



BERNARDS TOWNSHIP HEALTH DEPARTMENT

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

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2019 Novel Coronavirus (COVID-2019) Weekly Update #30 – June 16, 2020

Mental Health Spotlight:



Mental Health America (MHA) is the nation's leading community-based non-profit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans.

Much of their work is guided by the Before State 4 (B4Stage4) philosophy – that mental health must be treated like other health conditions. They should be treated long before they reach the most critical points of the disease process.

Visit: <https://mhanational.org/>
[More About B4Stage4](#)
[MHA Programs](#)
[Take a Mental Health Screening Test](#)
[Mental Health Resources and COVID-19](#)

Coping With Stress

The COVID-19 pandemic has been stressful for many people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children.

Social distancing and wearing a face covering in public can make people feel isolated and lonely and can increase stress and anxiety. However, these measures are necessary to reduce the spread.

Coping with stress in a healthy way will make you, your family and the people you surround yourself with stronger. [Read more from the CDC here.](#)

5 Tips to Stay Safe During Reopening

- 1. Be Safe** – It's so exciting that things are opening up, but still be cautious when going out. Is it a need or want? Can you stay safe while visiting or attending? Continue to exercise caution around people outside of your usual circle.
- 2. Be Smart** – Keep up to date with trusted resources. If you're not sure if it's credible, fact check. Check out covid19.nj.gov
- 3. Wear a Face Covering in Public** – COVID-19 can spread through asymptomatic carriers. Your mask protects others around you, and their mask protects you. If you have to go somewhere in public indoors, wear a face covering.
- 4. Wash Your Hands** – Although guidelines have changed, the virus has not. Washing your hands with warm water and soap is still the most effective way to keep yourself safe and healthy.
- 5. Keep Track** – Take note of where you go and who you see throughout your week. If you become sick, it can help contact tracers get in touch with those you had close contact with. Additionally, if you called because you are a close contact, you can better help contact tracers slow the spread of COVID-19.

What's Opening and When?: Stage 2

COVID-19 UPDATE
REOPENING JUNE 15, 2020:

- ✓ OUTDOOR DINING AT RESTAURANTS
- ✓ NON-ESSENTIAL IN-PERSON RETAIL
- ✓ LIBRARIES FOR CURBSIDE PICKUP
- ✓ CHILDCARE CENTERS
- ✓ DROP-OFF AND PICK-UP SERVICES AT NJMVC

COVID-19 UPDATE
REOPENING JUNE 22, 2020:

- ✓ BEAUTY SALONS
- ✓ BARBER SHOPS
- ✓ COSMETOLOGY SHOPS
- ✓ DAY AND MEDICAL SPAS
- ✓ ELECTROLOGY FACILITIES
- ✓ HAIR BRAIDING SHOPS
- ✓ MASSAGE PARLORS
- ✓ NAIL SALONS
- ✓ TANNING SALONS
- ✓ TATTOO PARLORS

Can Chlorine Kill Coronavirus?

Keeping cool in the pool during the summer? While research is still being done on the virus that causes COVID-19, check out this [article from Hackensack Meridian Health](#) about how coronavirus lives on surfaces, other viruses, and the effect that chlorine has.

Updated 6/16/2020

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 Results 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 6/16/20 –

- **NJ Testing Sites – [click here](#) for the most up to date information including new locations and 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 June 18th, and 25th 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 Road, Randolph, NJ 07869. **CLOSED Tuesday June 23rd. Discontinuing operations after Friday June 26th.** Visit <https://health.morriscountynj.gov/COVIDTesting>.
- 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 on testing - [visit the CDC website on testing](#).

Serum Antibody Testing Facilities and Convalescent Plasma

- Individuals who have recovered 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. Please call ahead to your location for more information. For more information please visit the [CDC](#) or [NJDOH](#) websites.

Bernards Township COVID-19 Resources – **Links may not be working at this time**

- [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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