



## 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)

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# 2019 Novel Coronavirus (COVID-2019) Weekly Update #33 – July 7, 2020

### Mental Health Spotlight:



NJ 211 continues to be a great resource for residents to get information on all aspects concerning COVID-19 including mental health.

If you're looking for helplines, hotlines and other organizations doing their part to help support the mental health of residents, check out <https://www.nj211.org/covid-19-and-mental-health>. NJ 211 can also answer questions about unemployment, family leave, housing assistance, resources for businesses and non-profits and other related topics.

### Hospital Visitors and Labor and Delivery Support

As COVID-19 hospitalizations decrease in New Jersey, many hospitals are now permitting visitors with some restrictions. Each facility should have requirements posted on their website. Additionally, New Jersey Department of Health will allow doulas to resume duties during labor and delivery as a member of a pregnant woman's health care team.

Doulas support healthy pregnancies by providing culturally appropriate social and emotional support to pregnant women through the prenatal period, labor and delivery and postpartum care. Read the full article on NJ.gov [here](#).

### Who Should Get Tested?

#### High Priority

- Hospitalized patients
- Healthcare facility workers, workers in congregate living settings, and first responders with symptoms
- Residents in long-term care facilities or other congregate living settings, including prisons and shelters, with symptoms.
- Persons identified through public health cluster and selected contact investigations

#### Priority

- Persons who had close contact (within 6 feet for at least 10 minutes) with someone who tests positive for COVID-19, both with and without symptoms
- Residents and staff in long-term care facilities or other congregate living settings, including prisons and shelters, as part of house-wide point prevalence studies, including those with and without symptoms.
- Persons with symptoms of COVID-19 infection, including: fever, cough, shortness of breath, chills, muscle pain, headache, new loss of taste or smell, vomiting, sore throat, diarrhea, stuffy or runny nose, and nausea.

To find out where to get tested in Morris County, [click here](#).

To find out where to get tested in Somerset County, [click here](#).

### Stage 2 Updates

**COVID-19 UPDATE**

IF YOU'RE TRAVELING TO NEW JERSEY FROM THE FOLLOWING STATES YOU SHOULD SELF-QUARANTINE FOR 14 DAYS:

AL, AR, AZ, CA, FL, GA, IA, ID, LA, MS, NC, NV, SC, TN, TX, UT

**COVID-19 UPDATE**

**JUNE 29, 2020 REOPENINGS:**

- RETAIL SHOPPING MALLS

**JULY 2, 2020 REOPENINGS:**

- MUSEUMS
- AQUARIUMS
- LIBRARIES
- BOWLING ALLEYS
- INDOOR BATTING CAGES
- INDOOR SHOOTING RANGES
- BOARDWALK ARCADES
- OUTDOOR WATER PARKS
- CASINOS
- PLAYGROUNDS
- OUTDOOR AMUSEMENT PARKS

**JULY 6, 2020 REOPENINGS:**

- YOUTH DAY CAMPS
- IN-PERSON SUMMER EDUCATION
- EXPANDED NJ TRANSIT RAIL AND LIGHT RAIL
- GRADUATION CEREMONIES

### EO 158: Pausing the Resumption of Indoor Dining

On June 28<sup>th</sup> Governor Murphy signed Executive Order No. 158, temporarily pausing the resumption of indoor dining, which had been scheduled to resume early July. For a copy of EO 158 [click here](#).

Updated 7/7/2020

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 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 7/7/20 – As of June 30<sup>th</sup>, the FEMA Testing Sites at Bergen County Community College and PNC Arts Center have closed.

- **NJ Testing Sites – [click here](#) for the most up to date information including new locations and testing criteria.**
  - **Somerset County** – Testing site at Raritan Valley Community College, 118 Lamington Road, Branchburg, NJ 08876. Drive thru testing by appointment only, **no prescription necessary. Open July 9<sup>th</sup> 10am – 1pm.** Subject to change. Check status of test site at <http://www.co.somerset.nj.us/covid19status>. Residents of **Somerset County ONLY** can make an appointment at <https://somerset-hunterdon.adlabscovidtest.com/>.
  - **Morris County** – **Morris County's COVID-19 Testing Center at CCM closed on Friday, June 26.**
- 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](mailto:health@bernards.org) to add a resource)
- [Morris County COVID-19 Testing Sites](#)
- [Somerset County COVID-19 Testing Sites](#)

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