



Borough of Hasbrouck Heights

320 Boulevard
Hasbrouck Heights, NJ 07604



Holiday gatherings are a time for family and close friends. The safest way to celebrate the Holidays this year is to celebrate with people in your household. If you do plan to spend Thanksgiving with people outside your household, take steps to make your celebration safer.

1. Get Tested - It's especially important to get tested if:

1. **You are experiencing symptoms** (fever, cough, shortness of breath, chills, sore throat, muscle pain, shivering, headache, or new loss of taste or smell)
2. **You have been in close contact with someone who tested positive for COVID-19**
3. **You are an essential worker** (health care worker, first responder, food service worker, or transit worker)
4. **You were recently in a large crowd where social distancing was hard to maintain**
5. **You recently travelled to an area or a state with high COVID-19 infection rates**

Free testing is available. Anyone who wants a test, can now get one. Visit covid19.nj.gov/testing to find a testing site near you.

2. Quarantine/Isolation Information:

1. If you are SICK and TEST POSITIVE for COVID-19: Stay home for 10 days AND at least 24 hours with no fever and you feel better.
2. If you are SICK and TEST NEGATIVE for COVID-19: Stay home for 24 hours or until your symptoms go away and you feel better.
3. If you are NOT SICK and TEST POSITIVE for COVID-19: Stay home for 10 days after getting tested.
4. If you are NOT SICK but had CLOSE CONTACT with a COVID-19 case OR have TRAVELED to an area with high levels of COVID-19: Stay home for 14 days.
5. If you are NOT SICK but LIVE WITH SOMEONE who has COVID-19: Stay home and away from the sick person for 14 days. If you are caring for someone with COVID-19, or if the sick person cannot be separated from others at home, you should stay home while the sick person is home (at least 10 days) plus 14 more days.

3. Gatherings:

Governor Murphy has signed Executive Order No. 196 on November 16, 2020 setting new guidelines for indoor and outdoor gatherings.

Indoor Gatherings

- **General indoor gatherings** must be limited to 10 people. All attendees at indoor gatherings must wear face coverings and stay six feet apart.
- **Indoor gatherings for weddings, funerals, or memorial services** must be limited to 150 people or 25% of a room's capacity -- whichever number is lower.



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- **Indoor gatherings for religious and political activities protected under the First Amendment** must be limited to 150 people or 25% of a room's capacity -- whichever number is lower.
- **Indoor gatherings for entertainment centers** where performances are viewed or given, including movie theaters, performing arts centers, and other concert venues, must be limited to 150 people or 25% of a room's capacity -- whichever number is lower.
- **Legislative and judicial proceedings** are not subject to the limits on indoor gatherings.

Outdoor Gatherings

- **General outdoor gatherings** must be limited to 500 people and social distancing must be practiced. Effective November 23rd, general outdoor gatherings must be limited to 150 people.
- There is no limit for **outdoor gatherings for weddings, funerals, memorial services, religious activities, or political activities.**

Keeping everyone safe during the Holidays:

- Wear a mask
- Stay at least 6 feet away from others who do not live with you
- Wash hands often with soap and water for at least 20 seconds.
 - Keep hand sanitizer with you and use it when you are unable to wash your hands.
 - Use hand sanitizer with at least 60% alcohol.

Attending a Gathering:

- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask, and safely store your mask while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.

Hosting a Gathering:

- Have a small outdoor meal with family and friends who live in your community.
- Limit the number of guests.
- Have conversations with guests ahead of time to set expectations for celebrating together.
- Clean and disinfect frequently touched surfaces and items between use.
- If celebrating indoors, make sure to open windows.



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- Limit the number of people in food preparation areas.
- Have guests bring their own food and drink.
- If sharing food, have one person serve food and use single-use options, like plastic utensils.

Other fun activities:

- Host a virtual meal with friends and family who don't live with you
 - Schedule a time to share a meal together virtually.
 - Have people share recipes and show their dishes or decorations.
- Watch television and play games with people in your household.
- Watch sports, and movies at home.
- Find a fun game to play.
- Other Activities
 - Safely prepare traditional dishes and deliver them to family and neighbors in a way that does not involve contact with others (for example, leave them on the porch).
 - Participate in a gratitude activity, like writing down things you are grateful for and sharing with your friends and family.

*All information taken directly from NJ's COVID-19 Information Hub and the CDC. *