



HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department



New Jersey School Immunization Reminders

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Learn More About Skunks!

[Click here to read](#)

1. COVID-19 Community Levels used for Most Settings

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 COVID-19 Updates

[Click here to read](#)

THIS MONTH IN HEALTH MATTERS

Childhood Immunization Reminder
Upcoming Programs – Flu, Nutrition and More
BTHD Facebook
BTHD COVID-19 Vaccine Clinic Update
Animal Control – What's the Skunk About?
COVID-19 Spotlight

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](#).

Find us on 



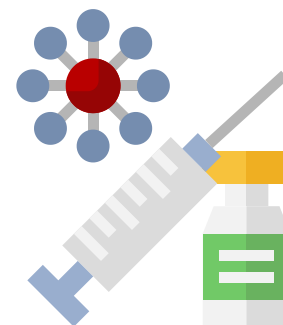
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Keep a Lookout for our October Flu Clinic Dates!

Click [here](#) for an important BTHD COVID-19 Vaccine Clinic Update About Boosters



The Bernards Township Health Department and Nourish and Thrive Nutrition Center present:

HITTING THE ROAD: HEALTHY EATING ON THE GO



Thursday, October 6
6:00-7:30 pm

Bernards Township Library
32 S. Maple Ave, Basking Ridge

Check Out Our Upcoming Nutrition Program and More [Here](#)