



HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department

THIS MONTH IN HEALTH MATTERS

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ABOUT US

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough and Peapack & Gladstone Boroughs.

STAY CONNECTED

To sign up or make any changes to receiving Bernards Township updates, log in at smart911.com. For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).

JULY 2022



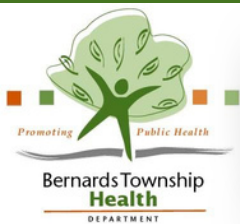
Happy Summer from the BTHD Staff!

From left to right - Sybil Rainey (REHS), Maria Novoa Besteiro (Public Health Nurse), Hannah Truncale (Health Educator/YSC Assistant/Marketing & Communications Coordinator), Deirdre Vogel (Administrative Secretary/Deputy Registrar), Gindy McCarthy (Administrative Secretary/Alternate Deputy Registrar), Lucy Forgione (Health Officer/Registrar/Health Educator/Youth Service Coordinator), Nancy Dowd (REHS), Tricia Cowell (Senior REHS), Michelle Santoro (Animal Control Officer/Humane Enforcement Officer), Jaclyn Handwerger (REHS/COVID-19 Generalist), Kaitlin Cartoccio (Health Educator - Community Programs Coordinator, Municipal Alliance Grant Coordinator), Riya Patel (Vulnerable Populations Outreach Coordinator)

A Note About COVID-19

The pandemic isn't over just because summer has arrived and many mitigation techniques have been phased out. All residents are encouraged to continue wearing masks when in large, crowded places or while traveling. Get vaccinated if you haven't and boosted as they become available to your age group. There is now vaccine available for children under the age of 5 through pharmacies and pediatricians as well as vaccines for ages 5+ here in Bernards Township. Boosters are available for many age groups now as well.

If you are exposed to COVID-19 or feel sick, get tested. If you feel symptomatic, stay home from work or your summer plans. We have many tools now such as rapid and PCR testing, therapeutics, and vaccination. On top of that, we have the knowledge of dealing with past COVID-19 surges and can handle whatever comes next. Omicron variants BA.4 and BA.5 have started to spread around the globe and we continue to monitor numbers in New Jersey and locally in our jurisdictions. Have a wonderful summer and stay smart and stay safe.



UPCOMING PROGRAMS

2022 Skin Cancer Screening

Tuesday, July 12
1:00 – 5:00 pm



At the Fellowship Village Wellness Center
8000 Fellowship Rd.
Basking Ridge, NJ 07920

Screening Includes:

- ✓ Full body check for early detection of skin cancer including melanoma.
- ✓ Confidential exams conducted by a board-certified dermatologist.

Appointment Required

Registration begins June 14:
Call 908-204-2520 to schedule
Suggested Donation of \$10

Eligibility:

- ✓ Adults 18+
- ✓ **Never** attended a Bernards Township Skin Cancer Screening in the past
- ✓ Not under the care of a dermatologist



Bernards Township HEALTH Department
262 South Finley Avenue,
Basking Ridge, NJ 07920
P. 908.204.2520
Email: health@bernards.org
www.bernardshealth.org

Contractual health agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack & Gladstone Borough

CHECK YOUR HOME —FOR RADON—

FREE RADON TESTING KITS
AVAILABLE NOW



WHAT IS RADON?

- A radioactive gas that occurs naturally.
- Odorless, tasteless, and invisible and can cause cancer.
- In higher concentrations in certain areas of New Jersey
- Testing is simple & inexpensive

FOR RESIDENTS OF CONTRACTUAL TOWNS ONLY
ONE KIT PER HOUSEHOLD WHILE SUPPLIES LAST
PICK UP AT THE HEALTH DEPARTMENT



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Don't Forget!

COVID-19 Vaccine Clinics every
Tuesday 3-5pm at St. James

COVID-19 Testing Clinics
every Thursday 9am-4pm at
Bernards Twp Community Center

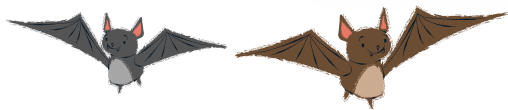
Check page 5 for more info

Questions about
Monkeypox?

[Visit the CDC](https://www.cdc.gov)
[webpage](https://www.cdc.gov)

