



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
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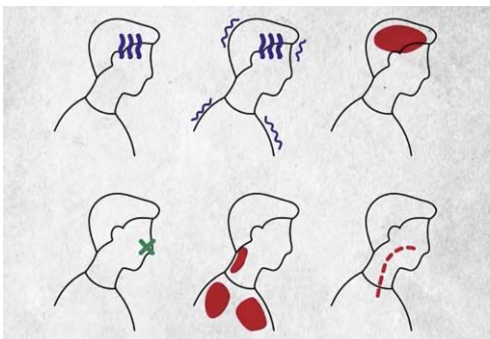
2019 Novel Coronavirus (COVID-2019)
Update #21 – May 4, 2020

Local Health Departments and Long Term Care Facilities

Local health departments (LHDs) are the lead agency for investigating outbreaks of COVID-19 in their jurisdiction. They serve as the primary point of contact with long-term care facilities (LTCF) and assisted living facilities (ALFs) in their jurisdictions and are required to report suspect and confirmed outbreaks immediately to NJ Department of Health (NJDOH) and Communicable Disease Services (CDS).

The NJDOH/CDS assist LHDs in managing these outbreaks by providing guidance on surveillance, reporting, infection control and other recommended measures the facility should take to control the outbreak.

The LHD works with the facility to ensure these recommendations are implemented and to obtain status updates on a daily basis. CDS will review outbreak data, identify areas of concern, provide additional guidance through LHDs, and assist the LHD to elevate areas of concern.



CORONAVIRUS

CDC lists six symptoms that repeatedly show up

The new symptoms, which could appear two to 14 days after exposure, are:

- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- New loss of taste or smell
- Sore throat

The CDC listed just three before: shortness of breath, cough and fever.

For the Deaf and Hard of Hearing Community

A free emotional support helpline is now available to deaf and hard of hearing New Jersey residents feeling the emotional and mental toll of COVID-19. Call the videophone helpline at 973-870-0677 for free confidential support. Direct communication in sign language will be offered from 9am – 5pm Monday thru Friday by live trained specialists.

Park Facility Closure Reminders

For more information and updates visit Bernards Township's website or social media channels.

<http://www.bernardsorg/covid19.aspx>

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- @bernardstwp_parksandrec

Trails & Paths Remain Open for Passive Recreation.

For the health, safety and well-being of our community, the following facilities remain closed until further notice:

- Picnic shelters
- Playgrounds and fitness stations
- Basketball courts
- Volleyball courts
- Tennis Courts, including the paddle tennis courts
- Athletic fields, including the artificial turf fields
- The roller rink
- The dog park
- Park restrooms
- Park water fountains
- Indoor park buildings, including the community center

Bernards Township Parks & Recreation

Passive Recreation & Trail Use Reminders

For more information and updates visit Bernards Township's website or social media channels.

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Please stay home if you are exhibiting symptoms.

- **FACE COVERINGS**
Visitors should wear cloth face coverings where social distancing is otherwise difficult to maintain.
- **MAKE SPACE**
Maintain an ideal six-foot distance between yourself and individuals outside of your household.
- **MOVE OVER**
While walking on trails, warn other users of your presence as you pass, and step aside to let others pass.
- **BE PREPARED**
Plan ahead, as parking will be limited to 50% of capacity and restrooms and water fountains are closed. Take your trash home with you.
- **NO GROUPS or ORGANIZED ACTIVITIES**
Organized activities or sports and the gathering of individuals is not allowed.
- **NO PICNICKING**
Picnicking and coolers, chairs, blankets and other related items are not allowed.
- **LEASH AND CURB YOUR DOG**
Dog must be on a leash at all times (5-8.7) and removal of dog feces will be strictly enforced (5-8.9).
- **NO GOLF IN PARKS**
Hitting of golf balls is prohibited (10-15).

Bernards Township Parks & Recreation

We Want to Hear From You

Every week the Health Department sends out two updates with current and resourceful information. We want to know what you are doing right now to keep your family healthy and safe. Send us your tips! Tell us [HERE!](#)

Updated 5/4/2020

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

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 Result** 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 5/4/20 –

- **NJ Testing Sites - [click here](#)** for the most up to date information. As of 5/4/20 exhibiting symptoms is no longer a pre-requisite for some testing facilities. Visit the link to learn more about priority testing.
 - **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 with valid doctor's prescription. Open May 5th and May 7th from 10 am – 1pm. Subject to change. Check status of test site at <http://www.co.somerset.nj.us/covid19status>. Residents of Somerset or Hunterdon County can make an appointment at <https://somerset-hunterdon.adlabscovidtest.com>.
 - **Morris County** – Drive Through. Located at Morris County Community College. 214 Center Grove Rd, Randolph, NJ 0789. For patients with a doctor's prescription.
- 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 or testing - [visit the CDC website](#).

Serum Antibody Testing Facilities and Convalescent Plasma

- Individuals who have recovered or are recovering from COVID-19 could help other patients with COVID-19 through serum antibody testing. To find out more, click [here](#).
- **Red Cross – Plasma Donations from Recovered COVID-19 Patients**

Bernards Township COVID-19 Resources

- [Bernards Township Senior Help Line](#)
- [COVID-19 Guidelines for Landscapers](#)
- [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](#)
- [Local Resources for Residents](#) (email health@bernards.org to add a resource)

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