



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 #38 – August 11, 2020

Contact Tracing Saves Lives



Fight COVID-19 in your community by getting tested and talking to contact tracers. Any information you share will only be used to fight the virus. The NJ Department of Health has unveiled an [online dashboard](#) to highlight the State's contact tracing efforts throughout the state.

"It is critical for all New Jerseyans to answer contact tracing calls in order to stop the spread of COVID-19. This dashboard will join several other public-facing platforms we have created for the purposes of transparency and public awareness", says Governor Murphy.

The biggest reason why contact tracers have been unable to follow-up on cases is because people have not answered the call. In addition, 45% of people who tested positive declined to share information on their close contacts. According to current data, 61% of cases were successfully followed up on and nearly half of all contacts were notified of exposure.

If you receive a call from a contact tracer, it will come through with a zip code local to yours. It is common for people to get spam calls but contact tracers will always leave a voicemail with information on how to follow up with them. A contact tracer will identify themselves as working with the local health department when they call. All information will be kept confidential. Contact tracers will never ask for a Social Security number, financial information, or immigration status. A contact tracer will provide critical health and safety information as well as resources for social services.

Please answer all questions from a contact tracer as honestly as possible. If you are notified as being a close contact, quarantine for 14 days, monitor your symptoms and get tested. If you suspect a call is a scam you can report it to the NJ Division of Consumer Affairs at 973-504-6240.

Indoor Dining and COVID-19 Transmission



On Monday, August 10th Governor Murphy shared a video from [Vox.com](https://www.vox.com) detailing the transmission potential of COVID-19 with indoor dining. In the video, one infected diner at a middle table spread the virus to nine other diners at adjacent tables including some as far as 14 get away. The case was part of a study published in the [Emerging Infectious Diseases](#) journal.

Out of Country Travel

International travelers to other countries and for US residents returning from other countries should review information on the US Department of State website at travel.state.gov.

Asymptomatic Transmission

A [new study](#) from the JAMA (Journal of American Medical Association) found that research from South Korea indicates that people with COVID-19 who are asymptomatic (no symptoms) carry just as much of the virus in their throat, mouth, lungs and noses as those that do have symptoms.

Although the WHO has stated that asymptomatic transmission is not thought to be the main cause of transmission, the issue of asymptomatic spread means that people who never develop symptoms may be unknowingly spreading the virus.

[Read more from Healthline.](#)

Update on Hand Sanitizer Recall

The FDA has issued updated guidance to provide additional clarification on the testing of alcohol used in hand sanitizer that may contain harmful levels of methanol. Those updates can be found [here](#).

Updated 8/11/2020

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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 **contact tracing data**, 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 8/11/20 –

- **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 Thursday, August 13th 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 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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