



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!

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.

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](#)

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	High
Fewer than 200	New COVID-19 admissions per 100,000 population (7-day total)	<10.0	10.0-19.9	≥20.0
200 or more	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	<10.0%	10.0-14.9%	≥15.0%
	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](#)

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](#).

Promoting Public Health
 Bernards Township Health Department

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](#)