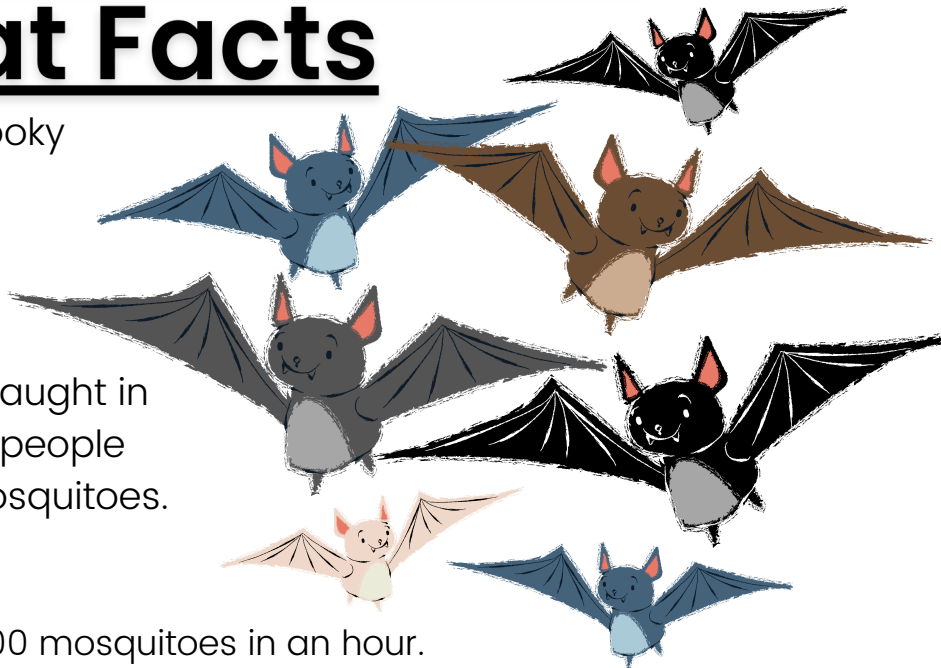
At this time we do not
have vaccine supply
for individuals under
the age of 5.
Please check back for
our clinic schedule in
the coming weeks.

ANIMAL CONTROL



Bat Facts

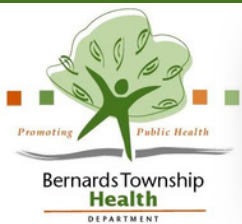
Bats have a reputation of being spooky or even dangerous, but they are actually one of the most beneficial animals to people and they provide an essential contribution to our ecosystem. Bats do not get caught in people's hair. Bats that swoop near people are usually after insects such as mosquitoes.



Did you know that:

- A single little brown bat can eat 1200 mosquitoes in an hour.
- The little brown bat is the world's longest lived mammal for its size with a lifespan over 32 years.
- In October and November, the bats leave their summer roost and move to caves to hibernate for the winter. This is the best time to bat proof your house.
- Bats prepare for hibernation by putting on fat to last through the cold winter.
- Bats emerge again in April and May returning to the same location through their entire lifetime.
- Young bats (pups) are born in June or July and are fully grown within four weeks.
- The only way to keep a house free of bats is to block up the opening the bats are using.
- It is illegal for anyone, including animal control officers and exterminators, to kill bats.
- All evictions or exclusions should take place prior to mid-May or after mid-September to be sure the young are ready to fly.
- If a colony of bats is to be removed from a home, attic or barn, another place for the bats to roost such as a bat house should be considered.

All mammals, including bats, can get rabies, however less than one percent of all bats are infected with the virus. Just remember, NEVER handle a bat! If you are accidentally bitten or exposed, such as direct (bare skin) contact with a bat, make sure the bat is saved for examination. Immediately wash with soap and water and seek prompt medical advice and report to your local Animal Control services for assistance.



MUNICIPAL ALLIANCE



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

The Lifeline's network of over 200 crisis centers has been in operation since 2005, and has been proven to be effective. It's the counselors at these local crisis centers who answer the contacts the Lifeline receives every day. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

Answer the call! These centers are looking to bring on new volunteers and paid employees. You will receive training, so if you are a caring person who wants to help those in crisis, apply today. Find your opportunity: samhsa.gov/988-jobs.



www.bernardsalliance.org



Follow the Municipal Alliance on Facebook

<https://www.facebook.com/BTMAASA>



Follow REACH on Instagram

<https://www.instagram.com/ridge.reach/>



Visit REACH's website/newsletter

www.ridgereach.com

Other National/Local Mental Health Resources

In addition to the Suicide Prevention Lifeline, New Jersey residents have access to a plethora of national and local mental health resources for crisis and non-crisis situations:

Phone Resources

NJ Mental Health Cares - 1-866-202-HELP (4357) - 8am-8pm, 7 days a week - COVID-19 Related

NJ Hopeline - 1-855-NJ-HOPELINE (654-6735) 24/7 Peer Support/Suicide Prevention

Caring Contact - (908) 232-2880 - Volunteer Staffed Caring and Crisis Hotline

2ndFloor - Call or Text 1-888-222-2228 - For Youth

Trevor Project - 1-866-488-7386 or Text 678678 - 24/7 LGBTQ Youth Support

Safe + Sound - 1-866-685-1122 - 24/7 Call or Text Somerset County Domestic Violence Support

JBWS - 1-877-782-2873 24-Hour Helpline and Referral for Domestic Violence

Bridgeway PESS - (908) 526-4100 - Crisis Intervention/Mobile Outreach
Reach NJ - 1-844-REACHNJ (732-2465) 24/7 Substance Use Disorder Help

NJ Addiction Services Hotline - (844) 276-2777

NJ Opiate Addiction Helpline - (855) 652-3737

Peer Recovery Warmline - 1-877-526-4100 - Peer Run Telephone Support

National Alliance on Mental Illness (NAMI) - 1-800-950-NAMI (6264) - M-F 10am-6pm

741741 is a dedicated text crisis number in the United States staffed by trained volunteers. The keyword you text will get you to different organizations:

"HEART" will direct to Caring Contact's crisis text line,

"NAMI" will direct to NAMI National's crisis text line,

"HOME" will direct to the Crisis Text Line,

"TALK" will direct to the American Foundation for Suicide Prevention's (AFSP) crisis text line.

