



# Somerset County Department of Health Public Health Emergency Preparedness Situation Update Coronavirus COVID-19 Update #26

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The Somerset County Department of Health is the lead county agency to coordinate public health disease response in emergencies, in partnership with the New Jersey Department of Health, the Centers for Disease Control and Prevention (CDC), local hospitals, medical providers, emergency medical services and other local health partners.

Somerset County, New Jersey	
<b>Event Name</b>	COVID-19 – Somerset County Department of Health (SCDOH) Response
<b>Date</b>	July 31, 2020
<b>Time</b>	2:00pm
<b>Next Update</b>	Weekly or as needed
<b>Situation Update No.</b>	26

**NEW** Want to know what's new? Look for the highlighted sections.

**What is the Current Situation?**

- The Somerset County Department of Health continues to actively respond to the coronavirus pandemic.
- As of July 31, 2020 -
  - CDC is reporting a total of 4,405,932 cases of COVID-19 in the US, and a total of 150,283 deaths.
  - NJDOH is reporting a total of 181,660 cases and 13,944 deaths.
  - Somerset County has a total of 4,659 cases and 482 deaths. Residents can call 908-231-7111 for an automated reading of the current coronavirus (COVID-19) case count in Somerset County, NJ. Visit our website for information via our dashboard: [www.co.somerset.nj.us/health](http://www.co.somerset.nj.us/health).

**How Can I Protect Myself from the New Coronavirus?**

The CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses. To protect yourself, you should:

**COVID-19**

**New Coronavirus Outbreak**

Somerset County Department of Health is actively responding to the COVID-19 outbreak

**Prevent the spread of respiratory illnesses by taking these actions:**

Wash your hands with soap & water for at least 20 seconds

Avoid close contact with people who are sick

Cover your coughs or sneezes

Keep your distance stay about 2 arm's length (6 feet) from others

Wear a cloth face covering in public settings

6/12/20

➔ For more information: <https://www.co.somerset.nj.us/government/public-health-safety/health-department/services/disease-prevention/covid-19-health-education>



## Where can I get tested?

- Contact your healthcare provider for guidance pertaining to your individual health symptoms.
- Somerset County in collaboration with Raritan Valley Community College will be holding a COVID-19 drive-thru testing site on Thursday August 6, from 10am – 1pm at Raritan Valley Community College, 118 Lamington Road, Branchburg. Patients must schedule an appointment for testing. Appointments can be made online at <https://somerset-hunterdon.adlabscovidtest.com>. Residents without computer access or wishing to schedule an appointment for children ages 5-18 are may call the Somerset County COVID-19 testing information line at 908-203-6014. The information line is open Monday-Friday, from 9:00am – 1:00pm, not including holidays. **Anyone holding an appointment who needs to CANCEL is asked to email [coronavirus@co.somerset.nj.us](mailto:coronavirus@co.somerset.nj.us), AT LEAST 24 HOURS BEFORE YOUR APPOINTMENT TIME so we can accommodate as many residents as possible.**
- Looking for a COVID-19 Test? Check with your doctor first, as many healthcare providers can test their patients. The document below lists a number of testing sites in Somerset County that may be able to provide COVID-19 testing. Please contact the facilities directly for their requirements: <https://www.co.somerset.nj.us/home/showdocument?id=38260>
- Instructions for individuals who test positive for COVID-19: [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID Instructions Persons Who Test Positive.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID%20Instructions%20Persons%20Who%20Test%20Positive.pdf) (updated)
- Instructions for individuals who test negative for COVID-19: [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID Instructions Persons Who Test Negative.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID%20Instructions%20Persons%20Who%20Test%20Negative.pdf) (updated)
- For information on testing centers in New Jersey, visit: [www.covid19.nj.gov/testing](http://www.covid19.nj.gov/testing).
- Resources for individuals who are undocumented or uninsured can be found here: [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-19 Resources forUndocumented and UninsuredFactsheet.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-19%20Resources%20for%20Undocumented%20and%20UninsuredFactsheet.pdf)

