



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) Weekly Update #26 – May 22, 2020

Mental Health Spotlight:



American Foundation for Suicide Prevention

ASFP is dedicated to saving lives and bringing hope to those affected by suicide. ASFP creates a culture that's smart about mental health by engaging in core strategies such as: funding scientific research, educating the public about mental health, advocating for public policies in mental health and suicide prevention, and supporting survivors of suicide loss and those affected by suicide.

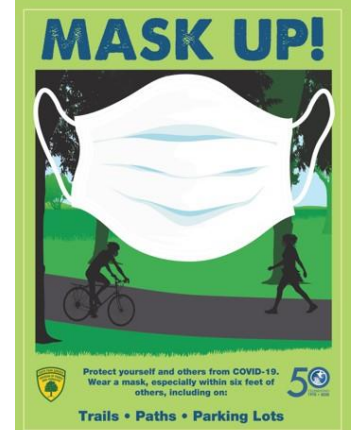
<https://afsp.org/> [AFSP New Jersey Chapter](#) [Mental Health and COVID-19](#)



Stay Safe Over the Holiday Weekend

Memorial Day weekend is almost here. The summer will play a key role in understanding how COVID-19 will progress. Take steps to stay safe:

- Adults are advised to wear face coverings and to continue to keep distance from one another.
- Always supervise a barbeque grill in use. Don't grill indoors. Keep children and pets away from a hot grill.
- Maintain social distancing in and out of the water, especially from people who are not in the same household on you.
- Come up with alternative activities if you don't think your children can socially distance themselves properly.
- Don't share personal items like water guns, goggles, snorkels or other yard games.
- If you're going to be outside, wear plenty of sunscreen to stay safe from the sun and avoid a burn.
- Stay home and enjoy time with family outdoors if you can. Don't travel too far.



What's Opening and When

Governor Murphy announced his plan for reopening New Jersey on April 27th as a vision to guide the process of restarting NJ and restoring the state's economic health by ensuring public health. On May 18th, the Governor unveiled the multi-stage approach to execute the plan in a responsible and strategic way to keep residents safe. Although exact dates have yet to be announced, reopening is beginning.

Learn more [here](#) and on "[The Road Back: Restoring Economic Health Through Public Health](#)".



Updated 5/22/2020

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2019 Novel Coronavirus (COVID-2019) Resources and Link

Testing Updates – As of 5/22/20 –

- **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 28th, June 2nd and June 4th 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 – Links may not be working at this time

- [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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