



## 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)

Contact: Lucy Forgione, Health Officer/Health Director  
[health@bernards.org](mailto:health@bernards.org)

## 2019 Novel Coronavirus (COVID-2019) Update #14 – April 9, 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 Result** available [here](#).
- **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

### Blood Donations

Blood donations are still essential to hospitals and organizations like the Red Cross are making safety a top priority to ensure people stay safe and healthy and blood needs are met. To learn about the safety protocols, the COVID-19 plasma donation program and more, visit <https://www.redcrossblood.org/donate-blood/dlp/coronavirus--covid-19--and-blood-donation.html>

### Recent FAQs – So I get tested, what now?

#### **What happens if I get my COVID-19 results back and they are positive? What do I do?**

You stay at home and **self-isolate**. Stay in different bedroom from others in your home, and if possible, use a separate bathroom. Others in the house should keep their distance from you. This includes not eating meals together and not sitting together. You must self-isolate for at least 72 hours passed since you had a fever without the use of fever-reducing medications AND other symptoms are greatly improved AND at least 7 days have passed since symptoms first started.

#### **I tested positive, what should I do about the other people in my home? Do they need to be tested?**

If there are other people in the home, they should monitor themselves for COVID-19 symptoms.

- If they are **symptomatic** (sick - have COVID-19 symptoms), they should also self-isolate least 72 hours passed since you had a fever without the use of fever-reducing medications AND other symptoms are greatly improved AND at least 7 days have passed since symptoms first started. If the symptoms are mild, they should recover at home. Testing may not be recommended.
- If the symptoms worsen and a medical evaluation is needed, **contact your health care provider**.
- If they are **asymptomatic** (not sick - have no COVID-19 symptoms), they should self-quarantine for 14 days AFTER any sick person in the household's self-isolation period ends. If the asymptomatic person develops symptoms, they should follow the self-isolation instructions above.

#### **I tested negative for COVID-19 but still feel sick. What should I do?**

It is likely you may have another respiratory virus. You should continue to self-isolate yourself from others, practice good hand hygiene, and clean and disinfect surfaces in the home. You should not return to work or school until 72 hours after your fever has ended without the use of fever-reducing medications and other symptoms have improved. If your symptoms worsen or if you do not get better after several days, you should **call your health care provider**.

Updated 4/9/2020

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough, and Peapack and Gladstone Borough. For update links and more information, visit: <http://www.bernardshealth.org>



## 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)

Contact: Lucy Forgione, Health Officer/Health Director  
[health@bernards.org](mailto:health@bernards.org)

## 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.

### Testing Updates- As of 4/9/20 –

- For the most up to date information on NJ Testing Sites [click here](#).
  - **Morris County** – Drive Through. Located at Morris County Community College. 214 Center Grove Rd, Randolph, NJ 0789. For patients with a doctor's prescription.
  - 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 or testing - [visit the CDC website](#).

### Bernards Township Health Department COVID-19 Resources

- [COVID-19 Guidelines for Landscapers](#)
- **Mind Your Health** – Mental Health Considerations for [General Population](#), [Teachers/Parents/Caretakers of Children, Elderly or those in Isolation](#), [Healthcare Workers](#), and [Youth](#)
- [Social Distancing](#)
- [Mental Health Resources during COVID-19](#)
- [Local Resources for Residents](#) (email [health@bernards.org](mailto:health@bernards.org) to add a resource)

### Centers for Disease Control

- [How to Protect Yourself](#)
- [If You Think You Are Sick](#)
- [Cleaning and Disinfection Recommendations](#)
- [Frequently Asked Questions & Answers](#)
- [Situation Summary](#)
- [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](#)
- Preventing COVID-2019 from Spreading to Others in Homes – [English](#) , [Simplified Chinese](#)

### Other Resources:

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

Updated 4/9/2020

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough, and Peapack and Gladstone Borough. For update links and more information, visit: <http://www.bernardshealth.org>