



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 #17 – April 20, 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

THERE'S NEVER BEEN A MORE IMPORTANT TIME TO QUIT SMOKING.

COVID-19 CAN CAUSE SERIOUS RESPIRATORY COMPLICATIONS. SO HEALTHY LUNGS ARE VITAL. YOU CAN START THE CLOCK TO IMPROVING YOUR LUNG HEALTH BY **QUITTING TODAY**

JUST 72 HOURS AFTER YOU QUIT SMOKING CIGARETTES, YOUR LUNG CAPACITY INCREASES AS BRONCHIAL TUBES INSIDE THE LUNGS START TO RELAX AND OPEN MORE.



NOW IS NO TIME TO RISK YOUR LUNG HEALTH WITH VAPING.

COVID-19 CAN CAUSE SERIOUS RESPIRATORY COMPLICATIONS. SO HEALTHY LUNGS ARE VITAL. YOU CAN START THE CLOCK TO IMPROVING YOUR LUNG HEALTH BY **QUITTING TODAY**

STUDIES HAVE SHOWN THAT E-CIG VAPOR CAUSES INFLAMMATION, WHICH DAMAGES THE CELLS THAT PROTECT LUNG TISSUE FROM INFECTIONS. EVEN IF YOU'RE YOUNG, THIS COULD PUT YOU IN A HIGHER RISK GROUP.



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JUST 2 WEEKS AFTER YOU QUIT SMOKING CIGARETTES, LUNG FUNCTION CAN INCREASE AS MUCH AS 30%, IMPROVING CIRCULATION AND OXYGENATION.



Smoking and Vaping During COVID-19

The CDC has identified smokers as a group of people at higher risk for severe illness if they contract COVID-19.

Find resources to quit today:

- [American Lung Association](#)
- [Truth Initiative](#)
- [Tobacco Free NJ](#)
- [SmokeFree.Gov](#)
- [Campaign for Tobacco Free Kids](#)

Libraries Are Here for You!

Have you visited your library's website recently? Although their doors are closed, many libraries have online resources and access to reading and other media materials.

- <https://www.bernardslibrary.org/>
- <https://www.bernardsvillelibrary.org/>
- <https://chesterlib.org/>
- <https://longhilllibrary.org/>
- <http://www.mendhamboroughlibrary.org/>
- <https://sclsnj.org/>

Domestic Violence & COVID-19

During times of crisis and especially during forced isolation the incidence of domestic violence can rise. Resources are available:

- [National Domestic Violence Hotline](#)
1-800-799-7233
- [Safe + Sound Somerset](#)
- [JBWS – Safety, Support & Solutions for Abuse](#)
- Learn about Ridge High School Junior Ashna Gupta's - [Banana Split Project: Educating on Emotional Abuse in Children](#)

Have you checked your contact info recently?

Check with your healthcare provider to make sure your name, address, and phone number are up to date. This information will be needed if you test positive and can help contact tracing. Do your part to help others!

COVID-19 Scams

Avoid scams and fraud during COVID-19. Be vigilant and learn more here:

- [Department of Justice – Combatting Coronavirus Fraud](#)
- [What the Federal Trade Commission is Doing](#)

Updated 4/20/2020

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>



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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.

Testing Updates- As of 4/20/20 –

- For the most up to date information on NJ Testing Sites [click here](#).
 - **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 with valid doctor's prescription. Open April 22nd and 24th from 10 am – 1pm. Subject to change. Check status of test site at <http://www.co.somerset.nj.us/covid19status>. Residents of Somerset or Hunterdon County can make an appointment at <https://somerset-hunterdon.adlabscovidtest.com>.
 - **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](#).

Serum Antibody Testing Facilities

- Individuals who have recovered or are recovering from COVID-19 could help other patients with COVID-19 through serum antibody testing. To find out more, click [here](#).

Bernards Township COVID-19 Resources

- [Somerset Hills YMCA Food Security Project](#)
- [Bernards Township Senior Help Line](#)
- [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 to add a resource) ***Currently being updated**

Other Resources:

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

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