



BERNARDS TOWNSHIP HEALTH DEPARTMENT

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(908) 204-2520. Fax (908) 204-3075. www.bernardshealth.org

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2019 Novel Coronavirus (COVID-2019) Weekly Update #44 – September 29, 2020

Have a Safe Spooky Season

With Halloween about a month away, now is the perfect time to start making holiday plans to stay safe. While New Jersey hasn't released their own guidance yet, the [CDC has released guidelines and best practices](#) for having a safe fall holiday season. Here's a few highlights to help you plan:

- **Know the risk, look for lower risk activities:**
 - **Lower risk** – Carving pumpkins with members of your household, carving pumpkins with neighbors or friends outside at a safe distance, decorating your home, doing a Halloween scavenger hunt and search for outdoor items at a distance, having a virtual costume contest, having a Halloween movie night at home, trick-or-treating at home with your household members.
 - **Moderate risk** – One way trick or treating with individually wrapped goodie bags to go, small group outdoor open aired costume parades, outdoor parties with protective masks keeping a distance, open aired one way haunted forests, visiting pumpkin patches or orchards using hand sanitizer and maintaining distance, having an outdoor movie night with local family friends.
 - **Higher risk** – Traditional trick or treating, trunk or treats where treats are handed out directly, crowded indoor costume parties, indoor haunted houses, going on hayrides or tractor rides with people not in your household.

Learn more specifically about [Halloween](#), [Día de los Muertos](#), and [Thanksgiving](#) here. Please note these recommendations are supplemental and do not replace any state or local guidelines.

Back to School – College Students

College students are requested to use their local address (where they live at school) or tell the person doing the testing that they are a student when getting tested. This makes it easier to identify local cases and link cases associated with institutes of higher learning.

Timeframe for Self-Isolation/Quarantine Changes

On 9/18 the guidance for self-isolation and quarantine was changed. **Remember...**

- The goal of **quarantine** is to keep people who may have been exposed (but not sick) away from others.
- The goal of **isolation** is to keep sick people and those infected with COVID-19 away from those that are not infected.
- **Household contacts** are individuals who live in the same household as a COVID-19 case.
- **Close contacts** are individuals who were within 6 feet of a COVID-19 case for 10 minutes or more OR had direct contact with infectious secretions of a COVID-19 case (like being coughed on).
- Walking past a COVID-19 case or being in the same building does **NOT** qualify as being a close contact.

So, what has changed?

- **PREVIOUSLY** – Household contacts had to self-quarantine for 14 days AFTER the COVID-19 positive individual's 10-day isolation concluded AND being 24 hours symptom free without medicine AND improvement of symptoms (24 days)
- **NOW (as of 9/18)** – Household contacts should self-quarantine for 14 days after their LAST CONTACT with the positive case.
- This applies when the COVID-19 case can successfully isolate in a separate bedroom away from others.



○ Many household contacts will not be able to completely avoid continued close contact in the household. In those cases, household contacts should continue to quarantine for 14 days AFTER the COVID-19 case's isolation ends (24 days)

To view the timeframe table, please click [here](#). Learn more about isolation, [quarantine](#) (see calendar examples) and [learn when you can be around others](#) on the CDC website.

Updated 9/29/2020

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2019 Novel Coronavirus (COVID-2019) Resources and Links



COVID-19 Activity Level Report

New Jersey Department of Health
Communicable Disease Service

Week ending September 19, 2020 (MMWR week 38)¹

COVID-19 Statewide Activity Level Timeline



Low Moderate High Very High

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.
- Click [here](#) to view this week's report ending Sept 19, 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 Results available [here](#). Now including trends, hospital census, long term care facilities, psychiatric hospitals 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
 - Text your zip code to 898-211 for live text assistance

Testing Updates – As of 9/28/20:

- **NJ Testing Sites – [click here](#) for the most up to date information including new locations and testing criteria.** The FEMA Testing Sites at Bergen County Community College and PNC Arts Center have closed.
 - **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. **Open Thursday, October 1st 10 am-1pm.** Subject to change. Check status of test site at <http://www.co.somerset.nj.us/covid19status>. Residents of Somerset County ONLY can make an appointment at <https://somerset-hunterdon.adlabscovidtest.com/>.
- 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 on testing - [visit the CDC website on testing](#).

Bernards Township COVID-19 Resources

- [Mental Health Resources during COVID-19](#)
- **Mind Your Health** – Mental Health Considerations for [General Population](#), [Teachers/Parents/Caretakers of Children, Elderly or those in Isolation](#), [Healthcare Workers](#) and [Youth](#)
- [Morris County COVID-19 Testing Sites](#)
- [Somerset County COVID-19 Testing Sites](#)

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