Websites

American Foundation for Suicide Prevention - <https://afsp.org/>

New Jersey Hopeline - <http://www.njhopenline.com/>

National Suicide Prevention Lifeline -

<https://suicidepreventionlifeline.org/>

National Alliance on Mental Illness NJ - <https://www.naminj.org/>

Substance Abuse & Mental Health Services Administration (SAMHSA) - <https://www.samhsa.gov/>

Community in Crisis - Substance use disorder support in the Somerset Hills - <https://communityincrisis.org/>

SMART Recovery - <https://www.smartrecovery.org/community/> - Online Peer Recovery Support

Northern New Jersey Alcoholics Anonymous - <https://www.nnjaa.org/>

Narcotics Anonymous NJ - <https://www.nanj.org/>

Somerset County Human Services -

<https://www.co.somerset.nj.us/government/human-services>

Morris County Human Services - <https://hs.morriscountynj.gov/>

NJ Department of Human Services -

<https://www.state.nj.us/humanservices/>

NJ Mental Health Cares - <https://www.njmentalhealthcares.org/>

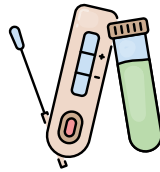


COVID-19 SPOTLIGHT

Bernards Township COVID-19 Testing Clinics

Upcoming COVID-19 Testing Clinics.
Click the date to register:

Thursdays July 7, 14 and 28
No testing on July 21st



Bernards Township Community Center
289 South Maple Ave, Basking Ridge, NJ

[English flyer](#)

[Spanish flyer](#)

Walk In Appointments Welcomed!

Accessing Test Results

- Test results will be delivered via phone, text or email.
- Check your spam folder and missed calls.
- Please allow 48-72 hours to process test results.
- If you do not hear back after 72 hours, please email WellCare at wellcarecovidtesting@gmail.com

Bernards Township COVID-19 Vaccine Clinics

All vaccine clinics will be from 3-5 pm at
Saint James Church,
184 S. Finley Ave, Basking Ridge, NJ:

Pediatric Pfizer (5-11) – Mon, July 11th
1st, 2nd and booster doses available
[Pediatric Pfizer \(5-11\) Registration](#)

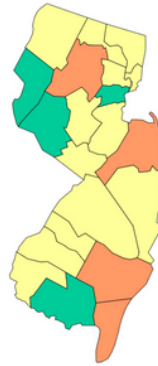


Pfizer (12+) & Moderna – Tue, July 12, 19 & 26
Primary series for Pfizer 12+ (1st and 2nd doses)
and boosters for 12+, Moderna primary series or
boosters for 18+
[Pfizer \(12+\) Registration](#) [Moderna Registration](#)

Visit www.bernardshealth.org to learn more about
our COVID-19 vaccine clinics.

COVID-19 State Reports

CDC COVID-19 Community Levels



Layered prevention strategies can help limit severe disease and reduce potential strain on the healthcare system. [CDC COVID-19 Community Levels](#) are a tool to help communities and individuals determine what prevention measures to take.

The COVID-19 community level is determined by the higher of the new hospital admissions and inpatient beds metrics, based on the current level of new cases per 100,000 population in the past 7 days. COVID-19 community levels are classified as low, medium, or high as follows:

COVID-19 Community Levels			
New COVID-19 Cases Per 100,000 in the past 7 days	Hospitalization Indicators	Low	Medium
Fewer than 200	New COVID-19 admissions per 100,000 population (7-day total)	<10.0	10.0-19.9
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	<10.0%	10.0-14.9%
200 or more	New COVID-19 admissions per 100,000 population (7-day total)	NA	>10.0

The following table includes recommendations for protecting yourself, your family, and communities. Additional information can be found at: https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html#anchor_47145.

Local Levels:
Somerset County:

MEDIUM

Morris County:

HIGH

Click [here](#) to view the report for week ending
June 23, 2022

NJ COVID-19 Variant Surveillance Report

Variant of Concern	Proportion of Variant Sequenced in the last 4 Weeks
BA.1.1.529 (Omicron)	0.0%
BA.1.1 (Omicron)	0.1%
BA.2 (Omicron)	25.3%
BA.2.12.1 (Omicron)	66.4%
BA.4 (Omicron)	2.7%
BA.5 (Omicron)	5.1%

Click [here](#) to view the full report from Week 23

All NJ Reports updated on
www.bernardshealth.org weekly

COVID-19 Case Graphs By Municipality

SOMERSET COUNTY

- [Bernards Township](#)
- [Bernardsville Borough](#)
- [Peapack & Gladstone Boroughs](#)

MORRIS COUNTY

- [Long Hill Township](#)
- [Chester Borough](#)
- [Mendham Borough](#)