



## 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)

Contact: Lucy Forgione, Health Officer/Health Director

[health@bernards.org](mailto:health@bernards.org)

## 2019 Novel Coronavirus (COVID-2019) Weekly Update #35 – July 21, 2020

### Mental Health Spotlight: Should I Go Out?



As businesses begin to open back up, you may be looking for ways to resume daily activities as safely as possible. Resuming daily activities can greatly increase a positive change in mental health as we return to some sense of “normalcy”. However, it’s important to understand potential risks and to know how to protect yourself.

#### **Things to Consider:**

- Is COVID-19 spreading in my community?
- While my activity put me in close contact with others?
- How many people will I interact with? Can I keep 6 feet between myself and others? How long will I be interacting with people?
- Am I or someone I live with at risk for severe illness?
- Do I practice preventative actions? (Washing hands, wearing a face covering, disinfecting surfaces, social distancing).
- Am I prepared with hand sanitizer (60% alcohol), a face covering, tissues, disinfectant (If needed)

Be prepared and stay safe. Check out these articles from the CDC about running [essential errands](#), [doctor’s visits](#), and [personal and social activities](#). Enjoy the summer, get fresh air and stay safe!

### Flying into NJ?:

People flying into NJ will be asked to fill out an electronic survey starting July 20<sup>th</sup>. If you are traveling to NJ from one of [31 states](#) that are experiencing upticks of COVID-19 spread, you will be advised to voluntarily self-quarantine for 14 days. The electronic survey can be accessed by texting “NJ Travel” to 898211 or visiting [covid19.nj.gov/travel](http://covid19.nj.gov/travel) or by scanning the QR code displayed at airports.

The survey will ask the respondent where they are traveling from, their residence and their destination. That information will be sent to County Health Departments and they will call the traveler to request them to self-quarantine and advise them of testing sites if needed.



### **FACE MASK SAFETY** KNOW THE FACTS **BEFORE** YOU WEAR ONE

- 1 NO IMPACT ON YOUR OXYGEN INTAKE**  
Wearing a mask or face covering does not interfere with the amount of oxygen getting to your lungs. [Surgeons](#) wear masks safely for hours.
- 2 NO INCREASE IN TOXIC INHALATION**  
Carbon dioxide from your exhaled air [escapes harmlessly](#) through the mask and around the edges.
- 3 NO DAMAGE TO YOUR IMMUNE SYSTEM**  
A face covering is made of safe, familiar materials (cloth, paper, waterproof backing). It [won't stress](#) your system.
- 4 DECREASES VIRUS TRANSMISSION**  
Depending on what it's made of, your face covering reduces emission of droplets from your mouth and nose (in coughs, sneezes and speech) by [60-95%](#), making others safer. It also reduces the amount of virus that you get exposed to by approximately 20-30%.
- 5 SCIENTIFICALLY ACCURATE**  
The holes in a cloth face covering seem large in relation to tiny viral particles. But because the virus [sits in droplets](#) when it's in your mouth and nose, the holes are small enough to block them very effectively.
- 6 STRONG EVIDENCE OF EFFECTIVENESS**  
There used to be doubt about whether face coverings protect against the spread of COVID-19. New research published in May-July 2020 has strengthened the evidence base. We now know [they do protect](#).

Source: CDC

### Stage 2 Updates:

- Guidance will be released that will allow the legal parents and guardians of pediatric, developmentally disabled and intellectually disabled residents of long term care facilities to arrange for by-appointment visits.
- As of 7/20 contact drills, practices and competitions may resume for high risk sports.
- The NJ DOE will be releasing guidance this week to allow parents to select all-remote learning for students.

Updated 7/21/2020

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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 7/21/20:

- **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, July 23<sup>rd</sup> 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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