



## 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 #46 – October 13, 2020

### How COVID-19 Spreads



The CDC has issued updated guidance to their website which includes the potential for airborne spread of the virus that causes COVID-19.

The CDC continues to believe based on current science that people are more likely to become infected the longer and closer they are to a person with COVID-19. There have been a few published reports that show the limited, uncommon circumstance where people with COVID-19 infected others who were more than 6 feet away or shortly after the COVID-19 positive person left the area. These instances were usually coupled with being in a poorly ventilated and enclosed space and often involved activities that involve heavier breathing like singing or exercise. These environments and activities can contribute to the build-up of virus carrying particles.

Current guidance has not changed and remains the same based on existing science and after an extensive technical review of the current guidance. For more about this, please visit [“How It Spreads – COVID-19”](#).

### Delays in Flu Vaccine for the 2020-2021 Season

As many people know, the best way to prevent the spread of influenza (the flu) is to get a flu shot. While there has been some delay with flu vaccine reaching local healthcare providers, the CDC states there’s no significant delays in distribution and that distribution is expected to go on longer this season due to the number of doses being produced.

The CDC released an FAQ regarding flu vaccine supply [here](#). For more information about local clinics from the Bernards Township Health Department, follow [www.bernardshealth.org](http://www.bernardshealth.org) for updates.

### New Jersey Halloween Guidance

Boo! Don’t be scared, Halloween is not canceled for 2020. New Jersey [released guidance](#) on how to stay safe during Halloween Celebrations.



“Traditional Halloween celebrations often involve crowds, close contact between individuals, and activities in closed spaces. It is important to plan early and identify safer alternatives for celebrating the fall season. Outdoor activities, as opposed to indoor parties and events, are recommended. Those planning celebrations or participating in Halloween activities should keep in mind public health recommendations of social and physical distancing, wearing masks that cover the nose and mouth, and hand hygiene. Costume masks are not an acceptable substitute for cloth or disposable masks. Individuals should minimize interaction and contact with others who are not a part of their household.

As a reminder, no one should participate in these activities if they or a household member have a known exposure to COVID-19, are sick/symptomatic, or have been diagnosed with COVID-19 and has not yet met the criteria for discontinuing isolation.

This year, as New Jersey continues to respond to ongoing transmission of COVID-19 in our communities, recommendations for adapting traditional celebrations and considerations for ways to celebrate Halloween safely are listed in the guidance. Some communities may choose to cancel Halloween activities, so check with local sources before making plans.”

### Global Handwashing Day - October 15<sup>th</sup>

The COVID-19 pandemic provides an important reminder that one of the most effective ways to stop the spread of germs and stay healthy is also one of the simplest — handwashing with soap and water. Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infections, such as a cold or the flu. For more information on Global Handwashing Day, visit the [Global Handwashing Day website here](#) or [CDC website](#).



Updated 10/13/2020

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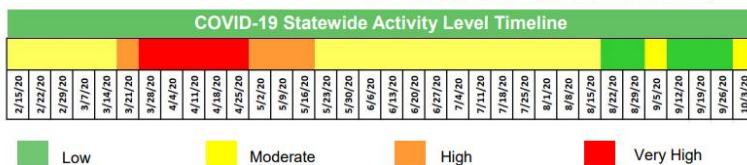
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## 2019 Novel Coronavirus (COVID-2019) Resources and Links



### COVID-19 Activity Level Report New Jersey Department of Health Communicable Disease Service Week ending October 3, 2020 (MMWR week 40)<sup>1</sup>



### 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 3, 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 10/13/20:

- **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 15<sup>th</sup> 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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