



## BERNARDS TOWNSHIP HEALTH DEPARTMENT

262 South Finley Avenue, Basking Ridge, New Jersey 07920

(908) 204-2520. Fax (908) 204-3075. [www.bernardshealth.org](http://www.bernardshealth.org)

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## **2019 Novel Coronavirus (COVID-2019)** **Weekly Update #55 – December 17, 2020**

### **COVID-19 NJDOH Vaccine Resources**

In anticipation of the COVID-19 vaccine, the NJDOH is working with many other state, federal and local agencies to plan for the fast and equitable distribution of a vaccine to all New Jersey communities. It is the goal of the NJDOH to make safe and effective COVID-19 vaccination available to all who work, live and/or are educated in New Jersey. Visit the [NJDOH COVID-19 Vaccination](#)'s page which will evolve as that effort moves forward. Other languages available on this page.

#### **General Information**

- [EUA Fact Sheet for COVID-19 Vaccine Recipients and Caregivers](#)
- [COVID-19 Vaccine Plan at a Glance – English - Spanish](#)
- [Vaccine Priority Groups – English - Spanish](#)
- [What is a POD? – English – Spanish](#)
- [Keeping Track of COVID-19 Vaccine through NJIIS](#)

#### **COVID-19 Vaccine Approval Information**

- [Infographic – COVID-19 Vaccine Approval Process](#)
- [After Vaccination Health Checker – Flyer - Poster](#)

#### **CDC Resources for the Public**

- [8 Thing to Know About Vaccine Planning](#)
- [How CDC is Making COVID-19 Vaccine Recommendations](#)
- [Ensuring the Safety of COVID-19 Vaccines in the United States](#)
- [FAQs About COVID-19 Vaccination](#)
- [Understanding How COVID-19 Vaccines Work](#)
- [Myths and Misconceptions About COVID-19 Vaccines](#)
- [Different COVID-19 Vaccines](#)
- [Understanding mRNA COVID-19 Vaccines](#)

Additionally, the NJDOH will be releasing a weekly newsletter called "Vax Matters" which will include updates on vaccine news as well as the state's vaccination planning. Sign up [here](#) and read the edition from [Dec 11<sup>th</sup> here](#).

### **Updated NJDOH Guidance for COVID-19**

As the COVID-19 situation continues to evolve, quarantine and isolation instructions may change. Check out the most recent NJDOH Guidance for [NJ Resident with a Positive COVID-19 Test: Instructions and Next Steps](#) and [COVID-19 Quarantine Recommendations](#).

### **COVID FAQ Corner**

**Q: I want the COVID-19 vaccine, but I was never enrolled in NJIIS. Will I still be able to get the vaccine?**

*A: Yes. When you go to receive the COVID-19 vaccine you will automatically be enrolled in NJIIS. If you do not want to be enrolled you will receive information about how to be unenrolled 30 days after the public health emergency expires.*

**Q: My child was exposed to a positive case in dance class. I want to discontinue their quarantine and return them to in-person school instruction after Day 7. Why can't I do this?**

*A: The new recommendation for discontinuing quarantine does allow for specimen collection and testing between Days 5 and 7, and if the test is negative you may discontinue quarantine after Day 7. However, when it comes to school many schools are choosing to continue with the recommended 14 days for the safety of students and school staff. Check with your district for more information.*

**Q: I still want to celebrate the winter holidays with my family. Is there a safe way to do that?**

*A: The safest way to celebrate winter holidays is to celebrate at home with the people who live with you. The CDC has [updated their guidance](#) to help individuals modify their holiday celebrations.*

### **Mental Health, The Holidays and COVID-19**

For many, the holiday season this year will look quite different. Usually, the end of the year is filled with parties, visiting family and friends, and traveling. So much has happened in 2020. Many people have lost loved ones or their jobs. Others have been working overtime and are feeling burn out and are unable to take time off. Whether or not you live with a mental health condition the holidays can be stressful. For strategies on coping, visit the [Mayo Clinic](#), [AFSP](#) and [John Hopkins](#).

Updated 12/17/2020

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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. Dotted line indicates cases for the current month. New cases since previous week also added to New Cases by Month Graph.

### 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 Dec 5, 2020.



COVID-19 Activity Level Report  
New Jersey Department of Health  
Communicable Disease Service  
Week ending December 5, 2020 (MMWR week 49)<sup>1</sup>



### 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 12/17/20:

- **NJ Testing Sites** – [click here](#) for the most up to date information including new locations and testing criteria.
  - **Morris County** – Sign up for at-home saliva or nasal testing for Morris County residents [here](#).
  - **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. **The Dec 16<sup>th</sup> testing date has been moved to Dec 18<sup>th</sup>. The next test date is Wed, December 23<sup>rd</sup> from 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.

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