



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
lforgione@bernards.org

2019 Novel Coronavirus (COVID-2019) Weekly Update #25 – May 18, 2020

Mental Health Spotlight: National Alliance on Mental Illness



NAMI, the National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Call the NAMI Helpline at 800-950-6264 M-F, 10 am – 6pm ET. In a crisis, text "NAMI" to 741741 for 24/7 for confidential, free crisis counseling.

NAMI NJ - <http://www.naminj.org/>

NAMI Morris County – Email namimorriscounty@outlook.com

NAMI Somerset County – Email ms_sues_mail@yahoo.com

Quarantine Fatigue

A note from Health Officer, Lucy A. Forgione:

"Dear Residents,

While everyone is itching to go back to normal, the attached article is a "must read". Keep in mind that the virus hasn't changed and neither has the science behind it. This article is a conservative approach that will help assist in assessing levels of risk and making the best possible choice for you and your family to stay healthy and safe this summer."

<https://www.latimes.com/science/story/2020-05-16/so-you-really-want-to-see-your-friends-heres-how-to-assess-the-risk>

Elective Surgery Procedures

Governor Murphy signed [Executive Order 145](#) that reversed the temporary ban that was placed on elective procedures — both medical and dental — two months ago, at the onset of the major health crisis brought on by the novel coronavirus. The new order set a restart for May 26 at 5 a.m., subject to the policies pending from the state Department of Health.

CDC Tips and Guidance on Reopening

[CDC Activities and Initiatives Supporting the COVID-19 Response and the President's Plan for Opening America Up Again](#)

[Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#)



Are you interested in assisting New Jersey's contact tracing efforts? Register and be notified when opportunities become available.

<https://covid19.nj.gov/forms/tracer>

| COVID-19 Carrier | Others |
|------------------|--------|
| HIGHEST RISK | |
| HIGHER RISK | |
| LOWER RISK | |
| LOWEST RISK | |

NEW JERSEY DEPARTMENT OF ENVIRONMENTAL PROTECTION

Updated 5/18/2020

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>



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
lforgione@bernards.org

2019 Novel Coronavirus (COVID-2019) Resources and Link

Testing Updates – As of 5/18/20 –

- **NJ Testing Sites** – [click here](#) for the most up to date information including new locations and testing criteria.
 - **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 19th and 21st 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 Road, Randolph, NJ 07869. Visit <https://health.morriscountynj.gov/COVIDTesting>.
- 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 on serum antibody testing please visit the [CDC website](#) or [NJDOH website](#).

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

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)

Updated 5/18/2020

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>