## What is being reopened in NJ?

What is being reopened in NJ?	
<b>April 29</b>	In effect at sunrise on Saturday, May 2 <sup>nd</sup> <ul style="list-style-type: none"> <li>• Reopen state parks and golf courses</li> <li>• Restores authority of county governments to open or close county parks</li> </ul>
<b>May 14</b>	<ul style="list-style-type: none"> <li>• Non-essential <b>construction</b> can restart effective 6:00am on May 18<sup>th</sup></li> <li>• Non-essential <b>retail stores</b> can reopen for curbside pickup effective May 18<sup>th</sup></li> <li>• <b>Drive-Thru and Drive-In events</b> are permitted immediately under social distancing guidelines</li> <li>• <b>Beaches, boardwalks, lakes, and lakeshores</b> to remain open with social distancing measures in place effective May 22<sup>nd</sup></li> </ul>
<b>May 15</b>	Effective May 26 <sup>th</sup> <ul style="list-style-type: none"> <li>• Resumption of <b>elective surgical</b> and other invasive procedures</li> </ul>
<b>May 16</b>	Effective May 17 <sup>th</sup> at 6am <ul style="list-style-type: none"> <li>• <b>Charter fishing services</b> and <b>for-hire vessel activities</b>, as well as <b>watercraft rental businesses</b>, to open with required social distancing measure</li> </ul>
<b>May 18</b>	Effective May 22 <sup>nd</sup> at 6am <ul style="list-style-type: none"> <li>• Certain outdoor activities at recreational businesses, including <b>archery ranges, batting cages, golf driving ranges, horseback riding, shooting ranges</b>, and <b>tennis clubs</b> as well as <b>community gardens</b> to open with required social distancing measures in place</li> </ul>

<b>May 19</b>	<p>Effective May 20 at 6:00am</p> <ul style="list-style-type: none"> <li>• In-person sales to resume at <b>car and motorcycle dealerships and bicycle shops</b></li> </ul>
<b>May 22</b>	<ul style="list-style-type: none"> <li>• The <b>limit on outdoor gatherings is lifted</b> from <b>10 individuals</b> to <b>25 individuals</b></li> <li>• <b>Public and private recreational campgrounds</b> may open, effective immediately</li> <li>• Social distancing must be adhered to.</li> <li>• Indoor gatherings remain limited to 10 people</li> <li>• Capacity will also be raised to 25 individuals for: <ul style="list-style-type: none"> <li>○ Charter and fishing boats</li> <li>○ Outdoor batting cages</li> <li>○ Driving ranges</li> <li>○ Other outdoor recreational businesses</li> </ul> </li> </ul>
<b>May 26</b>	<ul style="list-style-type: none"> <li>• New Jersey <b>schools</b> will be able to hold outdoor graduation ceremonies that comply with social distancing, effective July 6</li> <li>• <b>Professional sports team</b> in New Jersey may return to training and even competition – if their leagues choose to move in that direction</li> </ul>
<b>May 29</b>	<ul style="list-style-type: none"> <li>• <b>Child care centers</b> can reopen on June 15</li> <li>• <b>Non-contact organized sports activities</b> can restart June 22</li> <li>• <b>Youth day camps</b>, including municipal summer rec programs can begin July 6</li> </ul>
<b>June 1</b>	<ul style="list-style-type: none"> <li>• <b>Effective 6/15,</b> <ul style="list-style-type: none"> <li>○ <b>Restaurants and bars</b> to begin offering <b>in-person outdoor dining</b> - Table seating must be 6 feet apart and other safety and sanitization protocols must be followed.</li> <li>○ <b>Non-essential retail</b> can restart - Number of customers in store must be limited to 50% of approved capacity, customers and employees must wear face coverings, and areas used by employees must be regularly sanitized.</li> </ul> </li> <li>• Effective 6/22, <b>salons and barber shops</b> can reopen</li> </ul>
<b>June 5</b>	<ul style="list-style-type: none"> <li>• On June 15, <b>in-person customer services</b> will restart at <b>New Jersey Motor Vehicle Commission (MVC)</b> with a variety of pick-up and drop-off services</li> <li>• On June 29, <b>MVC</b> aims to be able to once again <b>offer behind-the-wheel road tests and issue new licenses and permits.</b></li> </ul>
<b>June 9</b>	<ul style="list-style-type: none"> <li>• The <b>stay-at-home order</b> that has been in place since 3/21 is now lifted.</li> <li>• Effective immediately, <ul style="list-style-type: none"> <li>○ <b>Indoor gatherings</b> will be permitted at whoever number is lower – 25% of a building’s capacity or 50 people total</li> <li>○ The limit on <b>outdoor gatherings</b> is raised from 25 to 100 people – with no limits on political or religious outdoor gatherings</li> <li>○ All <b>outdoor recreational and entertainment businesses</b> to reopen except amusement parks, water parks and arcades.</li> </ul> </li> <li>• Pools can reopen on 6/22</li> </ul>
<b>June 12</b>	<ul style="list-style-type: none"> <li>• <b>Effective June 15, libraries</b> will be permitted to do curbside pickup</li> <li>• <b>Effective June 22, personal care services</b> will resume beauty salons, barber shops, cosmetology shops, day and medical spa and electrology facilities, hair braiding shops, massage parlors, nail salons, tanning salons, tattoo parlors.</li> <li>• Guidance will be released for outdoor no-contact organized sports beginning on June 22<sup>nd</sup></li> <li>• Guidance will be released to allow school districts to conduct in-person summer educational programs – including Extended School Year and special education services - beginning on July 6</li> </ul>

