



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) Weekly Update #62 – February 4, 2021

COVID FAQ Corner

Q: Is wearing two masks better protection?

A: The best mask is one that can be worn comfortably and consistently. While it is possible that wearing two masks may give some people more protection, wearing one mask is much better than wearing none. Be sure that mask is made of breathable fabric and covers both the mouth and nose.

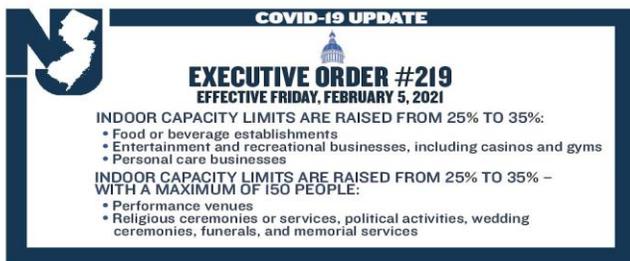
Q: Why are schools still quarantining students for 14 days after exposure if the CDC lowered the quarantine period to 7 or 10 days?

A: [According to the CDC and the NJDOH](#) 14 days is always preferred as the best way to prevent COVID-19 transmission. The NJDOH also recommends when COVID-19 transmission is High or Very High (orange or red CALI score) exposed close contacts should quarantine for 14 days. When the COVID-19 transmission risk is Moderate or Low (yellow or green CALI score) the CDC recommended shortened timeframes are acceptable alternatives. Check with your local school district to find out their specific policies regarding quarantine.

Bernards Township Vaccine Clinic Updates

The Bernards Township Health Department (BTHD) has been working for months on becoming a COVID-19 vaccine site. We are pleased to inform you that last week the health department was approved as a small vaccination site. At this time, we are currently not scheduling appointments because we were informed by the New Jersey State Health Department that due to a vaccine shortage we cannot place orders for the vaccine. While we are disappointed, as soon as we can order vaccine and schedule appointments, residents will be able to sign up. We are anticipating a March start date for clinics. **Please do not call the office as we are overwhelmed with calls.** All information will be posted on www.bernardshealth.org and sent out via RAVE alerts under "Emergent Public Health Alerts".

VOLUNTEERS NEEDED! Both medical and non-medical volunteers over the age of 18 are needed. Possible tasks include giving injections (if qualified), directing crowds, manning a help desk, and registering participants. If you are interested in volunteering, please email your name and phone number to covidvax@bernards.org



Smell Training After COVID-19

While much research is still being done to determine the short- and long-term effects of COVID-19, one of the most notable attributes to those who have tested positive for COVID-19 is the loss of taste and smell. Because the virus crosses the blood-brain barrier and enters the central nervous system (as opposed to just staying in the nasal passages) it affects the neural connections necessary to detect odor and interpret it.

Some homemade remedies have gone viral like the charred oranges on Tik Tok. "Smell training" has been mentioned in the news recently because a group of olfactologists (doctors who study smell) have recommended it. Smell training involves utilizing different strong smells to stimulate the turnover of specialized nerve cells to help restore smell function. For more on smell training, check out this [Today.com article](#).

Sign up for BTHD RAVE Alerts

If you are a resident of a town covered by the Bernards Township Health Department and are not signed up for RAVE Alerts, follow this [simple step-by-step instructional guide](#) to sign up for alerts. If you are a local resident to 07920, Bernards Township PD Alerts should be available. If not, feel free to use the BTHD address to view local options **262 South Finley Ave, Basking Ridge, NJ 07920.**

Updated 2/4/2021

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

COVID-19 Case Graphs per Municipality – Case counts come directly from raw data imported from Commcare by the Bernards Township Health Department.

Somerset County

- [Bernards Township](#)
- [Bernardsville Borough](#)
- [Peapack and Gladstone Boroughs](#)

Morris County

- [Chester Borough](#)
- [Long Hill Township](#)
- [Mendham Borough](#)

COVID-19 Weekly Activity Reports

- Provides data on COVID-19 transmission by six regions in NJ.
- Updated every Thursday.
- Used to determine school exclusion and other re-openings.
- This week NJ is in **HIGH RISK**
- Click [here](#) to view this week's report ending Jan 30, 2021.
- Click [here](#) to view past week's reports.

NJ COVID-19 Vaccine Resources

- Pre-Register for the Vaccine through NJVSS (NJ Vaccine Scheduling System) – <https://covidvaccine.nj.gov/>
- <https://covid19.nj.gov/pages/vaccine>
- https://www.nj.gov/health/cd/topics/covid2019_vaccination.shtml

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 Results available [here](#). Now including trends, hospital census, long term care facilities, psychiatric hospitals, demographics, contact tracing and school info. 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
- NJ COVID-19 Vaccine Phone Lines
 - State of NJ Hotline – (855) 568-0545 – Get help scheduling a COVID-19 vaccination appointment. Staffed with live agents from 8am-8pm daily.
 - Somerset County Hotline – (908) 231-7155 – Get answers to your questions about COVID-19 Testing and Vaccinations. M-F 8:30am-8:00pm, Sat 10:00am-4:00pm.
 - Morris County COVID-19 Hotline – (973) 829-8250 – Staffed 7 days a week during business hours.

Testing Updates – As of 2/4/21: Click [here](#) for more information on free testing across New Jersey

- NJ Testing Sites – [click here](#) for the most up to date information including new locations and testing criteria.
 - Morris County – [Click here for Morris County Testing Locations.](#)
 - Somerset County – [Click here for Somerset County Testing Locations.](#)

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