



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
lforgione@bernards.org

2019 Novel Coronavirus (COVID-2019) **Weekly Update #6 – March 9, 2020**

Local COVID-2019 Updates:

- 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.
- The Bernards Township Health Department is closely monitoring any local suspected cases and keeping updated on the most current information from trusted sources such as the NJDOH and CDC.
- For current US numbers, please visit <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

CDC Recommendations – Share Facts, Not Fear:

- You may see large gatherings or events being cancelled or postponed. You may also be urged to cancel your own events. Do not be alarmed, this is being done as a pre-caution for the public.
- Local testing will be available through private doctors and laboratories and the NJ State Laboratory.
- If you need to travel, use every day preventative actions and stay updated through travel advisories issued by the CDC. Avoid non-essential travel.
- Symptoms of COVID-2019 are similar to the flu and include **fever, cough, and difficulty breathing**.
- Every day preventative actions can help prevent the spread of respiratory viruses:
- Most face masks will not protect against the virus, and most studies suggest it is more effective to equip individuals with symptoms with masks to isolate the illness.
- If you suspect you are ill, isolate yourself from other individuals, cover your face with a mask, wash your hands with warm water and soap, and call your healthcare provider immediately.
- There is no vaccine to prevent COVID-2019 or specific antiviral treatment recommended for COVID-2019. People with COVID-2019 should receive supportive care to relieve symptoms.
- The CDC says to prepare for a potential widespread outbreak of COVID-2019 in the United States.
- For information on proper hand hygiene, please visit <https://www.cdc.gov/healthywater/hygiene/hand/handwashing.html>.

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**

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World Health Organization – Novel Coronavirus 2019

- [Novel coronavirus \(2019-nCoV\) WHO Video](#)
- [Q&A](#)
- [Mythbusters](#)
- [Travel Advice](#)
- [Advice for the Public](#)

COVID-2019 Phone Lines

If you are a health professional or first responder in Somerset County with COVID-2019 questions call:

SCDOH Coronavirus COVID-19 Health Line (908) 203-6014

Members of the public with questions about COVID call:

24-Hour Public Hotline at NJ Poison Control 1-800-222-1222

Centers for Disease Control

- [People at Risk for Serious Illness from COVID-19](#)
- [Cleaning and Disinfection Recommendations](#)
- [Protect Yourself and Your Family](#)
- [Coronavirus Disease 2019 Information for Travel](#)
- [Frequently Asked Questions & Answers](#)
- [Situation Summary](#)
- [About COVID-19](#)
- [How it Spreads](#)
- [Prevention & Treatment](#)
- [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 and Communities – [English](#) , [Simplified Chinese](#)



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New Jersey Department of Health

- [COVID-19 Information for Communities and the General Public](#)
- [COVID-19 Information for Schools and Businesses](#)
- [COVID-19 Information for Healthcare and Public Health Professionals](#)
- [Email or Call for COVID-19 Questions to the NJDOH](#)

Other Local Resources:

- [Somerset County Department of Health](#)
- [Morris County Office of Health Management](#)
- [New Jersey Office of Emergency Management](#)
- [Bernards Township Health Department](#)
 - [Health Alerts](#)
 - [Spread Facts Not Fear \(English\), Spread Facts Not Fear \(Spanish\)](#)
 - [Wash Hands & Use Sanitizer \(video\)](#)
 - [Cough Into Your Sleeve \(video\)](#)

Recommended Guidance for Specific Populations:

- [Interim Guidance for K-12 Schools](#)
- [Interim Guidance for Businesses and Employers](#)
- [Information for Healthcare Professionals](#)
- [Resources for Home – Plan, Prepare, and Respond](#)
- [Resources for Institutes of Higher Education](#)
- [Resources for Community and Faith Based Leaders](#)
- [Resources for First Responders and Law Enforcement](#)
- [Information on COVID-19 for Pregnant Women and Children](#)
- [NJ Department of Health – Guidelines for Control of Respiratory Virus in Long Term Care Facilities](#)
- [Preventing COVID-19 Spread in Communities](#)