



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 #23 – May 11, 2020

Mental Health Spotlight: 2NDFLOOR Youth Helpline



2NDFLOOR is a confidential and anonymous helpline for New Jersey's Youth and Young Adults. If you are between the ages of 10 and 24, live in New Jersey, and need to talk about an issue or problem you are facing, call 888-222-2228 or text 888-222-2228.

Visit <https://www.2ndfloor.org/> and

<https://youtu.be/MuuaYGgMCyA> to learn more about how 2NDFLOOR is helping New Jersey's Youth during COVID-19.

Safely Enjoy Parks

As we welcome warmer weather to New Jersey, make sure you can enjoy municipal, county, and state parks safely. Check out their websites for more information.

- [Bernards Township](#)
- [Bernardsville Borough](#)
- [Chester Borough](#)
- [Long Hill Township](#)
- [Mendham Borough](#)
- [Peapack & Gladstone Boroughs](#)
-  [Somerset County](#)
- [Morris County](#)
 - [Morris County Park App](#)
- [NJ State Parks](#)

COVID-19 and Children

The New Jersey Department of Health is working with the Centers for Disease Control to investigate reported pediatric cases of multi-system inflammatory syndrome that may possibly be associated with COVID-19.

Cases characterized by persistent fever and features of [Kawasaki disease](#) and/or [toxic shock syndrome](#) were reported in the United Kingdom and have recently been identified in children in the United States. This is still being studied.

For more information on keeping children healthy during this time please [click here](#). Stay up to date with credible sources.

Recommendations at Home:

COVID-19 Positive or Suspected Positive

- Clean and disinfect high touch surfaces daily in household common areas (e.g. table, hardbacked chairs, doorknobs, light switched, etc).
- As much as possible the ill person should stay in a specific room away from other people.
- If a separate bathroom is not available, the caregiver should wait as long as practical after use by the ill person to clean and disinfect.
- If a member of a household tests positive, others in the home should self-isolate in another part of the home* (if symptomatic) or self-quarantine at home for 14 days AFTER any sick person in the home's self-isolation period ends (if asymptomatic). If an asymptomatic person becomes ill, they should follow instructions for self-isolation.
- *A symptomatic person must self-isolate until 3 full days (or 72 hours have passed) since you had a fever without the use of fever reducing medications AND other symptoms have improved AND 10 days have passed since symptoms first started.
- For more information on cleaning and disinfecting surfaces [click here](#).

Morris and Somerset County Testing Sites

Information on both testing sites have been updated since the opening of the county testing sites.

Morris County Testing Site Information -

<https://health.morriscountynj.gov/COVIDTesting>

Somerset County Testing Clinic Information -

<https://www.co.somerset.nj.us/home/showdocument?id=37693>

Updated 5/11/2020

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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 5/11/20 –

- **NJ Testing Sites - [click here](#)** for the most up to date information including testing criteria.
 - **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. [May 10th Press Release](#)
- 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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