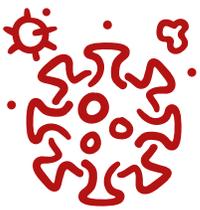




APRIL 2021

COVID-19 UPDATES

A year into the COVID-19 pandemic, how can we continue to keep ourselves and our communities safe? We've included information about COVID-19 vaccines and linked public health recommendations below.



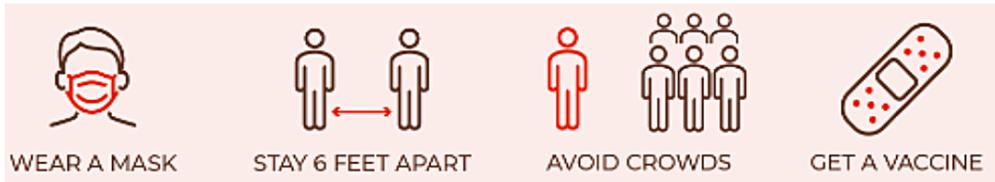
As of April 14th, 2021, there have been 842,408 confirmed cases and 22,372 deaths due to COVID-19 in New Jersey. Here are some reminders to keep yourself and your community safe:

VACCINES

- All first responders, including firefighters, are eligible to get the COVID-19 vaccine, free of charge.
 - Visit [covid19.nj.gov/vaccine](https://www.covid19.nj.gov/vaccine) or call 1-855-568-0545 for more information and help making an appointment.
- All FDA-authorized COVID-19 vaccines are effective at preventing COVID-19.
- A [recent study](#) showed:
 - First responders are more likely to contract COVID-19 than health care workers, and
 - The FDA-approved COVID-19 mRNA vaccines studied are over 90% effective at preventing severe illness in real-world settings.
- CDC guidelines now state that fully vaccinated individuals (>2 weeks after final dose) may engage in [certain activities](#), like small gatherings and travel, provided they follow current guidelines.

FIREHOUSE RECOMMENDATIONS

- Even if you are fully vaccinated, continue to wear a mask, wash your hands, and social distance from people outside your household, both at the firehouse and when responding to a call.
- Stay home if you feel sick, clean & disinfect surfaces often, and avoid touching your face. Get tested if you feel sick.
- The [IAFF](#) recommends [improving ventilation](#) in fire stations to decrease the chance of airborne transmission.



WHAT IS CAPS?

The "Firefighter Cancer Assessment & Prevention Study" (CAPS) is a partnership between public health researchers and the fire service.

The goal of CAPS is to characterize cancer risk factors and prevention activities in volunteer firefighters.

CAPS also hopes to use this information to improve firefighters' health by reducing their cancer-related disability and death.

- CAPS began in 2019 as a pilot study with the NJ Toms River Fire Department with funding from Robert Wood Johnson Barnabas Health and the Rutgers Cancer Institute of NJ.
- In 2021, with additional funding from FEMA, CAPS is expanding to partner with other volunteer fire departments in NJ and other parts of the US.

CAPS is a partner of the "Fire Fighter Cancer Cohort Study" (FFCCS) to help volunteer firefighters get involved in this important research.

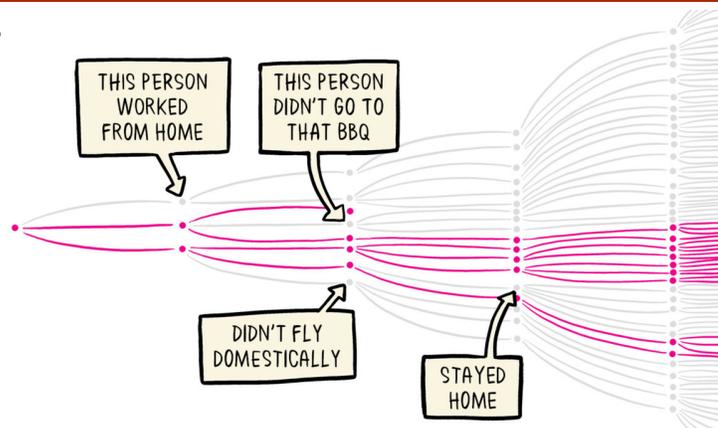
WHAT IS THE FFCCS?

The "Fire Fighter Cancer Cohort Study" (FFCCS) is a 30-year FEMA-funded study of firefighters focused on understanding cancer-causing exposures, their effects, and cancer prevention.

Learn more at www.ffccs.org

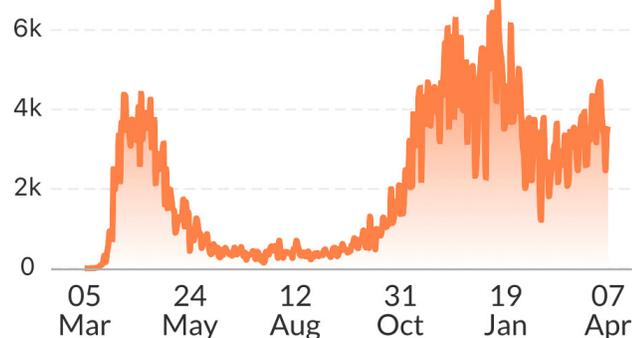
TAKE THE COVID QUIZ

- How long should you wash your hands with soap and water?
 - 10 seconds
 - 20 seconds
 - 60 seconds
- Which of the following are ways COVID-19 can be spread from person to person?
 - Respiratory droplets
 - Airborne transmission
 - Contaminated surfaces
 - All of the above
- True or False? Once you have been vaccinated, you don't have to worry about getting COVID or spreading it to others.
- True or False? Many people do not show any symptoms of COVID-19, but can still spread the virus to others who may get very sick.
- Which of these is NOT a symptom of COVID-19?
 - Fever
 - Cough
 - Allergy-like symptoms, like sore throat or sinus congestion
 - Headache
 - All of these and more are possible symptoms.



NJ Daily Confirmed Coronavirus Cases

March 5, 2020 - April 7, 2021



Quiz answers at bottom of page.

RESOURCES

Click on the links below to learn more

- [NVFC](#) COVID-19 Resources for Emergency Responders
- [IAFF](#) COVID-19 Toolkits and Information
- [CDC - How to Protect Yourself and Others](#)
- [NJ DOH](#) - Dashboards, Guidelines and Community Information
- Free [Vaccine Appointments](#) & [Testing Locations](#)

*Images and data sourced from links above.

WE WANT TO HEAR FROM YOU!

Do you have suggestions for future newsletter topics? Send us your feedback!
caps@sph.rutgers.edu



COVID QUIZ ANSWERS

- B.** Be sure to thoroughly wash your hands for at least 20 seconds with soap and water. Use at least 60% alcohol based sanitizer if soap and water are not available.
- D.** COVID is most likely to spread through respiratory droplets or airborne transmission, especially in poorly ventilated or crowded areas. Surface transmission is less common but still possible. See more [here](#).
- False.** While vaccines are proven to be highly effective and protect you and those around you, it's still important to take precautions such as wearing a mask and social distancing.
- True.** Many people can have mild symptoms or be asymptomatic, allowing infection to go unnoticed and spread to more vulnerable individuals.
- E.** Different people may experience varying COVID-19 symptoms ranging from mild to severe. See the full list [here](#). Symptoms can take 2-14 days from exposure to develop. That's why a 14 day quarantine period is recommended!

QUESTIONS ABOUT CAPS?

CONTACT US TODAY
CAPS@SPH.RUTGERS.EDU