

# HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department



## RACE TO BE HUMAN

### Race to Be Human: Virtual Documentary Screening & Panel Discussion

Feb 16th - 7 pm - VIRTUAL  
[View Flyer and Register Here](#)



### Suicide Prevention Training

[Virtual](#)

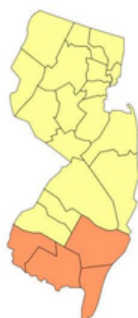
Wed, Feb 22nd 6:30 - 8:30 pm  
Via Zoom

[Click here to register and view flyer](#)

Find us on 

[Follow the Bernards Township Health Department on Facebook](#)

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

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\\_47345](https://www.cdc.gov/coronavirus/2019-nCoV/science/community-levels.html#anchor_47345).

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

## THIS MONTH IN HEALTH MATTERS

Race to Be Human - Documentary Screening

QPR Suicide Prevention Training

Heart Healthy Programs for February

Bernards Township Cat & Dog License Renewal

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](https://smart911.com). For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).

## Celebrate Heart Health Month

Control Gratuito de la Presion Arterial  
FREE Blood Pressure Screening

Sabado 4 de Febrero

10:00 - 11:30 am

St Bernards Church [View Flyer](#)

The Doctor is In: Women & Stroke

Thursday, February 9th

7 - 8:30 pm

Bernards Town Hall [View Flyer](#)

Staying Young At Heart

Thursday, February 16th

6 - 7:30 pm

BT Library [View Flyer](#)



### Bernards Township Pet Owners!

Avoid the late fee. License your pet before February 28th



[Click here for upcoming February Health Department Programs](#)