



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) Weekly Updated #40 – August 25, 2020



Travel Advisory Reminder

As we head into the end of summer and approach Labor Day, many New Jersey residents may be traveling to get in a last-minute vacation out of state. All incoming travelers from [applicable states](#) should quarantine for 14 days after leaving. Remember, a negative test a few days into quarantine does not mean that you can't test positive later on during the quarantine. Finish the 14 day quarantine to prevent the spread of COVID-19. Visit the [CDC website](#) for updated guidance on international travel.

When Should I Delay My Travel?

According to the CDC, "people who are sick, have recently tested positive for COVID-19, or have been exposed to a person with COVID-19 pose a risk to others during travel"

Don't travel if you or any of your companions

- Are sick.
- Have suspected or diagnosed COVID-19 (even if you don't have symptoms).
- Have been around someone with suspected or diagnosed COVID-19 in the past 14 days (even if they don't have symptoms).

"The COVID-19 pandemic may be stressful for people. Traveling with family or friends can be a stress reliever, but it also increases your chances of getting and spreading COVID-19. You don't want to miss out on a planned trip, but there are situations when cancelling or postponing travel makes sense for you and those you care about. Delaying your trip when you could spread COVID-19 also protects other travelers, people who work in travel settings, and those at your destination." Learn more on the [CDC website](#).

Business Complaints

If you have a concern that a business is not following an Executive Order or any other COVID-19 related mandate in New Jersey, residents can file a complaint on: <https://www.njconsumeraffairs.gov/Pages/Consumer-Complaints.aspx> or AskConsumerAffairs@dca.lps.state.nj.us

FAQ About the Flu

Q: Will the flu and COVID-19 be in our community this fall and winter?

A: The CDC believes it's likely that the flu virus and the virus that causes COVID-19 will both be spreading during the typical "flu season". There are also 4 strains of seasonal coronavirus that circulate as well.

Q: Will this year's flu vaccine contain a vaccine against coronavirus?

A: The influenza virus and coronavirus are two different viruses. The flu vaccine only works to prevent the flu. It is impossible to have both in one vaccine.

Q: Is it possible to have the flu and COVID-19 at the same time?

A: It is possible to have more than one respiratory illness at the same time. Scientists are working on studying how common this can be for COVID-19.

Q: Why is getting the flu shot so important this year?

A: Getting a yearly flu vaccine protects you and those around you who are more vulnerable to serious flu illness and those with chronic health conditions. Since COVID-19 more than likely will be circulating during flu season, getting a flu vaccine can help reduce flu illness and hospitalizations and conserve health care resources.

Updated 8/25/2020

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 8/25/20:

- **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 27th 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 to add a resource)
- [Morris County COVID-19 Testing Sites](#)
- [Somerset County COVID-19 Testing Sites](#)

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