



**Novel Coronavirus (COVID-19)
Update #3
2/28/2020**

NJ TRANSIT continues to follow the lead of the CDC, World Health Organization, and state and local Department of Health officials, regarding ways to avoid contracting the virus.

The NJ TRANSIT Internal Task Force continues to meet bi-weekly in order to coordinate communication, provide status updates, and ensure that our employee population is educated and provided with appropriate guidance.

Weekly status updates will continue to be disseminated at the close of each business week.

Important Definitions

Isolation separates sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

Self-quarantine means avoiding contact with other people except direct household contacts or travel except when travel is associated with critical needs such as for medical care. All group activities/gathering should be avoided. Avoid contact with others.

Endemic refers to the constant presence and/or usual prevalence of a disease or infectious agent in a population within a geographic area.

Hyperendemic refers to persistent, high levels of disease occurrence. Occasionally, the amount of disease in a community rises above the expected level.

Epidemic refers to an increase, often sudden, in the number of cases of a disease above what is normally expected in that population in that area.

Outbreak carries the same definition of epidemic but is often used for a more limited geographic area.

Cluster refers to an aggregation of cases grouped in place and time that are suspected to be greater than the number expected, even though the expected number may not be known.

Pandemic refers to an epidemic that has spread over several countries or continents, usually affecting a large number of people.

Here's what we know as of today:

The CDC reported a new case of coronavirus infection in California Wednesday night. The individual had no known travel to a country where a virus outbreak has been taking place, or connection to a known patient. Health officials have confirmed that could be a sign that the virus is spreading in a U.S. community.

According to Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization, so far it appears that COVID-19 is **not** as deadly as other coronaviruses, including SARS and MERS.

"More than 80% of patients have mild disease and will recover...In about 14% of cases, the virus causes severe diseases including pneumonia and shortness of breath...And about 5% of patients have critical diseases including respiratory failure, septic shock and multiorgan failure...In 2% of reported cases, the virus is fatal, and the risk of death increases the older you are. There have been relatively few cases among children...More research is needed to understand why".

As of 2/27/2020, there are still no confirmed cases of any individual infected with the virus in the State of New Jersey.

The general public is still not considered at risk at this time. For the general American public, who are unlikely to be exposed to this virus, the immediate health risk from COVID-19 is still considered to be very low at this time.

Masks are NOT recommended for the general public. They can be helpful for a sick person to prevent the spread of larger droplets during a cough or a sneeze.

COVID-19: Confirmed Cases in the United States*†

as of February 26, 2020 (This data is updated regularly on Mondays, Wednesdays, and Fridays).

Travel-related	12
Person-to-Person spread	2
Total confirmed cases	14
Total tested	445

* This table represents cases detected and tested in the United States through U.S. public health surveillance systems since January 21, 2020. It does not include people who returned to the U.S. via State Department-chartered flights.

† Numbers closed out at 4 p.m. the day before reporting.

The Centers for Disease Control and Prevention recommends the following everyday good practices:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw it in the trash right away.
- If you cannot do that, cough or sneeze into your elbow to avoid contaminating your hands.
- Clean and disinfect frequently touched objects or surfaces.

The CDC discourages any non-necessary travel to China at this time.

If you have been in China or have been exposed to someone sick with COVID-19 in the last 14 days, you will face some limitations on your movement and activity. Please follow instructions during this time. Your cooperation is integral to the ongoing public health response to try to slow spread of this virus. If you develop COVID-19 symptoms, contact your healthcare provider, and tell them about your symptoms and your travel or exposure to a COVID-19 patient (CDC, 2020). If you receive a confirmed positive diagnosis, be sure to notify NJ TRANSIT Medical Services.

NJ TRANSIT Medical Services and the OEM Task Force will continue to monitor this situation. As conditions change, further information will be made available.

Additional Resources

NJ TRANSIT Medical Services

Medical@njtransit.com

Centers for Disease Control and Prevention

[Coronavirus 2019 page](#)

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

NJ Department of Health Communicable Disease Service

<https://nj.gov/health/cd/topics/ncov.shtml>

hotline (1-800-222-1222)