



BERNARDS TOWNSHIP HEALTH DEPARTMENT

262 South Finley Avenue, Basking Ridge, New Jersey 07920
(908) 204-2520. Fax (908) 204-3075. www.bernardshealth.org

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2019 Novel Coronavirus (COVID-2019) Weekly Update #41 – September 1, 2020

Using Gyms and Fitness Centers

Gyms and fitness centers may reopen indoor and outdoor spaces so long as they follow required social distancing and other safety protocols. Get the details and stay safe while utilizing these facilities:

- Before you go, use options for online reservation and check-in systems. Look for extra prevention practices being implemented like new plexiglass barriers, mask usage and closing of shared spaces (locker rooms, showers, etc).
- Limit indoor activities if possible, especially group activities. If you do attend an indoor session, maintain as much distance between yourself and other individuals and wear a mask.
- Maintain at least 6 feet of separation in areas that may lead to close contact such as weight rooms, group fitness studios, locker rooms and shared areas.
- Don't shake hands, give high fives, do elbow bumps or touch others.
- Take extra pre-cautions with shared equipment. Make sure it is cleaned and disinfected. Wipe down machines and use hand sanitizer that contains at least 60% alcohol before using machines.
- Do not share items that can't be cleaned like resistance bands or weightlifting belts.

In NJ:

- Occupancy indoors will be limited to 25% of maximum capacity at one time, excluding staff.
- Workers and customers must wear cloth face coverings while indoors. If a customer refuses to wear a face covering for non-medical reasons, then the business must decline entry.
- Individual or pair activities which do not involve contact can occur.
- Doors and windows should be open when possible to increase ventilation.

For more info, visit covid19.nj.gov or the [CDC website](http://www.cdc.gov).

Stage 2 Updates:

9/1 – Gyms and indoor amusement and water parks may open. [EO 181](#)

9/4 – Indoor dining may resume. [EO 183](#)

9/4 – Movie theatres and other indoor entertainment businesses may resume. [EO 183](#)



Stay Safe During Indoor Dining

As of Friday, September 4th at 6 am restaurants may resume indoor dining services. The [CDC](#) has some tips to keep safe while enjoying time at a restaurant.

- Before you go, check the restaurant's website and social media to see their updated guideline and if you need to make a reservation.
- While at the restaurant, wear a face covering as much as possible when not eating. If you are dining with others who don't live with you, maintain a proper social distance.
- Maintain proper social distancing in shared areas like the lobby, hallway or waiting area.
- When possible, choose food and drink options that are not self-serve to limit the use of shared serving utensils, handles, buttons and touchscreens.
- Wash your hands for at least 20 seconds when entering and exiting the restaurant. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Make sure there is adequate soap, water and paper towels before using the restroom.

Back to School Tips

Whether your school has chosen to go back full-time in person, hybrid or fully virtual, this school year will look different. Check out this [article from the Mayo Clinic News Network](#) for some tips and tricks to ease into the school year more comfortably. Have a safe and happy school year!



Updated 9/1/2020

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2019 Novel Coronavirus (COVID-2019) Resources and Links

New Jersey COVID-19 Resources

- <https://covid19.nj.gov/> - Visit this webpage to get information on all things COVID-19 in New Jersey.
- COVID-19 New Jersey Dashboard + Positive Test Results available [here](#). Now including trends, hospital census, long term care facilities, psychiatric hospitals and demographics. Updated daily.
- Somerset County NJ COVID-19 Status Dashboard available [here](#).
- Morris County NJ COVID-19 Status Dashboard available [here](#).
- Phone/Text Lines:
 - 2-1-1 for General COVID-19 questions (7am-11 pm)
 - 1-800-962-1253 for Clinical Questions (24/7)
 - Text NJCOVID to 898-211 to receive alerts
 - Text your zip code to 898-211 for live text assistance

Testing Updates – As of 9/1/20:

- **NJ Testing Sites – [click here](#)** for the most up to date information including new locations and testing criteria. The FEMA Testing Sites at Bergen County Community College and PNC Arts Center have closed.
 - **Somerset County** – Joint testing site with Hunterdon County at Raritan Valley Community College, 118 Lamington Road, Branchburg, NJ 08876. Drive thru testing by appointment only. **Open Thursday, September 3rd 10 am-1pm.** Subject to change. Check status of test site at <http://www.co.somerset.nj.us/covid19status>. Residents of Somerset County ONLY can make an appointment at <https://somerset-hunterdon.adlabscovidtest.com/>.
 - **Morris County** – Morris County's COVID-19 Testing Center at CCM has closed.
- Most doctor's offices, urgent cares and hospitals are testing symptomatic patients. If you are feeling unwell, call ahead to your healthcare provider. **DO NOT** just show up to an office, urgent care or ER.
- For more information on testing - [visit the CDC website on testing](#).

Serum Antibody Testing Facilities and Convalescent Plasma

- Individuals who have recovered from COVID-19 could help other patients with COVID-19 through serum antibody testing. Most doctors and urgent cares are testing but may be using different tests. Please call ahead to your location for more information. For more information please visit the [CDC](#) or [NJDOH](#) websites.

Bernards Township COVID-19 Resources

- [Mental Health Resources during COVID-19](#)
- **Mind Your Health** – Mental Health Considerations for [General Population](#), [Teachers/Parents/Caretakers of Children, Elderly or those in Isolation](#), [Healthcare Workers](#) and [Youth](#)
- [Social Distancing](#)
- [COVID-19 Guidelines for Landscapers](#)
- [Local Resources for Residents](#) (email health@bernards.org to add a resource)
- [Morris County COVID-19 Testing Sites](#)
- [Somerset County COVID-19 Testing Sites](#)

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