



33rd Annual Twilight Challenge 5K

Help Prevent Substance Misuse in Bernards Township
Sunday, June 4, 2023



Twilight Challenge Early Bird Registration Open!

5K Registration \$20 until March 31st

[Register Online](#) [Paper Registration](#)

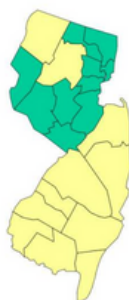
What Does Ending the Public Health Emergency Actually Mean?

[Learn More Here](#)



Keep a lookout for
the BTHD Annual
Report being posted
3/15 on our website!

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

33rd Annual Pleasant Valley
Twilight Challenge 5K Race
Early Bird Registration

QPR Suicide Prevention
Training

Save the Date: Building a
Healthy Kitchen

Look Out for the BTHD Annual
Report

Free Radon Kits

Upcoming BTHD Programs

BTHD Facebook

Local COVID-19 Updates

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](#).



Save the Date

Building a Healthy Kitchen

Thurs., Apr 27th
6-7:30 pm
Bernards Township Library



Suicide Prevention Training

[Virtual](#)

Wed., April 26th 6:30 -8:30 pm
Via Zoom

[Click here to register and view flyer](#)

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