



Somerset County Department of Health Public Health Emergency Preparedness Situation Update Coronavirus COVID-19 Update #33

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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	
Event Name	COVID-19 – Somerset County Department of Health (SCDOH) Response
Date	September 18, 2020
Time	2:00pm
Next Update	Weekly or as needed
Situation Update No.	33



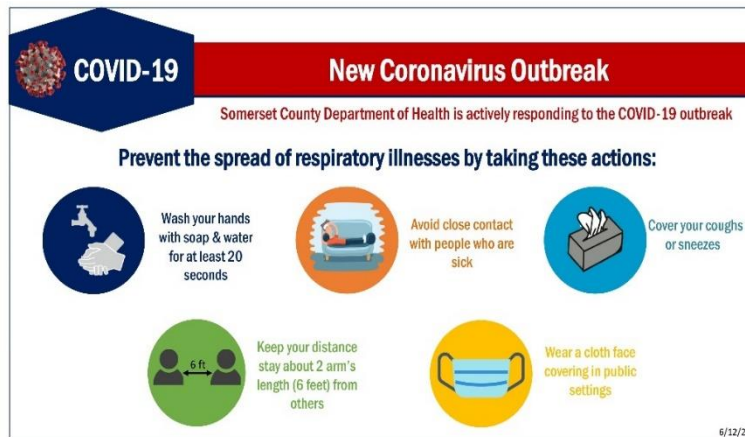
Want to know what's new? Look for the highlighted sections.

What is the Current Situation?

- The Somerset County Department of Health continues to actively respond to the coronavirus pandemic.
- As of September 18, 2020 -
 - CDC is reporting a total of 6,656,799 cases of COVID-19 in the US, and a total of 197,116 deaths.
 - NJDOH is reporting a total of 198,848 cases and 14,270 deaths.
 - Somerset County has a total of 5,166 cases and 495 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.

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:



- Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic. For more information: <https://www.cdc.gov/flu/prevent/vaccinations.htm>.

→ For more information: <https://www.co.somerset.nj.us/government/public-health-safety/health-department/coronavirus-disease-2019-covid-19/health-education-resources>



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 September 24th 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, 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=38887> (updated September 11, 2020)
- 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
- 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
- For information on testing centers in New Jersey, visit: <https://covid19.nj.gov/pages/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

What is being reopened in NJ?

For archived information, see previous SCDOH situation updates [here](#).

This week's update: What is being reopened in NJ?	
September 15	<ul style="list-style-type: none">• The updated travel advisory includes one additional territory, Puerto Rico— with California, Hawaii, Maryland, Minnesota, Nevada, and Ohio removed from the list, bringing the total to 30 states and territories. Current list can be found here.

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 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>.

- New Jersey, New York and Connecticut 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/faqs/nj-information/travel-information/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>

States/US Jurisdictions on the 14 -day Quarantine Travel Advisory		States/US Jurisdictions <u>NOT</u> on the Travel Advisory
<ul style="list-style-type: none"> Alabama (added 6/24/20) Alaska (re-added 9/1/20) Arkansas (added 6/24/20) Delaware (re-added 9/8/20) Florida (added 6/24/20) Georgia (added 6/30/20) Guam (added 8/25/20) Idaho (added 6/30/20) Illinois (added 7/28/20) Indiana (added 7/21/20) Iowa (added 6/30/20) Kansas (added 7/7/20) Kentucky (added 7/28/20) Louisiana (added 6/30/20) Mississippi (added 6/30/20) 	<ul style="list-style-type: none"> Missouri (added 7/21/20) Montana (re-added 9/1/20) Nebraska (added 7/21/20) North Carolina (added 6/24/20) North Dakota (added 7/21/20) Oklahoma (added 7/7/20) Puerto Rico (re-added 9/15/20) South Carolina (added 6/24/20) South Dakota (added 8/11/20) Tennessee (added 6/30/20) Texas (added 6/24/20) Utah (added 6/24/20) Virginia (added 7/21/20) West Virginia (added 9/8/20) Wisconsin (added 7/14/20) 	<ul style="list-style-type: none"> Arizona California Colorado Connecticut District of Columbia Hawaii Maine Maryland Massachusetts Michigan Minnesota Nevada New Hampshire New Mexico New York Ohio Oregon Pennsylvania Rhode Island Vermont Washington Wyoming

- 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 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 Veterinarians Need to Know?

