



BERNARDS TOWNSHIP HEALTH DEPARTMENT

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

Contact: Lucy Forgione, Health Officer/Health Director
health@bernards.org

2019 Novel Coronavirus (COVID-2019) Weekly Update #7 – March 16, 2020

Local COVID-2019 Updates:

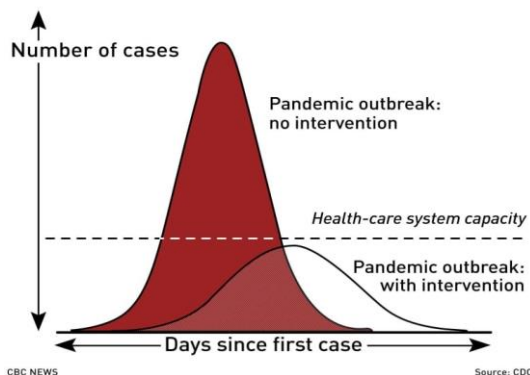
- The 2019 Novel Coronavirus (COVID-2019) is a rapidly evolving situation. Members of the public are urged to keep up to date by visiting trusted public health resources.
- The Bernards Township Health Department is closely monitoring any local suspected cases and keeping updated on the most current information from trusted sources such as the NJDOH and CDC.
- As of 3/16 the Health Department is closed to visitors – they are open for phone calls and emails.
- For current NJ numbers, please visit https://www.nj.gov/health/cd/topics/covid2019_dashboard.shtml

CDC Recommendations – Spread Facts Not Fear

- **What is Social Distancing?** Remaining out of congregate settings, avoiding mass gatherings, and maintaining distance. Although schools, businesses, and restaurants may close, it does not mean it's time to host parties, sleepovers, or other gatherings. This is a behavioral change.
- **What is Quarantine/Self-Quarantine?** Quarantining is separating and restricting the movement of people who were exposed to a contagious disease to see if they become sick. Self-quarantine means the individual suspects they may have been exposed and have made the decision to restrict themselves. This involves locational change.
- **What is Isolation?** Separating and restricting movement of people who are sick with a contagious disease from people who are not sick. This is also a locational change.

Flattening the curve

Slowing the spread of the virus



What does “Flattening the Curve” Mean?

- Think of the curve representing illness and its impact on the healthcare system.
- When a disease emerges in a population and it spreads quickly, that curve will spike quickly and put stress on the healthcare system immediately.
- By implementing social distancing, the curve will not “spike” as quickly and have as heavy an impact on our hospitals, doctors, and other resources.
- Social distancing helps everyone – less people getting sick, and less pressure on healthcare.

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough, and Peapack and Gladstone Borough. For update links and more information, visit: <http://www.bernardshealth.org>



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2019 Novel Coronavirus (COVID-2019) **Resources and Links**

The 2019 Novel Coronavirus (COVID-2019) is a rapidly evolving situation. Members of the public are urged to keep up to date by visiting trusted public health resources.

World Health Organization – Novel Coronavirus 2019

- [Novel coronavirus \(2019-nCoV\) WHO Video](#)
- [Q&A](#)
- [Mythbusters](#)
- [Travel Advice](#)
- [Advice for the Public](#)

COVID-2019 Phone Lines

If you are a health professional or first responder in Somerset County with COVID-2019 questions call:
SCDOH Coronavirus COVID-19 Health Line (908) 203-6014

Members of the public with questions about COVID call:
24-Hour Public Hotline at NJ Poison Control 1-800-222-1222
Trained professionals are standing by to answer your call 24/7 OR visit nj.gov/health

NOTE: Hotline is not to locate testing, to get test results, or for medical advice

Centers for Disease Control

- [People at Risk for Serious Illness from COVID-19](#)
- [Cleaning and Disinfection Recommendations](#)
- [Protect Yourself and Your Family](#)
- [Coronavirus Disease 2019 Information for Travel](#)
- [Frequently Asked Questions & Answers](#)
- [Situation Summary](#)
- [About COVID-19](#)
- [How it Spreads](#)
- [Prevention & Treatment](#)
- [Stigma and Resilience](#)
- Confirmed Cases – [Global](#), [Cases in the US](#)
- What You Need to Know – [English](#) , [Simplified Chinese](#) , [Spanish](#)
- What To Do If You Are Sick – [English](#) , [Simplified Chinese](#) , [Spanish](#)
- Preventing COVID-2019 from Spreading to Others in Homes and Communities – [English](#) , [Simplified Chinese](#)



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New Jersey Department of Health

- [General Information for the Public](#)
- [COVID-19 Information for Communities and the General Public](#)
- [COVID-19 Information for Schools and Businesses](#)
- [COVID-19 Information for Healthcare and Public Health Professionals](#)
- [Email or Call for COVID-19 Questions to the NJDOH](#)

Other Local Resources:

- [Somerset County Department of Health](#)
- [Morris County Office of Health Management](#)
- [New Jersey Office of Emergency Management](#)
- [Bernards Township Health Department](#)
 - [Health Alerts](#)
 - [Spread Facts Not Fear \(English\)](#), [Spread Facts Not Fear \(Spanish\)](#)
 - [Wash Hands & Use Sanitizer \(video\)](#)
 - [Cough Into Your Sleeve \(video\)](#)

Recommended Guidance for Specific Populations:

- [Interim Guidance for Schools and Childcare](#)
- [Interim Guidance for Businesses and Employers](#)
- [Guidance for Healthcare Facilities](#)
- [Resources for Home – Plan, Prepare, and Respond](#)
- [Resources for Colleges and Universities](#)
- [Resources for Community and Faith Based Leaders](#)
- [Resources for First Responders and Law Enforcement](#)
- [Information on COVID-19 for Pregnant Women and Children](#)
- [NJ Department of Health – Guidelines for Control of Respiratory Virus in Long Term Care Facilities](#)
- [Preventing COVID-19 Spread in Communities](#)
- [Community Events](#)
- [Guidance for Homeless Shelters](#)

Testing for COVID-19

- *As of 3/16/20*
 - Two FEMA testing sites are projected to open at Bergen County Community College and PNC Bank Arts Center in Momouth County. More information to follow.
 - Most doctor's offices are not testing on site. Some doctors may collect samples and send to an approved laboratory. **If you are feeling unwell, call ahead to your healthcare provider.**
 - Hospitals are currently testing for COVID-19. **Call ahead to get more information. Do not just show up to the ER.**
- For more information or testing - [visit the CDC website.](#)