



**COVID-19 Update #9
3/25/2020**

Dear Colleague,

We wanted to clarify remarks made yesterday by Vice President Pence on travel from New York City. This recommendation was not intended for those essential employees commuting to New York City solely for work purposes. There have been no new recommendations from the New Jersey Department of Health (NJDOH) in this regard, nor did the New York State Health Commissioner concur with those remarks.

The NJDOH did release a document today that offers excellent, easy-to-understand guidance on the definitions of “Close Contact” and “Casual Contact” as it relates to a confirmed or suspected case of COVID-19. Please take some time at your earliest convenience to review the attached, two-page document that should help guide your response and allay some of your concerns.

The most important thing to remember is to continue to take the recommended personal precautions to avoid spreading or contracting the virus:

- Wash 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.
- Cover your cough or sneeze with a tissue, then immediately throw it in the trash. If you don't have a tissue, cough or sneeze into your elbow to avoid contaminating your hands.

Additional Resources

NJ TRANSIT Medical Services

Hotline: 973-378-6200

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)