- 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> (updated August 12, 2020)



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
- Strategies for Optimizing the Supply of PPE: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>.



What do Healthcare Professionals Need to Know?

- 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). **Public distribution list for Somerset County health departments visit:** <https://www.co.somerset.nj.us/home/showdocument?id=35658> (Updated August 2020)
- Strategies for Optimizing the Supply of PPE (updated July 16, 2020): <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
- ➔ **For more information:** <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>
- ➔ https://www.nj.gov/health/cd/topics/covid2019_healthcare.shtml



What do Schools Need to Know?

- On August 3, Governor Murphy announced face coverings will be required for all students at all times inside school buildings.
- On August 7, Governor Murphy announced:
 - The New Jersey Department of Agriculture will be releasing a memo clarifying that schools must continue to provide free and reduced-price meals to eligible students.
 - The New Jersey Department of Education has released the FAQ for school districts on www.nj.gov/education.
- On August 12, Governor Murphy announced school districts that cannot meet all health and safety standards for safe in-person instruction will begin their school year with all-remote learning. Public school districts must show plans for satisfying these standards and anticipated date to resume in-person instruction.
- On August 17, Governor Murphy announced New Jersey State Interscholastic Athletic Association (NJSIAA) will make the final determination on the fall high school sports season. Whether a student athlete is participating in remote-learning or in-person instruction will not change their ability to play.
- The school immunization requirements will not be waived for the upcoming school year. The CDC's 2020 Immunization schedules can be found [here](#).
- Back to College Tips: Protect Yourself from COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/College-Poster-COVID-Tips-for-Students.pdf>
- ➔ **For more information:** https://www.nj.gov/health/cd/topics/covid2019_schools.shtml
- ➔ <https://www.nj.gov/education/reopening/NJDOETheRoadBack.pdf>
- ➔ <https://covid19.nj.gov/faqs/nj-information/reopening-guidance-and-restrictions/will-schools-open-next-year-is-summer-school-open>



What do Faith-Based Communities Need to Know?

- Faith-based organizations should follow CDC guidance to help plan, prepare and respond to this emerging public health threat: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/guidance-community-faith-organizations.html>
- You should continue to social distance – this means keeping about 2 arms’ length between you and other people.
- For information about how to make and wear masks properly, visit: <https://www.co.somerset.nj.us/government/public-health-safety/health-department/services/disease-prevention/novel-coronavirus-2019-2641>
- Indoor gathering limits have been increased to the lesser of 25% capacity or 150 individuals for: religious services, weddings, funerals and memorial services and political activities.
- Information for your congregation and bulletins can be found at: <https://www.co.somerset.nj.us/government/public-health-safety/health-department/services/disease-prevention/novel-coronavirus-2019-2641>.



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
 - 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



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.
 - 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.
 - Indoor gathering limits have been increased to the lesser of 25% capacity or 150 individuals for: religious services, weddings, funerals and memorial services and political activities.
 - 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
 - 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
 - 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>
 - 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.
 - Guidance for Sports Activities: (7-9-20) 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>
 - Centers for Disease Control and Prevention COVID-19 Toolkits: <https://www.co.somerset.nj.us/government/public-health-safety/health-department/coronavirus-disease-2019-covid-19/covid-19-toolkits>
- ➔ For more information: https://www.nj.gov/health/cd/topics/covid2019_community.shtml

Mental Health Resources

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



Somerset County	1-862-308-0430 (English and español)
	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. For more information, visit: <https://www.atlantichealth.org/about-us/stay-connected/news/content-central/2020/covid-19-coronavirus/support-groups.html>
- 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/
- World Health Organization www.who.int/
- New Jersey Department of Health www.nj.gov/health/
- Somerset County Department of Health 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
Resident may contact
Somerset County Department of Health
at 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.

If you have questions on this guidance, please email coronavirus@co.somerset.nj.us.
