



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 #47 – October 20, 2020**

COVID FAQ Corner

Every day the Bernards Township Health Department receives calls from residents, school nurses, parents and other members of the community. Every week we'll compile these Q&As for our "COVID FAQ Corner".

Q: The weather is getting colder, but I still want to see my family and friends. Can we gather inside?

A: There has been an increase in transmissions associated with small gatherings, especially indoors. Indoor gatherings should be limited to immediate household members. Continue to plan parties outdoors.

Q: My family went to visit a college in (State on Travel Advisory List). Do we have to quarantine?

A: There are currently [38 states](#) on the travel advisory list. Anyone leaving New Jersey to travel to a state on that advisory list should quarantine for 14 days upon return. This also goes for college students returning home for a visit. We have seen college students infect parents and siblings.

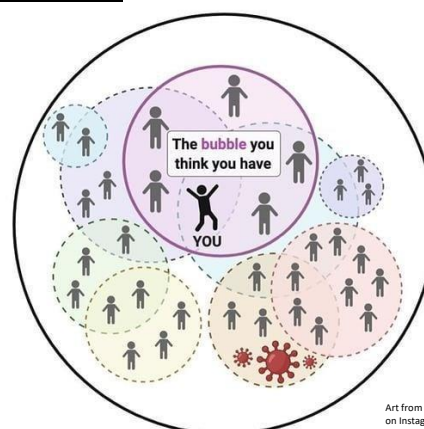
Q: I'm a parent and I recently had an exposure to a positive COVID-19 case. Should I keep my kids home from school if I'm starting to have symptoms but haven't gotten tested yet/gotten my results?

A: Yes. If you had an exposure to a positive COVID-19 case, you should quarantine at home for 14 days. If you start to have symptoms you should keep your children home and get tested. If you haven't had symptoms or tested positive, your children can continue to attend in-person instruction.

Q: When should I get a PCR (molecular) test as opposed to a rapid (antigen) test?

A: If you are getting a rapid test and you have had no known exposure to COVID and you receive a negative result, it is more than likely correct. If it's positive, you should treat it as a positive and quarantine immediately. If you had exposure to a COVID-19 case and the test is negative, we would recommend getting a PCR (molecular) test to be sure. For more detailed information on what test to get and when, visit [FDA – Coronavirus Testing Basics](#).

Quarantine Bubbles



Art from @thoughtsofaphd on Instagram

The bubble you actually have

Over the past several months many families have designated their "quarantine bubble" or have limited who their family interacts with in person. While this is a safer practice, the Health Department wants to remind everyone that those selected people also have their own "quarantine bubble" and it doesn't take long for a case from one bubble to connect to another. Keep open lines of communication with your friends and family stop the spread of COVID-19.

Updated Sports Guidance – 10/12

No-contact practices, contact practices and competitions are allowed for sports defined as "Low Risk", "Medium Risk" and "High Risk" and are permitted in both indoor and outdoor settings. Indoor practices and competitions are limited to 25% of the room capacity or 25, whichever is lower. For more updates to the sports guidance visit [COVID19.nj.gov](https://www.nj.gov/health/covid19/covid19-nj.gov).

DEA National Rx Takeback Day – October 24th

Every year there are 2 DEA National Takeback Days for the proper disposal of expired or unused medication. The Spring Takeback Day was canceled in March, but Saturday, October 24th from 10am-2pm is the next DEA Takeback Day. To learn more, click [here](#), to find a drop off location near you click [here](#) and to learn how to secure your meds safely click [here](#).

Updated 10/20/2020

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



COVID-19 Activity Level Report

New Jersey Department of Health
Communicable Disease Service

Week ending October 10, 2020 (MMWR week 41)¹



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 Oct 10, 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, 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

Testing Updates – As of 10/20/20:

- **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 22nd 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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