<b>June 17</b>	<ul style="list-style-type: none"> <li>Office of the Secretary of Higher Education will release guidance for <b>colleges and universities</b> laying out framework for the preparations for the upcoming summer sessions and the Fall 2020 semester</li> </ul>
<b>June 18</b>	<ul style="list-style-type: none"> <li><b>Indoor portions of retail shopping malls</b> may reopen on 6/29 <ul style="list-style-type: none"> <li>Masks required to be worn</li> <li>All store limited to 50% capacity</li> <li>Restaurants may provide take-out or outdoor dining</li> <li>Food court seating and common seating areas remain closed</li> <li>Theaters and arcades remain closed</li> </ul> </li> </ul>
<b>June 19</b>	<ul style="list-style-type: none"> <li>Beginning June 21, the following will be able to <b>permit visitors in designated outdoor spaces</b>: <ul style="list-style-type: none"> <li><b>Nursing homes, assisted living residences, dementia care homes, pediatric transitional care homes, and comprehensive personal care homes</b></li> </ul> </li> </ul>
<b>June 22</b>	<ul style="list-style-type: none"> <li>Effective immediately, <b>indoor gatherings are now limited to 25% capacity</b> of the rooms in which they will take place, with a maximum of 100 persons.</li> <li><b>Outdoor gatherings are now limited to 250 persons</b>, and outdoor religious services and political activities will continue to have no numerical limits.</li> </ul>
<b>June 24</b>	<ul style="list-style-type: none"> <li>New Jersey, New York and Connecticut today announced a joint incoming travel advisory, effective at midnight, that <b>all individuals traveling from states with significant community spread of COVID-19 quarantine for a 14-day period</b> from the time of last contact within the identified state.</li> </ul>
<b>June 26</b>	<ul style="list-style-type: none"> <li>Absent a change in public health data, public schools will open for in-person instruction and operations in some capacity at the beginning of the 2020-2021 school year.</li> </ul>
<b>June 26</b>	<ul style="list-style-type: none"> <li><b>Indoor dining*</b>, <b>outdoor amusement parks, outdoor water parks, playgrounds, museums, aquariums, libraries and indoor recreations facilities</b> to open on <b>July 2</b> – with safeguards in place</li> </ul>
<b>June 30</b>	<ul style="list-style-type: none"> <li>Visitors from the following states should <b>self-quarantine for 14 days</b>: <ul style="list-style-type: none"> <li><b>Alabama, Arkansas, Arizona, California, Florida, Georgia, Iowa, Idaho, Louisiana, Mississippi, North Carolina, Nevada, South Carolina, Tennessee, Texas, Utah</b></li> </ul> </li> <li><b>*Indoor dining will no longer resume on 7/2, it has been postponed indefinitely</b></li> </ul>
<b>July 1</b>	<ul style="list-style-type: none"> <li>The <b>limit for outdoor gatherings</b> has been raised to <b>500 effective 7/3</b></li> </ul>
<b>July 2</b>	<ul style="list-style-type: none"> <li>Indoor pools can reopen at 25% capacity with social distancing in place</li> </ul>
<b>July 7</b>	<ul style="list-style-type: none"> <li>Travel advisory was expanded to include the following 3 states: Delaware, Kansas and Oklahoma</li> </ul>
<b>July 8</b>	<ul style="list-style-type: none"> <li>Face coverings are now required in outdoor public spaces when social distancing is not practicable. *Exceptions for individuals eating/drinking at an outdoor dining establishment, when wearing a mask would inhibit health or safety, or individuals under 2 years old.</li> </ul>
<b>July 13</b>	<ul style="list-style-type: none"> <li><b>Effective 8:00pm on July 15</b> <ul style="list-style-type: none"> <li>Lifting the 50% capacity limits currently enforced on NJ Transit and private-carrier buses, trains, light rail vehicles and Access Link vehicles</li> <li>Requiring face coverings in all NJ Transit and private-carrier indoor stations</li> </ul> </li> <li>Postponing annual municipal and county part committee meetings</li> <li>Postponing all upcoming scheduled elections to the November 3<sup>rd</sup> general election</li> </ul>
<b>July 14</b>	<ul style="list-style-type: none"> <li>Updated travel advisory includes four additional states - <b>Minnesota, New Mexico, Ohio, and Wisconsin</b> - with Delaware removed from the list: <a href="https://covid19.nj.gov/faqs/nj-information/travel-information/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey">https://covid19.nj.gov/faqs/nj-information/travel-information/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey</a></li> </ul>

