



## BERNARDS TOWNSHIP HEALTH DEPARTMENT

262 South Finley Avenue, Basking Ridge, New Jersey 07920

(908) 204-2520. Fax (908) 204-3075. [www.bernardshealth.org](http://www.bernardshealth.org)

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## 2019 Novel Coronavirus (COVID-2019) Weekly Update #69 – March 25, 2021

### Bernards Township COVID-19 Testing

See below information for upcoming COVID-19 Testing on **April 1, 2021**.

Peapack & Gladstone Municipal Gym  
1 School Street

Peapack, NJ

**Appointments begin at 9am**



[Register Here!](#)

[View flyer here](#)

### Updated Minimum Quarantine Timeframes

On March 23<sup>rd</sup> the NJDOH updated [the Recommended Minimum Quarantine Timeframes](#). 14 days is always preferred as the best way to prevent COVID-19 transmission.

Outside of high-risk congregate settings, close contacts of a COVID-19 positive case should quarantine UNLESS:

- **Individuals who are fully vaccinated, OR**
- **Persons who clinically recovered from COVID-19 in the past 90 days**

The recommended minimum timeframes for quarantine vary by level of community transmission:

- **Very High/High**: 14 days where feasible.
- **Moderate/Low**: 14 days is preferred. The alternative quarantine time frames are acceptable.

**What about travel?** Travel has been a big question as we approach spring break. All travelers (including essential workers such as healthcare personnel) should continue to follow all [New Jersey and CDC travel recommendations](#), including the recommendations for travel and quarantine post-travel **INCLUDING**:

- **Individuals who are fully vaccinated, OR**
- **Persons who clinically recovered from COVID-19 in the past 90 days. This has changed from previous guidance.**

Individuals traveling are recommended to get tested before and after traveling and should quarantine upon return from their travel. This includes all travel outside the immediate area (NY, CN, PA), spring break trips both domestic and international and college visits out of state.

### NJDOH School Guidance Updated

On March 23<sup>rd</sup> the NJDOH Updated [the K-12 School Guidance](#). Here are some key updates:

- On March 19<sup>th</sup>, CDC [released Science Brief: Transmission of SARS-CoV-2 in K-12 schools](#) which summarizes evidence on COVID-19 among children and adolescents and what is known about preventing transmission in schools.
- The CDC also released [Operational Strategy for K-12 Schools through Phased Prevention](#) which outlines revised guidelines for physical distancing recommendations to reflect at least 3 feet between students in class.
- The NJDOH has updated the school guidance to reflect distancing recommendations to reflect at least 3 feet between students in classrooms and provide clearer guidance for when greater distance (6 feet) is recommended.
- **What's changed?** – COVID-19 has not changed. The distancing recommendations in the current guidance aim to balance risk of disease transmission with the benefit of offering in-person instruction to as many children as possible.
- **Full in-person** instruction means to open to as many students as possible with mitigation strategies in place – minimum social distancing, universal masking, cleaning, hand hygiene and other strategies.
- **Outside of classrooms** – 6 feet of physical distancing should be implemented elsewhere in the school building.
- Mask wearing should be always enforced.
- Airflow in schools should be maximized.
- **COVID-19 Regional Risk Matrix Recommendation Updates:**
  - **Elementary School:** **Low**, **Moderate** and **High**-Risk levels
    - full in-person instruction with a minimum of 3 feet of physical distancing between students in classroom with strict adherence to mask-wearing.
  - **Middle/High School:** For **Low** and **Moderate** Risk levels
    - full person instruction with minimum of 3 feet of physical distancing between students in classroom with strict adherence to mask-wearing. For **High** Risk levels – in-person instruction with physical distancing of 6 feet or more with strict adherence to mask wearing.

Updated 3/25/2021

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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 overall **HIGH RISK**. Central West (Somerset) is **High**, and Northwest (Morris) is **High**.
- Click [here](#) to view this week's report ending March 20<sup>th</sup>.
- 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](https://www.nj.gov/health/cd/topics/covid2019_vaccination.shtml)
- [CDC COVID-19 Vaccine FAQ](#)

### **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 Medical Questions (24/7)
  - Text NJCOVID to 898-211 to receive alerts
  - Download COVID Alert NJ app [here](#)
- 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** – 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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