



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 Update #50 – November 10, 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: If one of my children is being tested for COVID-19 should I keep my other children home from school?

A: Yes. If your child has been evaluated by a medical professional and they have determined that your child needs a COVID-19 test the other members of your household should quarantine until the results come back. Other children should NOT attend school.

Q: I think I'm just suffering from seasonal allergies. I can just continue with normal activity, right?

A: Right now, the risk for NJ is moderate. If you think you may have been exposed to COVID-19 from a gathering or public space getting tested is a smart choice. If you have had no risk of exposure, you should continue with normal activities.

Updates from the Governor's Office

Effective Thursday, November 12th:

- No indoor dining between 10:00 pm and 5:00 am at restaurants, bars, clubs and lounges.
- Outdoor dining, takeout, and delivery service may continue past 10:00 pm.
- Casinos must stop serving food/drinks at 10:00 pm
- All bar side seating will be prohibited.
- Restaurants may place tables closer than 6 feet ONLY if separated by barriers.
- Individual fully enclosed dining bubbles may be set up for outside use.
- ALL interstate games and tournaments for indoor youth sports – up to and including high school are prohibited.

A Note from Health Officer, Lucy A. Forgione

This Monday morning, the Bernards Township Health Department staff was faced with over 50 new cases and counting of COVID-19 within our 6 municipalities. Contact tracing and investigating so many COVID-19 cases takes time and energy from our already busy staff. We attribute this large number of positive cases to Halloween and indoor events.

We are seeing the COVID-19 pandemic get worse by the week and small household gatherings are a critical contributor to the rise in COVID-19 cases. **The CDC has put together the following list of who should not attend in-person holiday gatherings:**

People with or exposed to COVID-19

Do not host or participate in any in-person gatherings if you or anyone in your household...

- Has been diagnosed with COVID-19 and has **not met the criteria for when it is safe to be around others.**
- Has **symptoms of COVID-19.**
- Is waiting for COVID-19 **viral test** results.
- May have been **exposed to someone with COVID-19 in the last 14 days.**
- Is at increased risk of severe illness from COVID-19.

People at increased risk for severe illness

If you are an older adult or person with certain medical conditions who is at **increased risk of severe illness** from COVID-19, or live or work with someone at increased risk of severe illness, you should avoid in-person gatherings with people who do not live in your household.

While gatherings during the upcoming holidays can be an opportunity to reconnect with family and friends, please consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

Please use the **updated guidance from the CDC** for how to make your Thanksgiving a safe celebration while keeping the members of your family healthy. Stay well!

Updated 11/10/2020

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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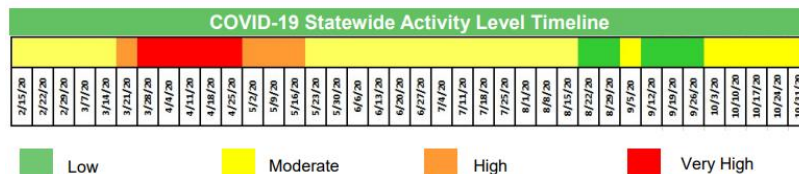
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2019 Novel Coronavirus (COVID-2019) Resources and Links



COVID-19 Activity Level Report New Jersey Department of Health Communicable Disease Service Week ending October 31, 2020 (MMWR week 44)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 31, 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 11/10/20:

- **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 Friday, November 13th 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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