



BERNARDS TOWNSHIP HEALTH DEPARTMENT

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2019 Novel Coronavirus (COVID-2019) Weekly Update #48 – October 27, 2020

COVID FAQ Corner

Every day the Bernards Township Health Department receives calls from residents, school nurses, parents and other members of the community. Every week we'll compile these Q&As for our "COVID FAQ Corner".

Q: Are cases really rising in New Jersey?

A: Yes, for the third week in a row New Jersey is in the "Moderate Risk" category as per the New Jersey Department of Health. Additionally, 17% of transmissions were associated with indoor parties and gatherings.

Q: Are people still being hospitalized for COVID-19?

A: Yes. Hospitalizations associated with COVID-19 are increasing and are at their highest levels in 3 months.

Q: Does the [COVID Alert NJ](#) app track me everywhere I go?

A: No. The app uses Bluetooth technology to sense other app users who are "close contacts" (within 6 feet for 15+ minutes over a 24-hour period). It doesn't track where you go otherwise. Your name and location are never disclosed.

Q: If I'm quarantining and I test negative, do I have to finish my 14-day quarantine? My doctor said I didn't.

A: Yes. You must complete the entire quarantine period because you can become positive anytime during the 14-day period. Please refer to the [CDC guidance](#) on quarantine for more information and an accurate timeline.

Q: Do I have to respond to a contact tracer?

A: You do not have to, but we ask you share close contacts with a contact tracer for the purpose of helping them get tested or quarantine, because they may be infecting others. Read more contact tracing [misconceptions here](#).

New Jersey's COVID-19 Vaccination Plan

Governor Murphy and Health Commissioner Persichilli announced NJ's COVID-19 vaccination plan designed to provide equitable access to approved vaccines, achieve maximum community protection and build public trust in advance of an approved vaccine. For more information on the vaccination plan, please click [here](#).

Change in Close Contact Definition

The Centers for Disease Control recently [modified their definition](#) of a close contact. The new definition is now "a person who spent 15 minutes or more within a 24-hour period and was within 6 feet of a person who is infected with COVID-19. Exposure must happen when the person is infectious (2 days before onset to 10 days after)".

The New Jersey Department of Health has now adopted the CDC's recommendations to replace any other previous definitions. They are currently working to update materials and other relevant documents to reflect this revised close contact definition.

Examples of a close contact:

- Spending 1 hour inside having dinner with a friend.
- Playing an indoor sport with/without masks for 10 minutes 2 days in a row.
- Outdoor holiday gathering for 3+ hours with family.
- Having 40 min class with/without masks for 2 days.
- Waiting in a doctor's office for 20 minutes for an appointment.

Contact Tracing – Why Is It So Important?

NJ is up to 1,906 contact tracers statewide. From Oct 10-17 these contact tracers were able to follow up with more than 2/3 of cases, 55% of those within 24 hours. However, people failed to provide follow up info in 58% of cases. Many respondents say they'll follow up with their close contacts. Its important contact tracers reach out directly since they can offer connections to social supports, safe quarantining locations, and other support private citizens cannot provide.

14 Day Travel Advisory

Connecticut, Pennsylvania and Delaware now meet the criteria for New Jersey's travel advisory. Due to the interconnected nature of the region and mode of transport between New Jersey and the three states, a 14-day quarantine is not reasonable in all instances. Non-essential travel to and from these states is highly discouraged at this time. For an updated list, visit COVID19.NJ.gov.

Updated 10/27/2020

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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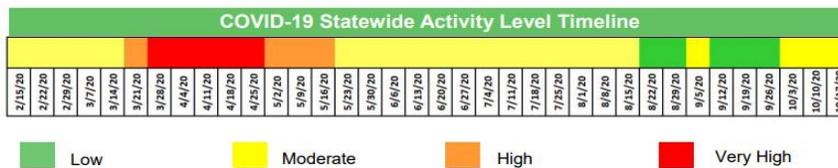
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2019 Novel Coronavirus (COVID-2019) Resources and Links



COVID-19 Activity Level Report New Jersey Department of Health Communicable Disease Service Week ending October 17, 2020 (MMWR week 42)¹



COVID-19 Weekly Activity Reports

- Provides data on COVID-19 transmission by six regions in NJ.
- Updated every Thursday.
- Used to determine school exclusion and other re-openings.
- Click [here](#) to view this week's report ending Oct 17, 2020.

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, demographics, contact tracing and school info. 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 10/27/20:

- **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, October 29th 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/>.
- 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](#).

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](#)
- [Morris County COVID-19 Testing Sites](#)
- [Somerset County COVID-19 Testing Sites](#)

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