



BERNARDS TOWNSHIP HEALTH DEPARTMENT

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

Contact: Lucy Forgione, Health Officer/Health Director
health@bernards.org

2019 Novel Coronavirus (COVID-2019) Weekly Updated #39 – August 18, 2020

What Masks Are Recommended?

The most important component to a mask is that it comfortably covers both the nose and mouth to help reduce the spread. The mask should fit comfortably around the ears and face where it touches.

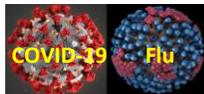
Everyone is encouraged to do their own research to determine the most effective face mask option for them. Masks may help prevent people with COVID-19 from spreading the virus to others, especially in public settings.

The masks recommended are not surgical masks or respirators as they are personal protective equipment. Masks with exhalation valves and vents are not recommended as they do not keep respiratory droplets from being spread. Additionally, face shields are not recommended as they are used for eye protection for the person wearing it. Face shields should NOT be used as a substitute for a mask.

For masks in schools, check with your district for specific guidelines. For more guidance on mask wearing, [visit the CDC website](#).

COVID-19 vs Influenza

COVID-19 and the flu (Influenza) are both contagious respiratory illnesses which share many of the same signs and symptoms. However, COVID-19 is caused by the SARS-CoV-2



coronavirus while the flu is caused by the influenza virus. Because some symptoms may be similar, testing may be needed to confirm a diagnosis.

While fever, cough, shortness of breath, fatigue, sore throat, muscle pain, headaches and vomiting and diarrhea are common symptoms of both the flu and COVID-19, there are a few notable differences between the two.

To learn more differences including the timing of symptoms, how long someone can spread either virus, how it spreads, who is at most risk, complications and treatments, visit the [CDC website](#). To find out where to get a flu shot, visit www.bernardshealth.org



August is National Immunization Awareness Month! NIAM is held annually to remind people of all ages about the importance of vaccinations. Learn more about [NIAM](#) here.

Can You Be Re-Infected with COVID-19?

Right now there is little information about individuals being re-infected with COVID-19. Current data shows that a person who has had COVID-19 may have low levels in their bodies for up to 3 months after their diagnosis.

This means that if the person that has recovered is re-tested within 3 months of initial infection, they may continue to have a positive test result, even though they are NOT spreading COVID-19.

There are currently no confirmed reports of a person being re-infected within 3 months of initial infection. This means that if a person who has recovered has new symptoms, they may need an evaluation for reinfection, especially if they have had close contact with someone who has COVID-19. That person should isolate and contact their healthcare provider.

For more information on re-infection of COVID-19, [click here](#) to read the CDC's media statement.

New NJ DOH Weekly Reports

A new NJ Department of Health Weekly Activity Report is [available online](#). In this report you can view risk level which is based on new cases, percent positivity, and syndromic surveillance. This can show viewers how COVID-19 is impacting certain parts of the state. This document will be updated weekly on Thursdays.

Updated 8/18/2020

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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 8/18/20:

- **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, August 20th 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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