



BERNARDS TOWNSHIP HEALTH DEPARTMENT

262 South Finley Avenue, Basking Ridge, New Jersey 07920
(908) 204-2520. Fax (908) 204-3075. www.bernardshealth.org

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2019 Novel Coronavirus (COVID-2019) Weekly Update #31 – June 23, 2020

Mental Health Spotlight:



Mental Health Association Text Line

In response to COVID-19, the Mental Health Association in New Jersey has launched a new texting option for residents to access emotional support from trained specialists in addition to the call-in service already available through New Jersey MentalHealthCares Helpline.

New Jerseyans can simply text NJHOPE to 51684 or call 866-202-HELP (4357) for access to emotional support, education, information and referrals daily, from 8 a.m. to 8 p.m. People may also opt in for comforting and nurturing care messages delivered via mobile phone to help them cope with emotional stress on a longer-term, ongoing basis. If any texts or messages are received during off-hours they will be answered the following day. Read more [here](#).

Why Do I Need to Stay Home After Being Tested?

If you get tested for COVID-19 it is important to stay home while waiting for results because you may be positive and not know it. Research shows that individuals may have the virus and show no symptoms. Self-quarantining until you receive results is the best way to not expose others to the virus.

If you are waiting for test results it's important that you:

- Stay home until you receive your results.
- Wear a face covering if you must leave your home.
- Wash your hands often with soap and water or 20 seconds. Use at least a 60% alcohol based hand sanitizer if soap and water isn't available.
- Avoid close contact with people who are sick.
- Clean high touch surfaces every day like keyboards, doorknobs, phones, toilets and remote controls.

Outdoor Visitation for Long Term Care Residents

Residents of long-term care facilities received happy news for Father's Day this year as a [directive](#) was issued to allow outdoor visits with loved ones in designated outdoor spaces. Visitors must be screened and follow safety control measures.

Tips for Safe Dining

- Face coverings should be worn when arriving and leaving the outdoor dining establishment.
- Face coverings should also be worn when/if walking through the establishment while waiting to be seated or to use the restroom.
- A face covering is not needed when eating and drinking.
- Use a 60% alcohol based hand sanitizer when needed.
- Keep up to date with new guidance related to outdoor and indoor dining as it becomes available. [Indoor dining will open at 25% capacity on July 2nd](#).

What's Opening and When?: Stage 2



Standards for New Jersey Colleges and Universities

The Office of Secretary of Higher Education (OSHE) released [standards for institutions of higher education](#) on June 18th. Please note some of these standards may change pending the progression of the pandemic.

Updated 6/23/2020

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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 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

Testing Updates – As of 6/23/20 –

- **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. **June 25th filled. Open July 2nd 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. CLOSED Tuesday June 23rd. **Discontinuing operations after Friday June 26th.** 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 please visit the [CDC](#) or [NJDOH](#) websites.

Bernards Township COVID-19 Resources

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

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