



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
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2019 Novel Coronavirus (COVID-2019) Update #22 – May 8, 2020

All About Antibody Testing

The COVID-19 antibody test (also called serology test) looks for antibodies in your blood. Blood will be taken and tested for two antibodies to the virus that cause COVID-19.

- **IgM antibodies** - antibodies that develop early in an infection
- **IgG antibodies** – antibodies that are more likely to show up after you have recovered.

Important!

Tests for antibodies have been developed, but data is lacking on exactly what these tests mean. There is still much that is unknown about COVID-19 infection and antibody testing, but here are some facts about what is currently known..

What Antibody Tests Cannot Do

- It cannot tell you if you are immune to COVID-19.
- They should not be used by employers as a condition for employees to return to work
- It cannot diagnose you with COVID-19.

What Antibody Tests Can Do

- It can tell you if you may have been exposed to the virus that causes COVID-19.
- It can help scientists and researchers to better understand how common COVID-19 infection is in the community
- It may be used to help identify potential blood donors for experimental treatment.

Learn more [here](#) about COVID-19 Antibody Testing



It's important to not only keep the humans in your family healthy, but to also keep the furry members of your family safe as well. Contact your veterinarian to learn what they're doing to keep you and your pet healthy during COVID-19. They are still here to help! For other animal health questions, visit the [NJDOH FAQ for Animal Health](#)



For more information and updates visit
Bernards Township's website
or social media channels.

<http://www.bernards.org/covid19.aspx>

f @BernardsTwp
t @BernardsTwpNJ
i @bernardstwp_parksandrec

Please stay home if you are exhibiting symptoms.

Bernards Township Parks & Recreation

Guidelines for Tennis Court Use

- Keep at least six feet apart from those outside of your household to maintain social distancing. Wearing a face covering is recommended when arriving at and departing from a court. If possible, use every second court.
- Gates will be secured in the open position to prevent touching. All benches, score tubes and rollers will be removed where possible.
- Singles play is recommended. Doubles play is permitted provided you maintain social distancing. No more than four individuals per court. No coaching, lessons, ball cages, etc.
- Players should stay on their side of court and avoid changing ends. Each player should bring their own cans of balls that only they handle for serving. Touch only your own equipment.
- All restrooms remain closed.
- Tennis courts are for tennis play only (per Township Ordinance 10-1.2).

Cleaning and Disinfection Guidance for Reopening

Reopening requires everyone to move forward together by practicing social distancing and other daily habits to reduce the spread of COVID-19.

Reopening relies on public health strategies including increased testing, social distancing, isolation and keeping track of those infected through contact tracing.

Prepare your public spaces, workplaces, businesses and schools and homes by cleaning and disinfecting properly. Learn more [here](#).

MAY IS MENTAL HEALTH AWARENESS MONTH



Be Kind to Your Mind

Tips to cope with stress during COVID-19

- 1 **PAUSE.** Breathe. Notice how you feel
- 2 **TAKE BREAKS** from COVID-19 content
- 3 **MAKE TIME** to sleep and exercise
- 4 **REACH OUT** and stay connected
- 5 **SEEK HELP** if overwhelmed or unsafe

Updated 5/8/2020

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

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](#). Now including trends, hospital census, long term care facilities, psychiatric hospitals and demographics. 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 5/8/20 –

- **NJ Testing Sites - [click here](#)** for the most up to date information.
 - **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 May 12th and May 14th 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 and Convalescent Plasma

- Individuals who have recovered or are recovering from COVID-19 could help other patients with COVID-19 through serum antibody testing. **Most doctors and urgent cares are testing but may be using different tests.**
- [Red Cross – Plasma Donations from Recovered COVID-19 Patients](#)

Bernards Township COVID-19 Resources

- [Bernards Township Senior Help Line](#)
- [COVID-19 Guidelines for Landscapers](#)
- [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](#)
- [Social Distancing](#)
- [Local Resources for Residents](#) (email health@bernards.org to add a resource)

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