> <li>Public transit with enhanced safeguards (e.g., regular vehicle disinfection) encouraged only for those who cannot work from home</li> <li>Service may be modified with off peak travel encouraged</li> <li>Personal protection measures, e.g., social distancing, face coverings</li> </ul>	<ul style="list-style-type: none"> <li>Public transit with enhanced safeguards (e.g., regular vehicle disinfection) is no longer discouraged for any passengers</li> <li>Service may be modified with off peak travel encouraged</li> <li>Personal protection measures, e.g., social distancing, face coverings</li> </ul>
<b>How do I take care of my loved ones and myself?</b>	<ul style="list-style-type: none"> <li>I stay at home as much as possible and check in virtually with my loved ones</li> <li>When I have to go outside, I wear a mask and stay 6ft away from others</li> <li>I call a doctor in the event of fever, cough, or shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>I stay at home as much as possible and check in virtually with my loved ones</li> <li>When I have to go outside, I wear a mask and stay 6ft away from others</li> <li>I have access to elective healthcare</li> <li>I call a doctor in the event of fever, cough, or shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>I continue to stay at home for the majority of my time</li> <li>I engage in small social activities with a limited circle of friends and family</li> <li>I can engage in some outdoor activities with social distancing</li> <li>I call a doctor in the event of fever, cough, or shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>I follow all safety guidelines posted in public spaces, e.g., I anticipate and respect capacity limits at my local restaurants</li> <li>I call a doctor in the event of fever, cough, or shortness of breath</li> </ul>

Widespread use of vaccine or life-saving treatment  
 In-person work can resume for all  
 Measures from previous stages may be swiftly reinstated if health conditions deteriorate

## WHAT DRIVES STAGES?



**Health indicators:**  
 New cases; hospitalizations; use of ICU; use of ventilators



**Availability of testing and contact tracing capacity** per 100,000 residents



**Healthcare system resiliency** (beds, health workers, PPE)



**Ability to effectively safeguard workplaces**



**Safeguarded child care, education, transit availability**



**Compliance of individuals and employers**

# Governor Murphy's Multi-Stage Blueprint for Re-opening

# [www.covid19.nj.gov](http://www.covid19.nj.gov)



# Public Health Recommendations on Re-openings during COVID-19



⏪ If health metrics develop unfavorably, measures from the maximum restrictions stage or stages 1, 2, 3 may be reinstated

## What is happening?

Strict social distancing Non-crucial industries closed	Restrictions relaxed on low-risk activities that may be easier to safeguard	Moderate-risk activities restarted with safeguarding	Higher-contact activities restarting with significant safeguarding
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## Which precautions apply across stages?

Work that can be done from home should be done from home	Clinically high-risk individuals who can stay at home should do so	Residents and businesses should follow state and federal safeguarding guidelines:
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- |                      |                           |                      |
|----------------------|---------------------------|----------------------|
| Wash hands regularly | Respect social distancing | Disinfect workplaces |
| Wear masks in public | Limit gatherings          | No mass gatherings   |

Widespread use of vaccine or life-saving treatment

In-person work can resume for all

Measures from previous stages may be swiftly reinstated if health conditions deteriorate



# Civic Engagement during a Global Pandemic



- It is vital to exercise your First Amendment right to speak out against social injustice, institutional racism and violence
- Protest organizers should encourage participants to follow CDC, state and local government guidance on gatherings, including:
  - Practice social distancing
  - Wearing face masks/ face coverings when you cannot maintain social distancing
  - Practice respiratory hygiene (cover your mouth when you sneeze/ cough)





# Civic Engagement during a Global Pandemic- Re-imagined

*You CAN protest safely  
staying six feet apart!*



## How to Engage Virtually

- ❑ National Constitution Center  
<https://constitutioncenter.org/>
- ❑ Reach out to local nonprofits to offer help- reproductive health, maternal child health, advocating for an increase in the minimum wage, reducing the achievement gap in education, job security, housing, criminal justice reform
- ❑ Support local journalism and write letters to the editor
- ❑ Reach out to state and local legislators and elected officials



# Coping with Racial Trauma and Stress



## UNFOLLOW

Normalize unfriending and unfollowing people who are against equality for all. Don't keep people on your social media that don't care about you!



## MUTE

Mute stories of people who are sharing the videos/images of black hate crimes/violence. You don't have to relive the trauma, over and over again!



## PICK YOUR BATTLE

Decide whether it's worth it to argue your feelings to people who are more likely to dismiss your humanity/experiences. Block them instead!



## WHO'S WATCHING

If you're active in protesting, be mindful of who is on your story! Not everyone is down for black lives. Go through and cleanse your followers list before posting pictures or information on the protests!



## DISCONNECT

It is okay to take a break! If you need to detach yourself from social media, then do so!



## BLACK SOLITUDE

Make your social media a safe haven for you. Fill it with people who feel the same way you do and care for black lives! Being around others who feel the same way helps!

# Mental Health Resources

The screenshot shows the website for the Township of Maplewood, New Jersey. The header features the township's logo and name, a search bar, and social media icons. A navigation menu includes links for About, Departments, Community Services, Government, Services, and Businesses. A 'FIND IT FAST' button is also present. The main content area is titled 'Mental Health' and includes a breadcrumb trail: Home » Community Services » Public Health Division. The text explains that mental health is a key part of overall well-being and provides information about the Mental Health Association of Essex and Morris Counties (MHAEM). A 'New Jersey Self-Help Group Clearinghouse' is advertised with the phone number 800-367-6274. A list of resources includes the Essex County Directory of Mental Health Resources and an Intensive Family Support Services brochure. A crisis intervention notice is provided, stating that in the event of a psychiatric crisis, one should call Crisis Intervention Services at (973) 844-HELP (4357). The notice also clarifies that a formal diagnosis is not required for crisis services, which are provided by Clara Maass Medical Center as the designated provider of Psychiatric Emergency Screening Services (PESS).

