



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) Update #15 – April 13, 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](#).
- **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

COVID-19 : What You Can Control

One of the most frustrating things about COVID-19 is all the information about the virus coupled with limitations on where you can go and other things out of your control. However, there is plenty that you can control. By focusing on the things you can control, you can bring comfort to yourself and your family during these tough times:

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|-----------------------------------|--|---|
| Your Mind & Body | - Keep a healthy diet. | - Do not smoke or drink alcohol excessively. |
| | - Exercise at home. | - Take care of your mental health. |
| | - Try and get plenty of sleep. | - Maintain self-care and personal hygiene. |
| Your Immediate Environment | - Your house, your bedroom, your closet, your kitchen – now is the time to clean and organize. | - Make responsible choices about when to leave your house and only go out if necessary.
- Limit the amount of people you see – work from home. |
| What You Consume | - Don't over-do your news and information intake.
- Get your information from reliable sources like the CDC. | - Watch TV, movies or videos that make you feel good. |
| How You Prepare | - Keep 2-4 weeks of food on hand.
- If you have medication, get refills and keep a month's supply if possible. | - Avoid overstocking on supplies that are in high demand so that other can have enough of the essentials too. |
| How to Protect Yourself | - Regularly wash your hands with soap and water. or use a hand sanitizer with at least 60% if needed.
- Keep 6 feet of distance between you and anyone who is coughing or sneezing. | - Avoiding touching your nose, eyes and mouth.
- Avoid greeting people by shaking hands, kissing or hugging. |
| How You Protect Others | - Stay home if you are sick.
- Cover your coughs and sneezes. | - Clean and disinfect frequently touched surfaces.
- Cover your nose and mouth with a face covering when you go out in public. |

Updated 4/13/2020

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.

Testing Updates- As of 4/13/20 –

- For the most up to date information on NJ Testing Sites [click here](#).
 - **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 with valid doctor's prescription. Open April 16, 17, 20 from 10 am – 1pm. Subject to change. Check status of test site at <http://www.co.somerset.nj.us/covid19status>. After April 14th 9 am residents of Somerset or Hunterdon County can make an appointment at <https://somerset-hunterdon.adlabscovidtest.com>.
 - **Morris County** – Drive Through. Located at Morris County Community College. 214 Center Grove Rd, Randolph, NJ 0789. For patients with a doctor's prescription.
- 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](#).

Serum Antibody Testing Facilities

Individuals who have recovered or are recovering from COVID-19 could other patients with COVID-19 through serum antibody testing. To find out more, click [here](#).

Bernards Township Health Department COVID-19 Resources

- [COVID-19 Guidelines for Landscapers](#)
- **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](#) (email health@bernards.org to add a resource)

Other Resources:

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

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