



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) Update #12 – April 3, 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 Result** available [here](#).
- **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

COVID-19 Severity

Many people ask, “What does it mean to have ‘mild symptoms’?”

Mild symptoms include fever, some aches and pains, dry cough. Persons with mild symptoms are recommended to stay home, rest, and recover. In general, testing is not needed in those with mild symptoms.

NJ Commissioner of Health, Judith Persichilli said on April 1, “80 percent of people that test positive have mild to moderate symptoms and can stay home, while 15 percent may need to be admitted to the hospital. And 50 percent of those may need ventilators, though that could go up”.

Face Coverings and Gloves for the Public

- There are currently no CDC recommendations to wear gloves or face coverings in public. However, if you'd like to wear them, please read the following on proper use.
 - Dispose of your masks and gloves in the proper receptacle. Do not throw them on the ground. **Do not litter!**
 - Fabric masks or bandannas are an acceptable face covering for non-healthcare workers.
 - There is a shortage of masks and personal protective equipment for healthcare facilities.
 - If you choose to wear a mask in public, make sure the ear loops are pulled over your ears or that the ties are tied. One tie should be at the top of your head and the other at the back of your neck. The mask should feel secure on your face.
 - If your mask has metal nose strip, make sure it's fit around your nose. Do not pull the bottom of the mask below your chin. The top and the bottom of the mask are where it should “seal” to your face.
 - The idea is to cover your nose and mouth to protect your respiratory system – do not pull the mask down to expose your nose while out.
 - If you plan to wear gloves while shopping, be aware of potential cross contamination. For example: touching your grocery cart, then touching your phone with the same gloves, then later being home and touching your phone without gloves is NOT effective.
 - When going out for groceries and medicine, use a paper list that you can throw away, not your phone.
 - Take gloves off properly to avoid germs – view a demonstration [here](#).

Updated 4/3/2020

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

The 2019 Novel Coronavirus (COVID-2019) is a rapidly evolving situation. Members of the public are urged to keep up to date by visiting trusted public health resources.

Testing Updates- As of 4/3/20 –

- For the most up to date information on NJ Testing Sites [click here](#).
 - **Morris County** – Drive Through. Located at Morris County Community College. 214 Center Grove Rd, Randolph, NJ 0789. For patients with a doctor’s prescription.
 - 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 or testing - [visit the CDC website](#).

Bernards Township Health Department COVID-19 Resources

- [COVID-19 Guidelines for Landscapers](#)
- **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](#)
- [Mental Health Resources during COVID-19](#)
- [Local Resources for Residents](#) (email health@bernards.org to add a resource)

Centers for Disease Control

- [How to Protect Yourself](#)
- [If You Think You Are Sick](#)
- [Cleaning and Disinfection Recommendations](#)
- [Frequently Asked Questions & Answers](#)
- [Situation Summary](#)
- [Stigma and Resilience](#)
- Confirmed Cases – [Global](#), [Cases in the US](#)
- What You Need to Know – [English](#) , [Simplified Chinese](#) , [Spanish](#)
- What To Do If You Are Sick – [English](#) , [Simplified Chinese](#) , [Spanish](#)
- Preventing COVID-2019 from Spreading to Others in Homes – [English](#) , [Simplified Chinese](#)

Other Resources:

- [World Health Organization \(WHO\)](#)
- [New Jersey Department of Health](#)
- [Somerset County Department of Health](#)
- [Morris County Office of Health Management](#)
- [New Jersey Office of Emergency Management](#)

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