<b>July 15</b>	<ul style="list-style-type: none"> <li>Guidance will be released that will allow the parents or legal guardians of pediatric, developmentally disabled, and intellectually disabled residents of long-term care facilities to arrange for by-appointment visits with their loved ones: <ul style="list-style-type: none"> <li>Outdoor visitations will continue per the Department of Health’s directive issued prior to Father’s Day</li> <li>Indoor visitations will be allowed at facilities which have had zero new probable or confirmed coronavirus cases recorded in a 28-day period</li> </ul> </li> </ul>
<b>July 20</b>	<ul style="list-style-type: none"> <li>Starting today, contact drills, practices and competitions may resume for high-risk sports. Practices must be held at outdoor venues only. All sports will have to abide by a number of health and safety protocols.</li> </ul>
<b>July 21</b>	<ul style="list-style-type: none"> <li>Updated travel advisory includes 10 additional states: Alaska, Delaware, Indiana, Maryland, Missouri, Montana, North Dakota, Nebraska, Virginia, and Washington. <b>Minnesota was removed.</b></li> </ul>
<b>July 24</b>	<ul style="list-style-type: none"> <li>Guidance will be released that will allow parents and guardians to have the option to choose all-remote learning for their children for the upcoming school year.</li> </ul>
<b>July 28</b>	<ul style="list-style-type: none"> <li>Updated travel advisory includes: District of Columbia, Illinois, Kentucky, Minnesota, and Puerto Rico</li> </ul>
<b>July 31</b>	<ul style="list-style-type: none"> <li>The New Jersey Motor Vehicle Commission announced that driver knowledge exams, also known as “written” driver tests, will be available to all drivers, including commercial drivers, by appointment starting August 3. All Licensing Centers except Oakland and Flemington will offer the tests.</li> </ul>

Somerset County facilities are closed to the public until further notice. For county service updates, visit: <https://www.co.somerset.nj.us/residents/situation-report-2677>.



### What does Law Enforcement Need to Know?

- Law enforcement personnel should follow CDC guidance to protect yourself from exposure: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-law-enforcement.html>.