**Mission & Goals**

- Adult Health Clinic
- Alcoholism & Drug Abuse
- Animal Control
- Annual Report Homepage
- Cancer Prevention
- Community Health Care Resources
- Community Resources
- Disease Investigations
- Emergency Preparedness
- Food Safety
- Health Topics
- Immunization Clinic
- Licenses
- Mental Health

Home » Community Services » Public Health Division

## Mental Health

Mental Health is an important component of overall health and wellbeing. Here is a link to the [Mental Health Association of Essex and Morris Counties \(MHAEM\)](#), a service provider that is committed to compassionate, dignified and empowering treatment as we guide our society's most vulnerable citizens along their individual paths to Wellness and Recovery.

**New Jersey Self-Help Group Clearinghouse**  
**800-367-6274**

- [Essex County Directory of Mental Health Resources \(revised 1/2018, MHAEM\)](#)
- [Intensive Family Support Services brochure \(MHAEM\)](#)

**In the event of a psychiatric crisis and you need intervention: call Crisis Intervention Services (973) 844-HELP (4357).**  
A crisis is a situation where the person is a danger to him/herself, and/ or others. The person does not need to be officially diagnosed with a mental health issue. This service is provided by Clara Maass Medical Center who is the designated provider of Psychiatric Emergency Screening Services (PESS).



# Rat Control

## Rat Information

Rats and mice take advantage of human food, shelter and co-exist with people. Rats contaminate food, spread diseases and cause damage to property. In order to control and prevent rat infestations in Maplewood we implement a strategy that includes elimination of food and harborage, inspection and application of rodenticides at public properties, community education and public outreach.

**The Norway Rat (*Rattus norvegicus*)**  
The Norway rat is light brown to almost black in color. Its droppings are capsule-shaped, about three-quarter of an inch long. It lives about one year; it births 6-12 "pups" per litter, and can produce up to 7 litters per year.



Norway rats burrow in the ground, under buildings and rubbish; usually living well within 150 feet of a food and water source. Rats require about one ounce of food a day and a half ounce of water. They feed on familiar food, preferring meats and grains, and are cautious of new items or new food. It is important to know that rats love dog feces.

## What are the signs of rat infestation?

Rats are generally most active at night. They leave telltale signs including:

**Burrow(s):** Hole(s) in the ground



**Gnawing:** Bite or nibble



**Droppings:** Fecal matter



**Tracks:** A mark or succession of marks left by rats



**Smears:** Sticky, greasy, or dirty substance on surfaces

## HOW TO CONTROL RATS

### How can I get rid of rats?

Rats, like people, need a place to live and food to eat. If you eliminate their shelter and food, rat populations can be controlled.

### Eliminate food sources:

- Eliminate water sources
- Place bird food in a feeder, not on the ground and clean up spillage daily
- Use approved trash cans with tight-fitting lids and keep trash cans covered
- Clean up fallen fruits, berries and nuts from the ground
- Avoid leaving food out for pets
- Clean up animal waste frequently

### Remove shelter:

- A dilapidated shed or automobile is an invitation to rats. Repair or remove them
- Seal any openings to the house, even above ground level
- Keep doors and windows screened
- Store lumber, firewood or other materials off the ground

### Rat bait station



### Trap them:

- Glue traps or glue boards are preferred for indoors use
- An alternative to glue traps is spring-loaded traps. They are effective indoors where poisons may pose a threat to people or pets
- Traps may be baited with peanut butter or with partially cooked bacon
- Mice may be trapped by binding nesting materials to spring-loaded traps
- Follow the directions on the trap package for proper placement and use



### Poison them:

An effective rat poisoning program requires a fresh, dry supply of bait that is readily available. To kill rats in the shortest time possible, first eliminate all other sources of food, forcing the rats to accept the poison as their only food.

### Poison Rat Baits:

- Use any properly labeled, EPA approved poison rat bait. These may be bought from your local hardware or garden shop
- For safety and maximum effectiveness, be sure to follow label directions carefully and wear gloves when using any poison
- Always be careful to place rat bait/traps out of the reach of children and pets!

- 52 rodent complaints, to date
- 90% of rodent complaints, April and May
- In the last two days, 18 additional complaints
- Multi department effort-DPW/ Health/ Building/ Zoning



Chickens, chickens, chickens



# Summer Meals Program 2020



The Township  
of Irvington in  
conjunction  
with  
Maplewood  
Township



## Who is eligible:

- Children 18 & younger
- Adults 19 & over in public/private non-profit school program for mentally or physically disabled

# KIDS EAT FREE SUMMER FOOD SERVICE PROGRAM MONDAY- FRIDAY

Maplecrest Park 237 Oakland Rd.

Breakfast

Lunch



The summer food service program doesn't discriminate on the basis of sex, age, color, race, disability, or national origin. If you feel that you have been discriminated against in any USDA related activity contact: The Office of the Secretary USDA, Washington, D.C. 20250  
For more information contact: Natalie Julien (973) 399-6598