



HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department

Protect Your Pets!

FREE Rabies Vaccine Clinic
Sat, Jan 14th 10 am - 12 pm
Bernards Township Pet Owners Click Here for More!

THIS MONTH IN HEALTH MATTERS

- FREE Rabies Vaccine Clinic
- January is Radon Action Awareness Month
- QPR - Suicide Prevention Training
- Ryan's Story - Presentation for Parents
- Local COVID-19 Info
- BTHD Facebook

QPR Question Persuade Refer

Suicide Prevention Training

In-Person
 Wed, Jan 18th 10am-12 pm
 Bernards Twp Library

Virtual
 Tue, Jan 24th 6:30 - 8:30 pm
 Via Zoom

[Click here to register and view flyers](#)

January is National Radon Action Month

Test your home.
 Protect your health.

EPA epa.gov/radon

[Learn More About Radon Here](#)

ABOUT US

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough and Peapack & Gladstone Boroughs.

Promoting Public Health
 Bernards Township Health Department

WE ARE HIRING!

Part Time Administrative Associate/Alternate Deputy Registrar

- Go to www.bernards.org
- Go to "Departments" then "Human Resources"
- Click on "Employment Opportunities"
- Learn more about the "Administrative Associate-Alternate Deputy Registrar" position at the Health Department!

[Click here for upcoming January/February Health Department Programs](#)

1. COVID-19 Community Levels used for Most Settings

Layered prevention strategies can help limit severe disease and reduce potential strain on the healthcare system. [CDC COVID-19 Community Levels](#) are a tool to help communities and individuals determine what prevention measures to take.

The COVID-19 community level is determined by the higher of the new hospital admissions and inpatient beds metrics, based on the current level of new cases per 100,000 population in the past 7 days. COVID-19 community levels are classified as low, medium, or high as follows:

New COVID-19 Cases Per 100,000 in the past 7 days	COVID-19 Community Levels		
	Low	Medium	High
Fewer than 200	New COVID-19 admissions per 100,000 population (7-day total) <10.0	10.0-19.9	≥20.0
200 or more	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average) <10.0%	10.0-14.9%	≥15.0%
	New COVID-19 admissions per 100,000 population (7-day total)	NA	<10.0, ≥10.0

The following table includes recommendations for protecting yourself, your family, and communities. Additional information can be found at: https://www.cdc.gov/coronavirus/2019-nCoV/science/community-levels.html#anchor_43745.

Local COVID-19 Updates
[Click here to read](#)

STAY CONNECTED

To sign up or make any changes to receiving Bernards Township updates, log in at smart911.com. For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).

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