



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
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2019 Novel Coronavirus (COVID-2019) Update #19 – April 27, 2020

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 Result** available [here](#). Now including trends, hospital census, long term care facilities 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

COVID-19 Grief Support Group

The Atlantic Health System is hosting a Coronavirus Grief Loss Support Group. To register call (862) 260-3199 (Opt. 3). Web based and led by Atlantic Health Behavioral health clinicians and social workers.

What To Do If You Feel Sick

If you have a fever or cough, you might have COVID-19. Most people have mild illness and can recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider immediately.

- Keep track of your symptoms.
- If you have an emergency warning sign (like trouble breathing) get medical attention right away.
- Use this [Coronavirus Self-Checker](#) to help make decisions and seek appropriate medical care.
- Stay home except to get medical care. Do not visit public areas.
- Take care of yourself – get rest and stay hydrated.
- Stay in touch with your doctor. Call before you get medical care.
- Avoid public transportation, ride sharing, or taxis.
- As much as possible, stay in a specific room away from other family members, roommates, and pets. Use a separate bathroom if possible.
- Wear a cloth mask if you must be around any other people.
- Read more tips from the CDC [here](#).



Drug Enforcement Administration: Secure Your Meds Campaign

- Because of the current nationwide coronavirus pandemic, DEA postponed the 2020 Spring Take Back Day, originally scheduled for April 25, 2020.
- Medicines that sit at home can be taken and misused by people they are not prescribed to.
- Children can accidentally get ahold of and ingest medication.
- Keep prescription medications safe and secure until you can properly dispose of them.
- Learn more about Secure Your Meds [here](#).
- Visit the DEA Takeback Website [here](#).

Should I be wearing gloves?

Gloves are not recommended to wear when grocery shopping. Wash your hands before leaving your home, after leaving the store, and again when you get home. If soap and water are not available, use hand sanitizer with at least 60% alcohol. If you choose to wear gloves, remove and dispose of them properly in trashcans. Learn more about gloves during COVID-19 [here](#).



Updated 4/27/2020

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

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.

Testing Updates- As of 4/27/20 –

- For the most up to date information on NJ Testing Sites [click here](#).
 - **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 April 29th and May 1st from 10 am – 1pm. Subject to change. Check status of test site at <http://www.co.somerset.nj.us/covid19status>. Residents of Somerset or Hunterdon County can make an appointment at <https://somerset-hunterdon.adlabscovidtest.com>.
 - **Morris County** – Drive Through. Located at Morris County Community College. 214 Center Grove Rd, Randolph, NJ 0789. For patients with a doctor's prescription.
- 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 or testing - [visit the CDC website](#).

Serum Antibody Testing Facilities and Convalescent Plasma

- Individuals who have recovered or are recovering from COVID-19 could help other patients with COVID-19 through serum antibody testing. To find out more, click [here](#). **New urgent cares added 4/27**
- [Red Cross – Plasma Donations from Recovered COVID-19 Patients](#)

Bernards Township COVID-19 Resources

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

Other Resources:

- [World Health Organization \(WHO\)](#)
- [Centers for Disease Control](#)
- [New Jersey Department of Health](#)
- [Somerset County Department of Health](#)
- [Morris County Office of Health Management](#)
- [New Jersey Office of Emergency Management](#)

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