

Hello today is Monday, March 23, 2020 and I want to bring you the most recent coronavirus update in our community.

On Saturday, I reported that we had our first confirmed case in Ringwood and, while this was not unexpected, unfortunately I must report that **as of today**,

- We have 1 death from the coronavirus
- And four other confirmed cases.
- Of the four other cases, one person is hospitalized and three others are quarantined and recovering at home
- The ages range from 34 to 82.

Our Health Department is currently working on the necessary contact tracing of those individuals, due to privacy laws we cannot release the names of the people to the public.

We all have to assume that anyone we are coming in contact with could very well have the virus and we have to act accordingly.

The important thing for everyone to understand is that we need to have **physical distancing** (more than 6' to 10' away from another person).

Stay home and practice physical distancing and use social media to connect with friends, family and neighbors.

If you are a **senior or resident** who is in need of assistance for essential necessities such as food or pharmacy items, we have people who are willing to assist you.

Also if you want to help us help others

Please contact us at [assistance@ringwoodnj.net](mailto:assistance@ringwoodnj.net) or call 973-475-7103.

**This is not for medical assistance.**

All we are really asking you to do is to practice physical distancing from others and spend time with your family for a few weeks at home.

Life will return to normal but for now we all need to be vigilant.

As information becomes available to us, I will share it with you. The next few weeks will be crucial in reducing exposure to the virus.

**We are asking you for your cooperation!**

**Just stay home and keep your kids at home.**

Everyone stay well.

Thank you,

Scott Heck