



HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department

Protect Your Pets!

FREE Rabies Vaccine Clinic
Sat, Jan 14th 10 am - 12 pm
Bernards Township Pet Owners Click Here for More!

THIS MONTH IN HEALTH MATTERS

- FREE Rabies Vaccine Clinic
- January is Radon Action Awareness Month
- QPR - Suicide Prevention Training
- Ryan's Story - Presentation for Parents
- Local COVID-19 Info
- BTHD Facebook

QPR Question Persuade Refer

Suicide Prevention Training

In-Person
 Wed, Jan 18th 10am-12 pm
 Bernards Twp Library

Virtual
 Tue, Jan 24th 6:30 - 8:30 pm
 Via Zoom

Click here to register and view flyers

January is National Radon Action Month

Test your home.
 Protect your health.

EPA epa.gov/radon

Learn More About Radon Here

ABOUT US

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough and Peapack & Gladstone Boroughs.

Promoting Public Health
 Bernards Township Health Department

WE ARE HIRING!

Part Time Administrative Associate/Alternate Deputy Registrar

- Go to www.bernards.org
- Go to "Departments" then "Human Resources"
- Click on "Employment Opportunities"
- Learn more about the "Administrative Associate-Alternate Deputy Registrar" position at the Health Department!

Click here for upcoming January/February Health Department Programs

1. COVID-19 Community Levels used for Most Settings

Layered prevention strategies can help limit severe disease and reduce potential strain on the healthcare system. [CDC COVID-19 Community Levels](https://www.cdc.gov/covid19/community-levels) are a tool to help communities and individuals determine what prevention measures to take.

The COVID-19 community level is determined by the higher of the new hospital admissions and inpatient beds metrics, based on the current level of new cases per 100,000 population in the past 7 days. COVID-19 community levels are classified as low, medium, or high as follows:

COVID-19 Community Levels		Low	Medium	High
New COVID-19 Cases Per 100,000 in the past 7 days	Fewer than 200	<10.0	10.0-19.9	≥20.0
	200 or more	NA	<10.0	≥10.0
Hospitalization Indicators	New COVID-19 admissions per 100,000 population (7-day total)	<10.0	10.0-14.9%	≥15.0%
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	<10.0%	10.0-14.9%	≥15.0%

The following table includes recommendations for protecting yourself, your family, and communities. Additional information can be found at: https://www.cdc.gov/coronavirus/2019-nCoV/science/community-levels.html#anchor_43745.

Local COVID-19 Updates
Click here to read

STAY CONNECTED

To sign up or make any changes to receiving Bernards Township updates, log in at smart911.com. For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).

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