



Select Language ▾

[HOME](#) [HEALING](#) [EVENTS](#) [FIND A PARISH](#) [FIND A SCHOOL](#) [PHOTOS](#) [COVID-19 GUIDANCE](#) [DONATE](#) [LOGIN](#)
[ABOUT US](#) [OFFICES & MINISTRIES](#) [WORSHIP & PARISH LIFE](#) [EDUCATING IN FAITH](#) [OUTREACH & GIVING](#) [SHARING THE FAITH](#)

Archdiocese of Newark Issues Guidance to Priests, Religious, and Parishioners regarding the Coronavirus (COVID-19)

UPDATED MARCH 7, 2020

The Archdiocese of Newark continues to monitor the questions that are arising about the potential spread of the coronavirus (COVID-19) in the United States. The General Instruction of the Roman Missal (GIRM) states that the Diocesan Bishop “must promote, regulate, and be vigilant over the liturgical life of his diocese.” In light of the coronavirus, the uncertainty of how widespread and impactful it is and/or could be and as a precaution, Cardinal Tobin has directed the following:

- Priests, deacons, and extraordinary ministers of Holy Communion are urged to practice good hygiene, washing their hands before Mass begins and/or using an alcohol-based hand sanitizer solution before and after distributing Holy Communion—as is practiced in so many of our parishes and institutions already.
- The Archdiocese has always advised the faithful that sickness is a valid reason not to attend Mass or other Church gatherings. As such, any individual who is sick or has flu-like symptoms is urged to stay home. The Holy Sacrifice of the Mass is broadcast on several television channels and the sick can make a “spiritual communion” until they return to good health.
- The sign of peace should be exchanged without physical contact.
- Distribution of the Precious Blood of Christ from the chalice to parishioners is to be suspended. Furthermore, no member of the faithful is obliged to receive the Body of Christ on the tongue.

The general message from the Centers for Disease Control (CDC) and the National Institutes of Health (NIH) is that all should be prepared, but not panicked. The Archdiocese will continue to monitor advisories from Catholic and other organizations regarding precautions on the coronavirus and share any appropriate information with the faithful and the parishes.

On February 18, the United States Conference of Catholic Bishops; Catholic Relief Services, and the Catholic Health Association of the United States issued a joint statement in response to the outbreak of the coronavirus:

As communities and public health officials respond to the outbreak of novel coronavirus (COVID-19) in China and closely monitor its presence and progression in other parts of the world, we join in solidarity and prayer for those impacted or working to treat those infected by the disease. The U.S. Conference of Catholic Bishops, Catholic Relief Services, and the Catholic Health Association of the United States hope that governments will work together in partnership to improve all nations' capacity to prevent, detect, and respond to this virus.

The Catholic Church in the United States stands in solidarity with those affected by the coronavirus and their families, health workers who are valiantly trying to diagnose and treat patients, and those under quarantine awaiting results of their screening for the virus. We offer our prayers for healing and support those organizations, both domestic and international, working to provide medical supplies and assistance to address this serious risk to public health.

In early February, the Holy See sent 700,000 respiratory masks to China to help prevent the spread of the disease. Within the United States, Catholic healthcare providers are at the front line of providing treatment and care to those impacted by the virus.

We also commend the U.S. government for transporting more than 17 tons of donated medical supplies to China. This response to the novel coronavirus demonstrates the critical importance of the need to work together and to invest in crucial health care systems here and in other countries, thus preventing and responding to community-wide emergencies. We urge the U.S. Congress to support these efforts by protecting access to domestic health care safety net programs and by providing additional emergency international assistance to areas impacted by the virus.

We also urge individuals to stay informed as information becomes available by going to the Centers for Disease Control and Prevention at www.cdc.gov/COVID19.

For additional information about the coronavirus, including Frequently Asked Questions and travel guidelines, please visit the CDC website at www.cdc.gov/COVID19, the NIH website at <https://www.nih.gov/health->

[information/coronavirus](#), or the New Jersey Department of Health website at <https://www.nj.gov/health/>.

Resources

- [Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 \(COVID-19\)](#)
- [Practical Information on Crisis Planning: A Guide for Schools and Communities](#)
- [Parish Catechetical Program Crisis Management Plan](#)
- [Safety and Crisis Management Planning \(PCLs\)](#)
- [Letter to PCLs \(English\)](#)
- [Letter to PCLs \(Spanish\)](#)

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms can include:

- COUGH**
- FEVER**
- SHORTNESS OF BREATH**

*Symptoms may appear 2-14 days after exposure.

If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.

For more information: www.cdc.gov/COVID19

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?
Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an outbreak in Wuhan, China, in late 2019 and early 2020.

Can people in the U.S. get COVID-19?
COVID-19 is spreading from person to person in China, and limited spread among close contacts has been observed in some countries outside China, including the United States. In the United States, however, China is the only country currently reporting transmission to the United States. Right now, the greatest risk of infection to the people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at a greater risk of exposure. Air travel health care workers and close contacts of people who are infected with the virus that causes COVID-19 (CDC continues to closely monitor the situation).