### What do Healthcare Professionals Need to Know?

- Report any at risk-patients and their clinical status to the local health department where the patient resides. Public distribution list for Somerset County health departments visit:** <https://www.co.somerset.nj.us/home/showdocument?id=35658>
- Patients should be evaluated, and the public health department contacted on a case-by-case basis if clinical presentation or exposure history is equivocal (e.g., uncertain travel or exposure).
- COVID Antibody/Serological Test letter to healthcare providers: [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID\\_SerologyLetter\\_PHEL.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_SerologyLetter_PHEL.pdf)
- Strategies for Optimizing the Supply of PPE: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>
- If you work in a healthcare facility and are running low on personal protective equipment (PPE), contact your local Office of Emergency Management to request PPE.
- If patient meets the criteria, place facemask on patient, and isolate in a private room or a separate area.
- Information on providing routine immunizations during the COVID-19 pandemic: [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID\\_Immunizations.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_Immunizations.pdf)
- ➔ **For more information:** <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>
- ➔ [https://www.nj.gov/health/cd/topics/covid2019\\_healthcare.shtml](https://www.nj.gov/health/cd/topics/covid2019_healthcare.shtml)



## What do Hospitals and Medical Laboratories Need to Know?

- Information regarding recommendations for reporting, testing, specimen collection, interim healthcare infection prevention, and control recommendations for patients under investigation for COVID-19, can be obtained from CDC at <https://www.cdc.gov/coronavirus/2019-nCoV/lab/index.html> and <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>.
- COVID Antibody/Serological Test letter to healthcare providers: [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID\\_SerologyLetter\\_PHEL.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_SerologyLetter_PHEL.pdf)
- Strategies for Optimizing the Supply of PPE: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>.

## What are the Recommendations for Travelers?



Due to the evolving situation, please check CDC's Travel Health page for COVID-19 for the most current national/international recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

- Effective midnight, June 24, 2020: New Jersey, New York and Connecticut today announced a joint incoming travel advisory, that **all individuals traveling from states with significant community spread of COVID-19 quarantine for a 14-day period** from the time of last contact within the identified state. For an updated list, visit: <https://covid19.nj.gov/fags/nj-information/travel-information/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>

Date Added	States	
June 24	<ul style="list-style-type: none"> <li>• Alabama</li> <li>• Arkansas</li> <li>• Arizona</li> <li>• Florida</li> </ul>	<ul style="list-style-type: none"> <li>• North Carolina</li> <li>• South Carolina</li> <li>• Texas</li> <li>• Utah</li> </ul>
June 30	<ul style="list-style-type: none"> <li>• California</li> <li>• Georgia</li> <li>• Iowa</li> <li>• Idaho</li> </ul>	<ul style="list-style-type: none"> <li>• Louisiana</li> <li>• Mississippi</li> <li>• Nevada</li> <li>• Tennessee</li> </ul>
July 7	<ul style="list-style-type: none"> <li>• Kansas</li> <li>• Oklahoma</li> </ul>	
July 14	<ul style="list-style-type: none"> <li>• New Mexico</li> <li>• Ohio</li> <li>• Wisconsin</li> </ul>	
July 21	<ul style="list-style-type: none"> <li>• Alaska</li> <li>• Delaware (<i>re-added</i>)</li> <li>• Indiana</li> <li>• Maryland</li> <li>• Minnesota (<i>removed</i>)</li> <li>• Missouri</li> </ul>	<ul style="list-style-type: none"> <li>• Montana</li> <li>• Nebraska</li> <li>• North Dakota</li> <li>• Virginia</li> <li>• Washington</li> </ul>
July 28	<ul style="list-style-type: none"> <li>• District of Columbia</li> <li>• Illinois</li> <li>• Kentucky</li> </ul>	<ul style="list-style-type: none"> <li>• Minnesota</li> <li>• Puerto Rico</li> </ul>

- On July 20, New Jersey Department of Health launched an electronic survey to collect information on out-of-state travelers arriving in NJ airports. Travelers can take the survey by:
  - 1) Texting NJTRAVEL to 898211; 2) Visiting <https://covid19.nj.gov/forms/njtravel>; 3) Scanning a QR code available at NJ airports



### What do Veterinarians Need to Know? (updated June 25, 2020)

- Information for veterinary clinical settings to facilitate preparedness and ensure practices are in place to help people and animals stay safe and healthy can be obtained from CDC at <https://www.cdc.gov/coronavirus/2019-ncov/community/veterinarians.html>



