



Borough of North Plainfield

263 Somerset Street
North Plainfield, New Jersey 07060
www.northplainfield.org

Michael Giordano Jr.
Mayor

908-769-2902

PRESS RELEASE 11/16/2020

As families begin to think about Thanksgiving and other holiday celebrations, gatherings of family and friends, crowded parties and traveling can put you and your family at an increased risk for COVID-19 or the flu. Unfortunately, COVID-19 is worsening, and small household gatherings are an important contributor to the rise in COVID-19 cases. Staying home and celebrating with people in your household is the best and safest way to protect yourself and others.

“Experiencing this pandemic hasn’t been easy for any of us,” said Mayor Michael Giordano, “but we need to be even more focused on COVID-19 prevention behaviors as we prepare for our holiday traditions. Together, we need to get back to taking every step toward slowing the spread.”

COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. The virus may also spread to hands from a contaminated surface and then to the nose, mouth or eyes, causing infection.

Everyone should be germ-aware, and consider additional steps they can take to protect themselves and the people they care about. This holiday, the Centers for Disease Control and Prevention (CDC) offers suggestions for safer activities to participate in with your household members:

- Have a virtual thanksgiving meal with family and friends who do not live with you.
- Watch TV and play games with people within your household.
- Shop online sales rather than going to the mall. Use contactless services for purchasing.
- Make traditional dishes for family and friends; use contact-less delivery, such as leaving them on the porch.
- Write down things you are grateful for and share with friends and family.

If you do plan to spend Thanksgiving with people who do not live with you, the CDC recommends steps to make your celebration safer:

- Wear a face covering at all times and stay at least 6 feet away (about 2 arms’ length) from people who do not live with you.
- Spread seating out to help keep social distancing.
- Only remove your mask when eating or drinking. When you remove your mask, you should safely store it in a dry, breathable bag such as a paper or mesh fabric bag.
- Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.

Additional steps when attending a gathering include bringing your own food, drinks, plates, cups, and utensils; avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen; and use single-use options, like salad dressing and condiment packets.

People with or exposed to someone with COVID-19 in the last 14 days, or anyone waiting for COVID-19 test results should not host or participate in any in-person gatherings.

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic. For more information: <https://www.cdc.gov/flu/prevent/vaccinations.htm>. To find a flu vaccine in your area: <https://www.vaccinefinder.org/>.

Residents with questions or concerns about COVID-19 can email coronavirus@co.somerset.nj.us or contact their personal medical provider.

Since information on COVID-19 is being updated regularly, it is important to stay up to date by following trusted sources of information such as the Centers for Disease Control and Prevention at www.cdc.gov, the New Jersey Department of Health at www.nj.gov/health and the Somerset County Department of Health at www.co.somerset.nj.us/health.