Have there been cases of COVID-19 in the U.S.?
The first case of COVID-19 in the United States was reported on January 21, 2020. The current extent of cases of COVID-19 in the United States is available on CDC's website at <https://www.cdc.gov/coronavirus/2019-ncov/cases.html>.

How does COVID-19 spread?
The virus that causes COVID-19 probably emerged from an animal source, but how it spread to the spreading from person to person is uncertain. It is important to know that person-to-person spread can happen in a number of ways. These diseases are highly contagious (like measles), while other diseases are less so. In addition, the virus that causes COVID-19 is not spread through food, water, or insects. People who are infected with the virus that causes COVID-19 can spread the virus through respiratory secretions (like coughing or sneezing) or through direct contact with people who are infected with the virus that causes COVID-19 (CDC continues to closely monitor the situation).

What are the symptoms of COVID-19?
Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:
• Cough
• Fatigue
• Shortness of breath

What are severe complications from this virus?
Many patients have pneumonia in both lungs.
How can I help protect myself?
The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.
There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:
• Avoid close contact with people who are sick.
• Avoid touching your eyes, nose, and mouth with unwashed hands.
• Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol if soap and water are not available.
If you are sick, to help prevent spreading respiratory illness to others, you should:
• Stay home when you are sick.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
• Clean and disinfect frequently touched objects and surfaces.
What should I do if I recently traveled to China and got sick?
If you went to China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call your doctor if you have any possible symptoms before you go, and tell them about your travel and your symptoms. They will give you information on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go to work and don't use transit to make the journey or spreading illness to others.
Is there a vaccine?
There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.
Is there a treatment?
There is no specific medical treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care
You should receive medical care outside your home except for getting medication. Do not go to work, school, or public places. Do not visit family members, friends, or neighbors.

Separate yourself from other people and animals in your home
If you are sick, you should stay in a specific room and avoid other people in your home. Also, you should not visit other homes, if available.

Animals Do not handle pets or other animals which sick. Do not visit zoos, aquariums, or petting zoos.

Call ahead before visiting your doctor
If you have a regular appointment, call the health care provider at least 48 hours before your visit. If you are not able to visit, call the provider to get advice on how to get care without exposing other people to your illness.

Wear a facemask
You should wear a facemask when you are around other people (e.g., visiting your doctor or other health care provider, a health care provider, or if you are not able to visit a health care provider). You should wear a facemask that covers your nose and mouth and is worn properly. Do not touch the front of the facemask when you are wearing it. Do not reuse a facemask if it has been used by you, or they should wear a facemask if they enter your room.

Cover your cough and sneeze
Cover your mouth and nose with a tissue when you cough or sneeze. Throw and discard in a hard trash can, especially with your hands with an alcohol-based hand sanitizer. If you do not have a tissue, cough or sneeze into your elbow or the inside of your sleeve. Do not use your hands to wipe your nose. Do not use your hands to touch your face.

Disinfecting shared household items
You should not share dishes, drinking glasses, cups, eating utensils, spoons, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.

Close your hands often
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day
High-touch surfaces include doorknobs, light switches, switches, and buttons. Also, clean any surface that you have touched, such as handrails, tables, desks, and chairs. Use alcohol-based hand sanitizer or wipes, according to the label instructions. Label instructions may vary. If you are not able to clean, use a disinfectant that kills germs on your hands. Use a disinfectant that kills germs on your hands. Use a disinfectant that kills germs on your hands. Use a disinfectant that kills germs on your hands.

Headset your symptoms
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing, chest pain, or other health care provider) and if you have been exposed to someone with COVID-19. Put on a facemask before entering the facility. Do not touch the facility's surfaces or equipment. Do not touch people who are sick. Do not touch people who are sick. Do not touch people who are sick.

Disinfecting items isolation
Do not use contact with COVID-19 should remain under home isolation precautions until the risk of secondary transmission is eliminated. Do not use contact with COVID-19 should remain under home isolation precautions until the risk of secondary transmission is eliminated. Do not use contact with COVID-19 should remain under home isolation precautions until the risk of secondary transmission is eliminated.

For more information: www.cdc.gov/COVID19

Healthy Habits to Help Prevent Flu (and Coronavirus, COVID-19)

Practicing good hygiene is key to helping stop the spread of germs. Here are some helpful reminders that you can do:

- Avoid close contact with people who are sick.
- Limit shaking hands
- Stay home when you are sick.
- Cover your nose and mouth with a tissue when coughing or sneezing.
- Wash hands often. Wash hands with warm water and soap for 20 seconds.
- Alternatively, use hand sanitizer with minimum 60% alcohol content, as secondary option.
- Use disinfectant wipes to clean surfaces at least once per week. Use one-wipe method.

Resources for additional information:

- Centers for Disease Control (CDC), www.cdc.gov
- NC Department of Health and Human Services, www.publichealth.nc.gov
- NJ Department of Health, www.nj.gov/health
- Occupational Safety and Health Administration (OSHA), www.osha.gov

Stay Connected

- Contact Us
- New Jersey Catholic
- The Catholic Advocate
- Events

Quick Links

- Annual Appeal
- Directory & Almanac
- Daily Readings
- Mass Times
- Resources
- Relevant Radio

Human Resources

- Employment
- Protecting God's Children
- Report Abuse