### What do Schools Need to Know?

- On May 4, 2020, Governor Murphy announced that statewide school closures will be extended through the end of the 2019-2020 school year. Private schools with longer academic years will remain closed until at least June 30. On May 26, Governor Murphy announced that New Jersey schools will be able to hold outdoor graduation ceremonies that comply with social distancing, effective July 6.
  - On June 26, 2020 Governor Murphy announced, absent a change in public health data, public schools will open for in-person instruction and operations in some capacity at the beginning of the 2020-2021 school year.
  - On July 24, Governor Murphy announced that guidance will be released that will allow parents and guardians to have the option to choose all-remote learning for their children for the upcoming school year.
- **For more information:** [https://www.nj.gov/health/cd/topics/covid2019\\_schools.shtml](https://www.nj.gov/health/cd/topics/covid2019_schools.shtml)  
→ <https://www.nj.gov/education/reopening/NJDOETheRoadBack.pdf>



### What do Businesses Need to Know?

- Review your emergency plans for your company or business.
  - Cleaning and Disinfecting Your Facility: Everyday Steps, Steps When Someone is Sick, and Considerations for Employers, visit: [https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-building-facility.html?deliveryName=USCDC\\_2067-DM24835](https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-building-facility.html?deliveryName=USCDC_2067-DM24835)
  - CDC's Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes: <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>
  - Simple picture instructions for how to disinfect for COVID-19. <https://www.co.somerset.nj.us/home/showdocument?id=37237>
  - The Somerset County Office of Emergency Management is continuing to accept donations of personal protective equipment. For more information, visit: <https://www.co.somerset.nj.us/residents/covid-19-status/emergency-management>.
  - All grocery store and retail employees and customers are required to wear face coverings or masks. Exempt from this rule are children under the age of two as well as anyone who can prove a medical reason for not wearing a mask. Medical masks should be reserved for healthcare workers.
  - Somerset County Department of Health created a checklist addressing key points in the NJDOH Executive Directive No. 20-014 to assist establishments wishing to offer outdoor dining.
    - English - <https://www.co.somerset.nj.us/home/showdocument?id=38044>
    - Spanish - <https://www.co.somerset.nj.us/home/showdocument?id=38042>
  - **As the lead agency for coordinating public health disease response, the SCDOH communicates with hospitals, laboratories, emergency responders, medical providers, schools, businesses and other community organizations to share information and improve response to public health emergencies. Representatives of these organizations are encouraged to sign up for notifications at: <http://bit.ly/SCLINCS>.**
- **For more information:** [https://www.nj.gov/health/cd/topics/covid2019\\_schoolbusiness.shtml](https://www.nj.gov/health/cd/topics/covid2019_schoolbusiness.shtml).



## Preparing Individuals and Communities

- Everyone should follow general guidelines for hand hygiene and for preventing disease, as noted in the [“How Can I Protect Myself from the New Coronavirus?”](#) section above.
  - Monitor yourself and your family members for symptoms of COVID -19. Mildly ill patients should be encouraged to stay home and contact their healthcare provider by phone for guidance about clinical management. Patients who have severe symptoms, such as difficulty breathing, should seek care immediately. Older patients and individuals who have underlying medical conditions or are immunocompromised should contact their physician early in the course of even mild illness.
  - You should continue to social distance – this means keeping about 2 arms’ length between you and other people.
  - Face coverings are now required in outdoor public spaces when social distancing is not practicable. \*Exceptions for individuals eating/drinking at an outdoor dining establishment, when wearing a mask would inhibit health or safety, or individuals under 2 years old.
  - For more information about how to make and wear masks properly, visit: [www.co.somerset.nj.us/health](http://www.co.somerset.nj.us/health).
  - All grocery store and retail employees and customers are required to wear face coverings or masks. Exempt from this rule are children under the age of two as well as anyone who can prove a medical reason for not wearing a mask. Medical masks should be reserved for healthcare workers.
  - Information on the Multisystem Inflammatory Syndrome in Children Associated with COVID-19: (Updated 6-27-20) [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-MIS\\_Factsheet-6.27.20.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-MIS_Factsheet-6.27.20.pdf)
  - Resources for individuals who are undocumented or uninsured can be found here: [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-19\\_Resources\\_forUndocumented\\_and\\_UninsuredFactsheet.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-19_Resources_forUndocumented_and_UninsuredFactsheet.pdf)
  - COVID-19 Spanish Resources are available here: <https://www.co.somerset.nj.us/government/public-health-safety/health-department/services/disease-prevention/covid-19-spanish-resources>
  - COVID-19 Frequently Asked Questions: <https://covid19.nj.gov/faqs/general-public>
  - NJDOH COVID-19 health education resources for farm workers, available in Spanish, Creole, Portuguese, Simplified Chinese, Cambodian and French: [https://www.state.nj.us/health/cd/topics/covid2019\\_community.shtml](https://www.state.nj.us/health/cd/topics/covid2019_community.shtml).
  - Guidance for Sports Activities: (7-9-20) [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID\\_GuidanceForSportsActivities.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf)
  - What is Contact Tracing Infographic: <https://www.nj.gov/health/cd/topics/20200630%20NJ%20COVID-19%20CT%20infographics%20v9.pdf>
- ➔ **For more information:** [https://www.nj.gov/health/cd/topics/covid2019\\_community.shtml](https://www.nj.gov/health/cd/topics/covid2019_community.shtml)



