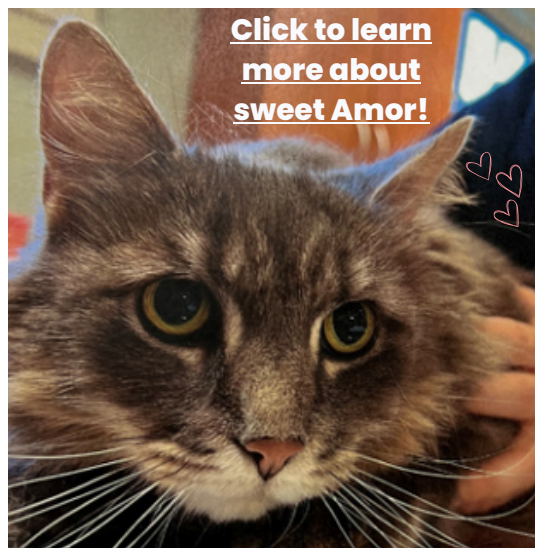


HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department



**Click to learn
more about
sweet Amor!**

THIS MONTH IN HEALTH MATTERS

Work With the BTHD! – Admin
Assistant Job

Amor – The Adoptable Bernards
Township Cat

Upcoming COVID-19 Vaccine and
Testing Clinics

QPR – Suicide Prevention Training

LIKE – Virtual Documentary
Screening



Local COVID-19 Info
BTHD Facebook

ARE WE ADDICTED TO SOCIAL MEDIA?

an IndieFlix ORIGINAL production

LIKE

A DOCUMENTARY ABOUT THE IMPACT OF SOCIAL MEDIA ON OUR LIVES
**Virtual Documentary Screening
& Panel Presentation**

Thursday, December 9th 7:00 pm

[Click Here to View Flyer](#)

[Click Here to Register](#)



**Stay Healthy this Holiday Season
with [COVID-19 Vaccine Clinics](#) and
[COVID-19 Testing Clinics](#)!**

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 |
| | | | ≥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](#)

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](#).



| COVID-19, Flu, RSV or a Cold? Check your child's symptoms | | | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|----------|------------------|-------------|----------|
| How To Tell Them Apart | | | | | |
| Common symptoms of all four illnesses include fever, cough, fatigue, stuffy, runny nose and congestion. Some symptoms that may be different include: | | | | | |
| Illness | Sudden loss of taste or smell | Headache | Loss of appetite | Sore throat | Sneezing |
|  COVID-19 | ✓ | ✓ | ✓ | ✓ | |
|  Flu | | ✓ | ✓ | ✓ | ✓ |
|  Cold | | | | ✓ | ✓ |
|  Respiratory syncytial virus (RSV) | | | | | ✓ |

COVID, Flu & RSV: How Are These Respiratory Illnesses Different?
[Learn more here](#)



WE ARE HIRING!

Part Time Administrative Associate/Alternate Deputy Registrar

- Go to www.bernards.org
- Go to "Departments" then "Human Resources"
- Click on "Employment Opportunities"
- Learn more about the "Administrative Associate-Alternate Deputy Registrar" position at the Health Department!



Come Work at the Bernards Twp Health Department
[View Job Posting Here](#)