

#### BERNARDS TOWNSHIP HEALTH DEPARTMENT

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# 2019 Novel Coronavirus (COVID-2019) Weekly Update #25 – May 18, 2020

# **Mental Health Spotlight: National Alliance on Mental Illness**



NAMI, the National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Call the NAMI Helpline at 800-950-6264 M-F, 10 am - 6pm ET. In a crisis, text "NAMI" to 741741 for 24/7 for confidential, free crisis counseling.

NAMI NJ - http://www.naminj.org/ NAMI Morris County - Email namimorriscounty@outlook.com NAMI Somerset County - Email ms\_sues\_mail@yahoo.com

### **Elective Surgery Procedures**

Governor Murphy signed Executive Order 145 that reversed the temporary ban that was placed on elective procedures — both medical and dental — two months ago, at the onset of the major health crisis brought on by the novel coronavirus. The new order set a restart for May 26 at 5 a.m., subject to the policies pending from the state Department of Health.

#### CDC Tips and Guidance on Reopening

CDC Activities and Initiatives Supporting the COVID-19 Response and the President's Plan for Opening America Up Again

Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes



Are you interested in assisting New Jersey's contact tracing efforts? Register and be notified when opportunities become available.

https://covid19.nj.gov/forms/tracer

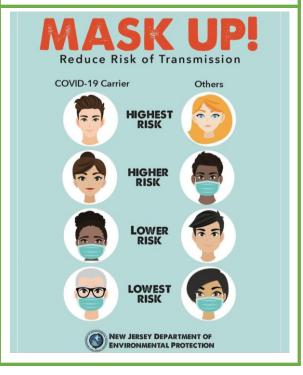
#### **Quarantine Fatigue**

A note from Health Officer, Lucy A. Forgione:

"Dear Residents.

While everyone is itching to go back to normal, the attached article is a "must read". Keep in mind that the virus hasn't changed and neither has the science behind it. This article is a conservative approach that will help assist in assessing levels of risk and making the best possible choice for you and your family to stay healthy and safe this summer."

https://www.latimes.com/science/story/2020-05-16/so-you-really-want-to-see-your-friendsheres-how-to-assess-the-risk





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# 2019 Novel Coronavirus (COVID-2019) Resources and Link

## Testing Updates - As of 5/18/20 -

- NJ Testing Sites click here for the most up to date information including new locations and testing criteria.
  - 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 May 19<sup>th</sup> and 21<sup>st</sup> from 10 am-1pm. Subject to change. Check status of test site at <a href="http://www.co.somerset.nj.us/covid19status">http://www.co.somerset.nj.us/covid19status</a>. Residents of Somerset or Hunterdon County can make an appointment at <a href="https://somerset-hunterdon.adlabscovidtest.com/">https://somerset-hunterdon.adlabscovidtest.com/</a>.
  - Morris County Drive Through. Located at Morris County Community College, 214 Center Grove Road, Randolph, NJ 07869. Visit <a href="https://health.morriscountynj.gov/COVIDTesting">https://health.morriscountynj.gov/COVIDTesting</a>.
- 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 on serum antibody testing please visit the CDC website or NJDOH website.

#### **New Jersey COVID-19 Resources**

- <a href="https://covid19.nj.gov/">https://covid19.nj.gov/</a> Visit this webpage to get information on all things COVID-19 in New Jersey.
- COVID-19 New Jersey Dashboard + Positive Test Results available <a href="here">here</a>. 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

#### **Bernards Township COVID-19 Resources**

- Bernards Township Senior Help Line
- COVID-19 Guidelines for Landscapers
- Mental Health Resources during COVID-19
- Mind Your Health Mental Health Considerations for <u>General Population</u>, <u>Teachers/Parents/Caretakers of Children</u>, <u>Elderly or those in Isolation</u>, <u>Healthcare Workers</u> and <u>Youth</u>
- Social Distancing
- Local Resources for Residents (email health@bernards.org to add a resource)