## Mental Health Resources

**Feeling stressed, anxious or depressed due to COVID-19?  
Mental Health support, guidance and referrals are just a call away!**



Somerset County Mental Health	1-862-308-0430 (English and <u>español</u> )
	1-908-975-9401 (English)
Mental Health Association of New Jersey	1-877-294-HELP (4357)
NJ Addictions Hotline	1-844-276-2777

- The Atlantic Health System is hosting a Coronavirus Grief and Loss support group. To register call 862-260-3199 (option 3) for an invitation. The support group is web-based and is led by Atlantic Health behavioral health clinicians and social workers.
- A free emotional support helpline is now available to deaf and hard of hearing New Jerseyans feeling the emotional and mental toll of COVID-19. New Jerseyans can call the videophone helpline at **973-870-0677** for free, confidential support. Direct communication in sign language will be offered from 9 a.m. to 5 p.m. Monday through Friday by live trained specialists.
- Mental health during the COVID-19 pandemic is vital. NJ MentalHealthCares Helpline for free emotional support from trained staff – 866-202-Help (4357) or text NJHOPE to 51684 - 7 days per week – 8am to 8pm.

**This is an ongoing situation, so everyone should keep up-to date on the most current information by regularly visiting one of these trusted public health sources:**

**COVID-19 New Coronavirus Outbreak**  
Somerset County Department of Health is actively monitoring the COVID-19 outbreak.

Get the most up-to-date information on the new coronavirus from trusted sources:

- Centers for Disease Control and Prevention: [www.cdc.gov/](http://www.cdc.gov/)
- World Health Organization: [www.who.int/](http://www.who.int/)
- New Jersey Department of Health: [www.nj.gov/health/](http://www.nj.gov/health/)
- Somerset County Department of Health: [www.co.somerset.nj.us/health](http://www.co.somerset.nj.us/health)

**COVID-19 New Coronavirus Outbreak**  
Somerset County Department of Health is actively monitoring the COVID-19 outbreak.

**Questions about the new Coronavirus?**

- Call NJ 2-1-1  
1-800-962-1253
- Text  
NJCOVID to 898-211
- Email

Residents may contact  
Somerset County Department of Health  
at [coronavirus@co.somerset.nj.us](mailto:coronavirus@co.somerset.nj.us)

The NJ Poison Control Center & 211 have partnered with the New Jersey Department of Health to provide information to the public on COVID-19.

**The SCDOH is taking proactive preparedness precautions by monitoring the situation, enhancing disease surveillance, working with area healthcare providers, and keeping the public informed.**

**The most up-to-date information will be made available on the SCDOH website at [www.co.somerset.nj.us/health](http://www.co.somerset.nj.us/health).**

If you have questions on this guidance, please email [coronavirus@co.somerset.nj.us](mailto:coronavirus@co.somerset.nj.us).

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