



## 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)

Contact: Lucy Forgione, Health Officer/Health Director  
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## 2019 Novel Coronavirus (COVID-2019) Weekly Update #27 – May 26, 2020

### Mental Health Spotlight:



The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families. Use <https://www.samhsa.gov/> to find treatment centers nearby.

### More About Contact Tracing

There's a lot of talk about what contact tracing is and isn't. Get the facts below:

- Contact tracing is a public health tool used to identify those who come into contact with people who test positive for many infectious diseases like COVID-19.
- Contact tracers work with a patient to identify and provide support to people who may have been exposed.
- The primary reason for them to call is to let you know that you may be the contact of a person who tested positive for COVID-19.
- They will introduce themselves to you, ask about symptoms and ask where you went or who you saw in the past few days. They will recommend you get tested since you were the close contact of a positive case.
- A contact tracer will **never** ask for your social security number or bank account information.
- Your contact information was given to the contact tracer by the person who tested positive for COVID-19.
- They will attempt to contact you by phone. If they are unable to reach you, they may come to your home.
- If you have tested positive, your contacts will not be told it was you. Your identity will be kept **anonymous**.
- Be honest when answering questions. Sharing names and contact information of persons who are close contacts to the contact tracer is an important way to help reduce the spread of COVID-19.



VAPING IS ALWAYS A BAD IDEA BUT, WITH COVID-19, IT'S REALLY BAD!  
Join us on Zoom to start a quit plan NOW.



Lungs injured from vaping or smoking may increase a person's vulnerability to COVID-19 and possibly greater severity of the illness. And right now, some kids may be suffering from nicotine withdrawal because they can't access their usual supply.

Join us virtually on Thursday, May 28 at 4:00 PM to get started on quitting NOW. We'll review the best quit tools and ways to set up a successful quit plan. All ages welcome - participate anonymously or engage in the discussion!

Learn more at [communityin crisis.org/QuitForCovid](http://communityin crisis.org/QuitForCovid).  
(Zoom Link: <https://us02web.zoom.us/j/85603547906>)  
Follow us on Facebook @communityin crisis1 and on Instagram @communityin crisis or @youthcommunityhub

Visit us online for Vape Free. Breathe Free.  
A comprehensive 5-part webinar series exploring the latest vaping facts and quit resources.

### Checklists for Keeping Your Home Safe During COVID-19

During these times of uncertainty, you want your home to be a safe place for you and your loved ones. When you are spending so much time indoors, you need to be able to identify and handle the hidden hazards in your home that can cause injury or death. Just as you are working to protect those you love from COVID-19, the US Consumer Product Safety Commission urges you to protect your family from these hazards as well.

[Home Safe with Young Children](#)

[Home Safe with Older Children](#)

[Home Safe with Seniors](#)

[Home Safe with Everyone](#)

Updated 5/26/2020

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 Link

### Testing Updates – As of 5/26/20 –

- **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 28<sup>th</sup>, June 2<sup>nd</sup> and June 4<sup>th</sup> 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](mailto:health@bernards.org) to add a resource)

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