



## 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 #36 – July 28, 2020

### Young People and COVID-19

A large percentage of new COVID-19 cases that have been reported have been young adults in their 20s and 30s. While much of the early information on COVID-19 indicated that the younger generation wouldn't feel the more severe effects of COVID-19, young adults can still be carriers and spread the virus without knowing. But why?

"Every individual is different, but generally speaking, I think it's fair to say that young people tend to be less compliant with interventions like social distancing, quarantining in place, and mask use in public spaces," says Jason Kessler, MPH, an infectious disease specialist at Morristown Medical Center in Morristown, New Jersey.

Summer time means better weather and people wanting to get out more. That does not mean social distancing shouldn't be followed. For more resources check out the [CDC Young Adults Toolkit](#).

### NJDOH Vaccination Requirements

The New Jersey Department of Health (NJDOH) will not waive the vaccine requirements or allow extensions for the upcoming school year. Students will be expected to comply with vaccine requirements prior to attending both virtual or in-person school at all NJ childcare centers, preschools, schools, and higher education institutions.

Parents are encouraged to contact their healthcare provider to set up an appointment and follow all policies and procedures for an immunization visit.

For more information on routine immunizations during COVID-19 visit the [CDC website](#) or the [NJDOH website](#).



### Isolation vs. Quarantine

There has been a lot of discussion around "quarantine" vs "isolation" and who needs to do what and for how long. Here is a quick list to define it all.

#### Quarantine –

- For anyone who has been in close contact with someone who has COVID-19.
- Stay home for 14 days after your last contact with the person who has COVID-19.
- Watch for fever, cough, shortness of breath or other symptoms.
- Stay away from others as much as possible during this time.

#### Isolation-

- For people with confirmed COVID-19.
- Stay home except to get medical care.
- Stay in a separate room from other household members if possible and use a separate bathroom.
- Don't share personal household like cups, towels or utensils.
- Avoid contact with other household members and pets.
- Wear a cloth face covering around other people.
- **You can be around others after**
  1. At least 10 days after symptoms first appears.
  2. 24 hours with no fever without fever reducing medications.
  3. Symptoms have improved.



### Quarantine If You Might Be Sick

### Isolate If You Are Sick

#### Stage 2 Updates

- Parents will have the option of choosing all remote learning for their children for the upcoming school year. Guidance will be forthcoming.
- Keep updated with the list of states on New Jersey's Travel Advisory [here](#).
- [Residents are encouraged](#) to cooperate and work with contact tracers to help reduce the spread of COVID-19.

Updated 7/28/2020

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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 7/28/20:

- **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. **Open Thursday, July 30<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 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](mailto:health@bernards.org) to add a resource)
- [Morris County COVID-19 Testing Sites](#)
- [Somerset County COVID-19 Testing Sites](#)

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