



BERNARDS TOWNSHIP HEALTH DEPARTMENT

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

Contact: Lucy Forgione, Health Officer/Health Director
health@bernards.org

2019 Novel Coronavirus (COVID-2019) Update #9 – March 23, 2020

New Jersey COVID-19 Resources

- <https://covid19.nj.gov/> has been created for residents. Visit this webpage to get information on what's closed, FAQ, phone numbers for questions, Executive Orders, and testing information.
- **COVID-19 Dashboard + Positive Test Result** available [here](#).
- **Somerset 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
 - (877) 294-HELP (4357) toll free "warm line" available 24/7 for mental health concerns.

Citizen Responsibilities – You Have the Power!

- **Cases** - You will see positive cases increase as time goes on and testing becomes more readily available.
- **Potential Exposures and Close Contacts** -You may be receiving notification that you were in contact with someone who is either confirmed positive or were exposed themselves. Do not panic, monitor your symptoms and call your healthcare provider if you experience any symptoms of respiratory illness or fever.
- **What is a Close Contact?** – If you passed by someone who is a confirmed positive case or visited the same shopping center as them, this is not considered a close contact.
- **Emergency Services** - Essential personnel are here for you – help them, help you. **If someone in your house is showing symptoms of COVID-19 or if there is a chance you were exposed to COVID-19 PLEASE communicate this with dispatch so that First Responders can wear the proper protection.**
- **Going Out** – Keep social distancing in mind if you choose to go out. Be mindful when walking outside, going to the grocery store, or the pharmacy. Maintain a 6-foot distance from other people, disinfect commonly used surfaces (like shopping carts/baskets and door handles) and make sure to wash your hands when you get home. If there is someone in your life not complying, gently remind them it's for everyone's safety
- **Testing Sites, Hospitals, Doctors Offices** – Personal Protection Equipment (PPE) is essential to keep healthcare workers safe and they must wear it with every patient. If you are not experiencing symptoms, please stay home so they may conserve their resources.
- **PPE** – Call your healthcare provider or NJ211 to find out where to donate unused and unexpired PPE like N95 masks, gowns, shields, or gloves.
- **Rumor Mill** – Do your best to shut down rumors and misinformation. Direct people to credible resources.

Materials from the Bernards Township Health Department

- [Social Distancing](#)
- **Mind Your Health** – Mental Health Considerations for [General Population](#), [Teachers/Parents/Caretakers of Children, Elderly or those in Isolation](#), [Healthcare Workers](#), and [Youth](#)

Updated 3/23/2020

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2019 Novel Coronavirus (COVID-2019) Resources and Links

The 2019 Novel Coronavirus (COVID-2019) is a rapidly evolving situation. Members of the public are urged to keep up to date by visiting trusted public health resources.

NJ211 - Dial 211 (English & Spanish)

Choose Ext. 20 for COVID-19

<u>Questions about</u>	<u>Extension</u>
Healthcare Provider	2
Sick	3
High Risk	4
Prevent Spread	5
Eligible for testing	6
School Closure	7
Travel	8
Employees/Employers	9

COVID-2019 Phone Lines

If you are a health professional or first responder in Somerset County with COVID-2019 questions call:
SCDOH Coronavirus COVID-19 Health Line
(908) 203-6014
Morris County Division of Health
Management
(973) 829-8250
Atlantic Health Nursing Screening Hotline
1-862-260-3199 7 days a week 7am-7pm

Testing Updates- *As of 3/23/20*

- FEMA Testing Sites – Open 8am – 4pm 7 days per week. Drive Through. Must be an NJ resident and **showing symptoms of a respiratory illness including cough, shortness of breath, or a fever of at least 99.6 degrees. Do not show up if you are not having symptoms.**
 - **Bergen County Community College** – 400 Paramus Road, Paramus, NJ 07652
 - **PNC Bank Arts Center**- 116 Garden State Parkway, Holmdel, NJ 07733
- **Atlantic Health System – Morris Township HQ** – Drive Through. Testing by appointment only, must be referred by Atlantic Health System physicians. 200 The American Road, Morris Plains, NJ 07950.
- **Hackensack Meridian Health** – New Brunswick, offering testing, no drive through sites set up.
- **Robert Wood Johnson University Hospital** – New Brunswick, offering testing, no drive through sites set up.
- **Hudson Regional Hospital** – 10am – 5pm M-F. Drive Through. By appointment only – call (201) 388-1097. 55 Meadowlands Pky, Secaucus, NJ 07094.
- **Riverside Medical Group** - RMG patients in Secaucus, Hoboken, and Medford NJ only – 9am-5pm M-F, 10am-1pm Sat by appointment only – call (201) 863-3346. 714 10th Street, Secaucus, NJ, 07094.
- **Camden County College** – Site set up, not testing yet. 200 College Drive, Blackwood NJ, 08012.
- **Morris and Somerset Counties are planning drive thru testing sites – info TBD.**
- Most doctor's offices are not testing on site. Some doctors may collect samples and send to an approved laboratory. **If you are feeling unwell, call ahead to your healthcare provider.**
- Hospitals and some urgent cares are currently testing for COVID-19. **Call ahead to get more information. Do not just show up to the ER or urgent care.**
- For more information or testing - [visit the CDC website.](https://www.cdc.gov)

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Centers for Disease Control

- [People at Risk for Serious Illness from COVID-19](#)
- [Cleaning and Disinfection Recommendations](#)
- [Protect Yourself and Your Family](#)
- [Coronavirus Disease 2019 Information for Travel](#)
- [Frequently Asked Questions & Answers](#)
- [Situation Summary](#)
- [About COVID-19](#)
- [How it Spreads](#)
- [Prevention & Treatment](#)
- [Stigma and Resilience](#)
- Confirmed Cases – [Global](#), [Cases in the US](#)
- What You Need to Know – [English](#), [Simplified Chinese](#), [Spanish](#)
- What To Do If You Are Sick – [English](#), [Simplified Chinese](#), [Spanish](#)

New Jersey Department of Health - Dashboard

- [General Information for the Public](#)
- [COVID-19 Information for Communities and the General Public](#)
- [COVID-19 Information for Schools and Businesses](#)
- [COVID-19 Information for Healthcare and Public Health Professionals](#)
- [Email or Call for COVID-19 Questions to the NJDOH](#)

Other Local Resources:

- [World Health Organization \(WHO\)](#)
- [Somerset County Department of Health](#)
- [Morris County Office of Health Management](#)
- [New Jersey Office of Emergency Management](#)

Recommended Guidance for Specific Populations:

- [Interim Guidance for Schools and Childcare](#)
- [Interim Guidance for Businesses and Employers](#)
- [Guidance for Healthcare Facilities](#)
- [Resources for Home – Plan, Prepare, and Respond](#)
- [Resources for Colleges and Universities](#)
- [Resources for Community and Faith Based Leaders](#)
- [Resources for First Responders and Law Enforcement](#)
- [Information on COVID-19 for Pregnant Women and Children](#)
- [NJ Department of Health – Guidelines for Control of Respiratory Virus in Long Term Care Facilities](#)
- [Preventing COVID-19 Spread in Communities](#)
- [Community Events](#)
- [Guidance for Homeless Shelters](#)

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