



# HEALTH MATTERS



Monthly Newsletter from the Bernards Township Health Department

## 33<sup>rd</sup> Annual Twilight Challenge 5K

Help Prevent Substance Misuse in Bernards Township  
Sunday, June 4, 2023

**Twilight Challenge Early Bird Registration Open!**  
5K Registration \$20 until March 31st  
[Register Online](#) [Paper Registration](#)

## What Does Ending the Public Health Emergency Actually Mean?

[Learn More Here](#)

**Keep a lookout for the BTHD Annual Report being posted 3/15 on our website!**

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](#) 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:

New COVID-19 Cases Per 100,000 in the past 7 days	COVID-19 Community Levels		
	Low	Medium	High
Fewer than 200	<10.0	10.0-19.9	≥20.0
200 or more	<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\\_47145](https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html#anchor_47145).

**Local COVID-19 Updates**  
[Click here to read](#)

## THIS MONTH IN HEALTH MATTERS

- 33rd Annual Pleasant Valley Twilight Challenge 5K Race
- Early Bird Registration
- QPR Suicide Prevention Training
- Save the Date: Building a Healthy Kitchen
- Look Out for the BTHD Annual Report
- Free Radon Kits
- Upcoming BTHD Programs
- BTHD Facebook
- Local COVID-19 Updates

## 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.

## STAY CONNECTED

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

## Save the Date

### Building a Healthy Kitchen

Thurs., Apr 27th  
6-7:30 pm  
Bernards Township Library

## Suicide Prevention Training

[Virtual](#)  
Wed., April 26th 6:30 -8:30 pm  
Via Zoom  
[Click here to register and view flyer](#)

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