



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
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2019 Novel Coronavirus (COVID-2019) Update #10 – March 27, 2020

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 Result** available [here](#).
- **Somerset 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

Reminders for Residents

- **There is evidence COVID-19 is Community Spread.** This means people have been infected with the virus in the area, including some who are not sure how or where they were infected. Treat **everyone as though they have COVID-19**. Keep 6-10 feet away from people in public at all times.
- **Go for walk** in the park but DO NOT play on roped off equipment like **playgrounds** or **tennis/basketball courts**.
- **Symptoms of COVID-19:** Continue to monitor yourself for **fever, coughing, or shortness of breath**. Symptoms can range from mild to severe. Other symptoms that have been reported anecdotally include: **headache, lack of appetite, body aches, abdominal pain, diarrhea, vomiting, and loss of sense of smell**.
- Make sure your **physician** or **healthcare provider** has your **current address** and **phone number** on file. If you become sick and are tested positive for COVID-19, the Health Department will need your contact information.
- What is **Contact Tracing**?
 - **Contact Identification:** Identified by asking the person's activities around them since the onset of illness. Family members, work colleagues, friends, healthcare providers.
 - **Contact Listing:** All persons considered to have contact with the infected person will be contacted to inform them of contact status, what it means, following actions, and the importance of receiving early care if the experience symptoms. This will be done by the Health Department the patient resides in
 - **Contact Follow Up:** Regular follow up will be conducted with all contacts to monitor for symptoms.
- A recent study shows that the virus that causes COVID-19 can survive on **surfaces** but like other coronaviruses, it may live up to **72** hours on plastic and **24** hours on cardboard.
- Do not leave **groceries** out in hopes to kill the virus. Wipe down cans and plastic containers with a disinfectant. **Wash** fresh fruits and vegetables with **water ONLY**. Designate a "dirty area" when unpacking groceries to help contain germs of any kind. **Wash your hands** after you get home from going out.

Testing Updates- As of 3/27/20 –

- For the most up to date information on NJ Testing Sites [click here](#).
 - **Morris County** – Drive Through. Will be located at Morris County Community College. 214 Center Grove Rd, Randolph, NJ 0789. For patients with a doctor's prescription. Opening date TBD.
 - **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 or testing - [visit the CDC website](#).

Updated 3/27/2020

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough, and Peapack and Gladstone Borough. For update links and more information, visit: <http://www.bernardshealth.org>



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2019 Novel Coronavirus (COVID-2019) **Resources and Links**

The 2019 Novel Coronavirus (COVID-2019) is a rapidly evolving situation. Members of the public are urged to keep up to date by visiting trusted public health resources.

Bernards Township Health Department COVID-19 Resources

- **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](#)
- [Mental Health Resources during COVID-19](#)
- [Local Resources for Residents](#)

Centers for Disease Control

- [How to Protect Yourself](#)
- [If You Think You Are Sick](#)
- [Cleaning and Disinfection Recommendations](#)
- [Frequently Asked Questions & Answers](#)
- [Situation Summary](#)
- [Stigma and Resilience](#)
- Confirmed Cases – [Global](#), [Cases in the US](#)
- What You Need to Know – [English](#), [Simplified Chinese](#), [Spanish](#)
- What To Do If You Are Sick – [English](#), [Simplified Chinese](#), [Spanish](#)
- Preventing COVID-2019 from Spreading to Others in Homes – [English](#), [Simplified Chinese](#)

Other Resources:

- [World Health Organization \(WHO\)](#)
- [New Jersey Department of Health](#)
- [Somerset County Department of Health](#)
- [Morris County Office of Health Management](#)

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