



## BERNARDS TOWNSHIP HEALTH DEPARTMENT

262 South Finley Avenue, Basking Ridge, New Jersey 07920  
(908) 204-2520. Fax (908) 204-3075. [www.bernardshealth.org](http://www.bernardshealth.org)

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# **2019 Novel Coronavirus (COVID-2019)** **Weekly Update #49 – November 3, 2020**

### **COVID FAQ Corner**

Every day the Bernards Township Health Department receives calls from residents, school nurses, parents and other members of the community. Every week we'll compile these Q&As for our "COVID FAQ Corner".

#### **Q: Are teachers considered essential workers? Do they have to quarantine after exposure?**

*A: As per the [Critical Infrastructure guidance](#) from August 18, 2020, teachers and other school staff are considered essential workers. If a teacher is identified as a close contact, they should quarantine for 14 days from the last exposure and coverage should be found.*

#### **Q: If I travel out of state for the upcoming holidays, do I have to quarantine from work?**

*A: This answer can differ from each individual workplace, so check with your supervisor or Human Resources. The self-quarantine advisory was issued to limit the spread of the virus within our communities. The recommendation relies on personal accountability. Travelers arriving from areas with increasing COVID-19 cases may wish to postpone their travel to the region if they are unwilling or unable to follow the self-quarantine advisory.*

#### **Q: If I was exposed to a positive COVID-19 case and got a negative rapid test, can I break quarantine? If I get a negative PCR test?**

*A: NO. You cannot test out of quarantine. You can develop symptoms up to 14 days after exposure and test positive or be asymptomatic. Stay home from school, work and other errands and stop the spread.*

### **Executive Order 192**

Governor Murphy signed an Executive Order (#192) that requires both private and public sector employers to follow health and safety protocols that serve to protect the in-person workforce. EO192 will go into effect November 5, 2020. Read the [press release on EO192](#), view [EO192](#) in its entirety, and [learn all things "Safe NJ"](#).

### **Travel Quarantine Exemptions**

The 14-day travel advisory is a recommendation, but it was issued to limit the spread of COVID-19 from state-to-state. However, there are a few exemptions:

**Business Travel** – Individuals traveling to NJ from impacted areas for business are exempt. This includes truckers driving into NJ or any other state, local or federal officials and employees traveling in their official capacities on government business. However, these individuals should consider postponing travel if possible. They should still self-monitor for symptoms upon return. Employees and employers should follow [current CDC travel guidance](#).

**Critical Infrastructure Workers** – These individuals are [determined by the Cybersecurity and Infrastructure Security Agency \(CISA\)](#). This includes healthcare workers and state and local law enforcement. Critical Infrastructure workers who have had an exposure but remain asymptomatic should adhere to screening, social distancing and mitigation practices prior to and during their work shift as outlined by the CDC. Some employers may have industry specific guidance that may apply to you. Visit the CDC website for additional details regarding isolation procedures for when a person under quarantine is diagnosed with COVID-19 or develops symptoms.

**Short Term Travel** – The advisory does not apply to individuals remaining in NJ for less than 24 hours or NJ residents traveling to an impacted state for less than 24 hours. Any NJ resident that commutes to a neighboring impacted state and is unable to work virtually is strongly advised to limit other contact or travel in the state while there. The quarantine recommendation does not extend to passengers coming through connective flights in NJ.

### **CDC Thanksgiving Recommendations**

Thanksgiving is a time when many families travel to be together and celebrate. The [CDC has several recommendations](#) for lower risk activities to keep families safe during the holiday season. However, if NJ comes out with further guidance in the coming weeks, that guidance would be in addition to the CDC's.

Updated 11/3/2020

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## 2019 Novel Coronavirus (COVID-2019) Resources and Links



### COVID-19 Activity Level Report

New Jersey Department of Health  
Communicable Disease Service

Week ending October 24, 2020 (MMWR week 43)<sup>1</sup>

#### COVID-19 Statewide Activity Level Timeline



Low Moderate High Very High

### COVID-19 Weekly Activity Reports

- Provides data on COVID-19 transmission by six regions in NJ.
- Updated every Thursday.
- Used to determine school exclusion and other re-openings.
- Click [here](#) to view this week's report ending Oct 24, 2020.

### New Jersey COVID-19 Resources

- <https://covid19.nj.gov/> - Visit this webpage to get information on all things COVID-19 in New Jersey.
- COVID-19 New Jersey Dashboard + Positive Test Results available [here](#). Now including trends, hospital census, long term care facilities, psychiatric hospitals, demographics, contact tracing and school info. Updated daily.
- Somerset County NJ COVID-19 Status Dashboard available [here](#).
- Morris County NJ COVID-19 Status Dashboard available [here](#).
- Phone/Text Lines:
  - 2-1-1 for General COVID-19 questions (7am-11 pm)
  - 1-800-962-1253 for Clinical Questions (24/7)
  - Text NJCOVID to 898-211 to receive alerts
  - Text your zip code to 898-211 for live text assistance

### Testing Updates – As of 11/3/20:

- **NJ Testing Sites – [click here](#)** for the most up to date information including new locations and testing criteria. The FEMA Testing Sites at Bergen County Community College and PNC Arts Center have closed.
  - **Somerset County** – Joint testing site with Hunterdon County at Raritan Valley Community College, 118 Lamington Road, Branchburg, NJ 08876. Drive thru testing by appointment only. **Open Thursday, November 5<sup>th</sup> 10 am-1pm.** Subject to change. Check status of test site at <http://www.co.somerset.nj.us/covid19status>. Residents of Somerset County ONLY can make an appointment at <https://somerset-hunterdon.adlabscovidtest.com/>.
- Most doctor's offices, urgent cares and hospitals are testing symptomatic patients. If you are feeling unwell, call ahead to your healthcare provider. **DO NOT** just show up to an office, urgent care or ER.
- For more information on testing - [visit the CDC website on testing](#).

### Bernards Township COVID-19 Resources

- [Mental Health Resources during COVID-19](#)
- **Mind Your Health** – Mental Health Considerations for [General Population](#), [Teachers/Parents/Caretakers of Children](#), [Elderly or those in Isolation](#), [Healthcare Workers](#) and [Youth](#)
- [Morris County COVID-19 Testing Sites](#)
- [Somerset County COVID-19 Testing Sites](#)

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