Welcome to Philadelphia Quarantine Station’s COVID-19 weekly newsletter. The purpose of this newsletter is to provide all our partners in the Tri-state area with the latest CDC guidance about the COVID-19 pandemic.

COVID-19 is a respiratory infectious disease caused by the coronavirus SARS-CoV-2, it is ranging from mild symptoms to severe disease.

Some people are at a higher risk of getting serious illness when they have COVID-19, WHO. There is currently no vaccine to prevent COVID-19. The best way to prevent COVID-19 is to avoid being exposed to the virus. The following guidelines help prevent and minimize the risk of getting infected by COVID-19 WHO:

- Wash hands: for at least 20 seconds with soap and water frequently.
- Social distancing: maintaining at least 6 feet distance from people who are sick.
- Cover mouth and nose: with a mask or a cloth cover when around others.
- Clean: cleaning and disinfecting surfaces daily.

Clusters of positive cases have been noted in congregate settings including nursing homes, behavioral health and correctional facilities. The following links provide more information on the most recent daily updates about COVID-19 Philadelphia, Pennsylvania, Delaware, New Jersey.

<table>
<thead>
<tr>
<th>Location</th>
<th>Confirmed positive COVID-19 cases</th>
<th>Deaths due to COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philadelphia</td>
<td>15,854</td>
<td>727</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>50,092</td>
<td>2,458</td>
</tr>
<tr>
<td>Delaware</td>
<td>5,208</td>
<td>177</td>
</tr>
<tr>
<td>New Jersey</td>
<td>128,269</td>
<td>7,910</td>
</tr>
<tr>
<td>Nationally</td>
<td>1,122,486</td>
<td>65,735</td>
</tr>
</tbody>
</table>

Cases of COVID-19
Source: CDC

COVID-19 Updates

- All partners: Please check the CDC’s guidance on Opening Up America Again and learn more about the symptoms of COVID-19.
- Pennsylvania and New Jersey Partners: check guidance on process to reopen Pennsylvania and New Jersey.
- All Public Health partners: continue to check cleaning and disinfecting guidance on the CDC website.
- Airlines and Airlines Crew: continue to check for more guidance on COVID-19 for customer service and gate agents.
- Correctional and Detention Facilities: more guidance on COVID-19 is available on the CDC website.
- Maritime operations: remember to look for the latest CDC guidance about COVID-19.
- Homeless Services Providers: more guidance for homeless services and COVID-19 is available on the CDC website.
- Infrastructure workers: Infrastructure workers link has the CDC Guidance for implementing safety practices for critical infrastructure workers who may have had exposure to a person with Suspected or Confirmed COVID-19

RECOGNIZE ILL TRAVELER

Look, listen, or ask for signs and symptoms of illness. Alert supervisor or any traveler who:

- ☐ Says he or she has a FEVER
- AND
- ☐ Reports having, or is observed with, ONE or more of the following conditions: Skin rash, persistent cough, difficulty breathing, persistent diarrhea, persistent vomiting, headache with stiff neck, new unexplained bruising or bleeding, decreased level consciousness or confusion of recent onset, appears obviously unwell.

COVID-19 Testing Information:

Philadelphia: Testing
Pennsylvania: COVID-19
Delaware: Call 866-408-1899, TTY at 7-1-1 email: HCall@Delaware.org
South Jersey: njpba.adlabscovidtest.com