



## BERNARDS TOWNSHIP HEALTH DEPARTMENT

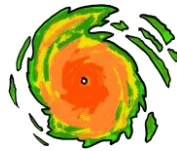
262 South Finley Avenue, Basking Ridge, New Jersey 07920  
(908) 204-2520. Fax (908) 204-3075. [www.bernardshealth.org](http://www.bernardshealth.org)

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# 2019 Novel Coronavirus (COVID-2019) Weekly Update #37 – August 4, 2020

### Natural Disasters, Severe Weather and COVID-19

As we begin another new month, it's important to note that August and September are the peak hurricane season for the east coast. In addition to staying safe during the COVID-19 pandemic, it's important to also prep and prepare for hurricanes and other natural disasters at this time. Make a plan and stay safe!



Learn more below:

- [CDC – Natural Disasters and Severe Weather](#)
- [Hurricanes and COVID-19](#)
- [Public Disaster Shelters and COVID-19](#)
- [COVID-19 Resources for Emergency Workers](#)
- [Ready.gov](#)
- [NJ Office of Emergency Management](#)

**Governor Murphy Announces Decreased Indoor Gathering Capacity Limit [Read Here](#)**

### Treating COVID-19 at Home

Most people who become sick with COVID-19 will experience mild symptoms and can recover at home. Symptoms can last a few days and most people feel better in about a week. Follow your healthcare provider's recommendations about care and isolation.

- Take fever reducing medication if needed and increase your fluid intake.
- If you experience trouble breathing, persistent chest pain, new confusion or bluish lips or face, call 911.
- Stay home from work, school, and public areas except to get medical care.
- Isolate from other members of your household.
- Maintain a daily routine, take a break from COVID-19 news, eat healthy meals, and stay hydrated.
- If you're a caregiver for someone with COVID-19, remember to take care of yourself too!

[More tips from Mayo Clinic here.](#)

### Staying Safe at Gatherings

With warm weather, numerous celebrations and people leaving the house it is common to see people gathering. However, New Jersey is seeing an increase in cases associated with indoor house parties and other indoor gatherings. Please remember:

- **Indoor Gatherings:** May be held as long as they comply on the [limits of indoor gatherings](#) – 25 people or 25% of a room's capacity.
- **Outdoor Gatherings:** May be held so long as they comply with the limits on outdoor gatherings which limits events to 500 people at one time.

### Other Tips to Stay Safe:

- Wear a face covering when physical distancing is not possible.
- Remind guests to stay home if they have been exposed to COVID-19 in the last 14 days or have recently traveled to an area with high COVID-19 infection rates.
- Have hand sanitizer available for guests.
- Limit the amount of people serving or handling food so that multiple people aren't handling serving utensils.
- Remind guests to wash hands as often as possible – especially before and after eating.
- Use single-use hand towels or paper towels to dry your hands.
- Consider keeping a list of guests who attended for potential future contact tracing needs.



For more information on how to have safe gatherings this summer [click here.](#)

### Where You're Most Likely to Catch COVID-19

Bars, public transportation, and parties at home. Where does Dr. Fauci, Director of the National Institute of Allergy and Infectious Diseases believe to be the most likely places to pick up the COVID-19 virus? [Click here to find out.](#)

Updated 8/4/2020

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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 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 8/4/20:

- **NJ Testing Sites – [click here](#)** for the most up to date information including new locations and testing criteria. The FEMA Testing Sites at Bergen County Community College and PNC Arts Center have closed.
  - **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. **Open Thursday, August 6th 10 am-1pm.** Subject to change. Check status of test site at <http://www.co.somerset.nj.us/covid19status>. Residents of Somerset County ONLY can make an appointment at <https://somerset-hunterdon.adlabsCovidtest.com/>.
  - **Morris County** – Morris County's COVID-19 Testing Center at CCM has closed.
- 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

- [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](#)
- [COVID-19 Guidelines for Landscapers](#)
- [Local Resources for Residents](#) (email [health@bernards.org](mailto:health@bernards.org) to add a resource)
- [Morris County COVID-19 Testing Sites](#)
- [Somerset County COVID-19 Testing Sites](#)

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