



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 #53 – December 3, 2020**

CDC Changes to COVID-19 Quarantine and Isolation Time

- The incubation period of COVID-19 is between 2-14 days. While 14 days is the maximum incubation period for COVID-19, the median is about 5 days.
- On 12/2 the [CDC released new guidance with options to shorten the quarantine time](#).
- Given substantial community spread of COVID-19 in NJ, the [NJDOH](#) continues to recommend 14 days **where feasible** to reduce the risk of spread of COVID-19.
- Individuals that work or live in congregate settings that care for high risk individuals (long term care, assisted living facilities, etc) **need to continue to quarantine for 14 days** unless staffing shortages would cause risk to public safety.
- Outside of these high risk congregate settings if a 14 days quarantine is **not feasible**, the following options are acceptable alternatives:
 - Quarantine can end after Day 10 without testing **and** if no symptoms have been reported during daily monitoring.
 - When COVID-19 [testing resources are available](#), persons exposed to COVID-19 should consider testing. Quarantine can end after Day 7 if the test result is negative **and** if no symptoms were reported during daily monitoring. The test specimen should be collected between Day 5 and Day 7, but quarantine cannot be discontinued earlier than Day 7. The person should **remain in quarantine** until the results are received and **are negative**. If the test result is delayed, quarantine should be continued until after Day 10.
- Quarantine can be shortened **only if a person remains asymptomatic** throughout the shortened quarantine period; if they **continue to monitor for symptoms** through Day 14; and if they are counseled to follow COVID-19 prevention recommendations.
- If persons under quarantine develop symptoms of COVID-19, they should immediately self-isolate and contact their healthcare provider.

NJ COVID-19 Updates

- On Nov 30th Governor Murphy signed [Executive Order 204](#) which pauses indoor practices and competitions for youth and adult sports from Saturday, December 5th through Saturday, January 2, 2021.
 - Private fitness classes, lessons and trainings at gyms, studios and similar locations are permitted to continue.
 - Collegiate and professional sporting activities will not be affected.
- **Outdoor gatherings** such as high school sporting events and outdoor concerts **are limited to 25 individuals**
 - Wedding ceremonies, funerals, memorial services and religious and political activities are not subject to the outdoor gathering limit.
 - Athletes, coaches, referees and other individuals necessary for a professional or collegiate sports competition are not counted towards the 25-person limit. Individuals not necessary for the sport including spectators DO count towards the 25-person limit.
 - Outdoor gatherings should continue to adhere to strict social distancing guidelines including the requirement to wear masks whenever it is not possible to social distance.
- Indoor meetings of addiction groups such as Alcoholics Anonymous are not limited to 10 individuals but will be limited to 25% capacity of the room in which they take place up to a maximum of 150 individuals.

NJ Winter Holiday Guidance

As the weather gets colder and families make plans to celebrate the winter holidays, the NJDOH has released guidance for winter holidays and celebrations to help reduce the risk of COVID-19 spread. [View guidance here](#).

Updated 12/3/2020

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2019 Novel Coronavirus (COVID-2019) Resources and Links

COVID-19 Case Graphs per Municipality – Case counts come directly from raw data imported from Commcare by the Bernards Township Health Department.

Somerset County

- [Bernards Township](#)
- [Bernardsville Borough](#)
- [Peapack and Gladstone Boroughs](#)

Morris County

- [Chester Borough](#)
- [Long Hill Township](#)
- [Mendham Borough](#)

COVID-19 Weekly Activity Reports

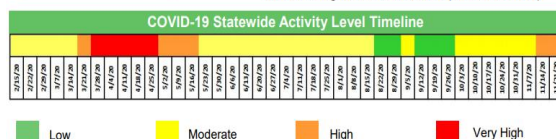
- Provides data on COVID-19 transmission by six regions in NJ.
- Updated every Thursday.
- Used to determine school exclusion and other re-openings.
- This week NJ is in **HIGH RISK**
- Click [here](#) to view this week's report ending Nov 21, 2020.



COVID-19 Activity Level Report

New Jersey Department of Health
Communicable Disease Service

Week ending November 21, 2020 (MMWR week 47)¹



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, demographics, contact tracing and school info. 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 12/3/20:

- **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. **Next test date is Dec 9th 10am-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/>.
- 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](#).

Updated 12/3/2020

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