



BERNARDS TOWNSHIP HEALTH DEPARTMENT

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(908) 204-2520. Fax (908) 204-3075. www.bernardshealth.org

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2019 Novel Coronavirus (COVID-2019) Weekly Update #34 – July 14, 2020

Mental Health Spotlight:



The Impact of COVID-19 on Older Adults' Mental Health

No matter what age you are, the COVID-19 pandemic has affected the mental health and well-being of nearly every person in the world. A group that everyone should keep in mind right now is older adults. Many of them have had their typical routines disrupted including medical visits, leisure activities, visits from family and loved ones, and the loss of friends and others close to them.

This week we're not spotlighting one organization, but sharing some articles and resources regarding older adult's mental health. Please read and share:

- [AFSP: COVID-19: We Must Care for Older Adults' Mental Health](#)
- [Medical News Today: The Impact of COVID-19 on Older Adults](#)
- [The Conversation: Social Isolation and Older Adults](#)
- [Somerset County Office on Aging and Disability Services](#)
- [Morris County Office on Aging Services](#)

Mask Up, NJ!

On July 8th Governor Murphy signed [Executive Order 156](#) which requires individuals to wear face coverings in outdoor public spaces when it's not practical to socially distance from others. It is easy to hear this and assume it means to wear a mask outside at all times but this is not the case!

In New Jersey, individuals *must* wear face coverings:

- **in outdoor public spaces** when social distancing is not possible.
Examples include crowded boardwalks, busy open-air malls/markets;
- **in indoor spaces open to the public**, including retail, recreational, and entertainment businesses, government buildings open to the public, and on public transportation; and
- **in indoor commercial spaces closed to the public, including office buildings**, when individuals are in prolonged proximity to others.

If you're done grocery shopping and you want to take your face covering off in the parking lot as you unload your grocery, you are safe to do so if you are at least 6 feet from others. For more clarification visit COVID19.NJ.GOV.

Hand Sanitizer Recall

The FDA has announced a nationwide recall of certain hand sanitizer brands due to a potential presence of undeclared methanol (wood alcohol). To see the brands affected by this recall please [visit the FDA website](#).

How to Care for Your Face Covering

Check out [this article](#) from Hopkins Medicine about how to care for your face covering.



Learn when to wear your face covering, when to wash it, how many to have, and other important information.

Stage 2 Updates:

COVID-19 UPDATE

JULY 14, 2020 UPDATE: IF YOU'RE TRAVELING TO NEW JERSEY FROM THE FOLLOWING STATES, YOU SHOULD QUARANTINE FOR 14 DAYS


AL, AR, AZ, CA, FL, GA, IA, ID, KS, LA, MN, MS, NC, NM, NV, OH, OK, SC, TN, TX, UT, WI



COVID-19 UPDATE

EFFECTIVE 8:00 PM ON JULY 15, 2020:

- ☑ 50% CAPACITY LIMITS CURRENTLY ENFORCED ON NJ TRANSIT AND PRIVATE CARRIER BUSES, TRAINS, LIGHT RAIL VEHICLES, AND ACCESS LINK VEHICLES **WILL BE LIFTED**
- ☑ FACE COVERINGS **ARE REQUIRED** IN ALL NJ TRANSIT AND PRIVATE CARRIER INDOOR STATIONS, AS WELL AS OUTDOOR STATIONS WHERE SOCIAL DISTANCING IS NOT PRACTICABLE



COVID-19 UPDATE

JULY 13, 2020:

- ☑ MUNICIPAL AND COUNTY POLITICAL PARTIES ARE NO LONGER REQUIRED TO HOLD REORGANIZATIONAL MEETINGS TODAY OR TOMORROW
- ☑ ALL UPCOMING SCHEDULED ELECTIONS ARE NOW MOVED TO THE NOVEMBER 3RD GENERAL ELECTION



Updated 7/14/2020

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 7/14/20:

- **NJ Testing Sites – [click here](#)** for the most up to date information including new locations and testing criteria. The FEMA Testing Sites at Bergen County Community College and PNC Arts Center have closed.
 - **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 Thursday, July 16th (Waiting List) 10 am-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 has closed.
- 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)
- [Morris County COVID-19 Testing Sites](#)
- [Somerset County COVID-19 Testing Sites](#)

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