



# Somerset County Department of Health Public Health Emergency Preparedness Situation Update Coronavirus COVID-19 Update #42

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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	November 20, 2020
Time	2:00pm
Next Update	Weekly or as needed
Situation Update No.	42



**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 November 20, 2020 -
  - CDC is reporting a total of 11,650,817 cases of COVID-19 in the US, and a total of 251,715 deaths.
  - NJDOH is reporting a total of 297,370 cases and 14,900 deaths. The New Jersey COVID-19 Activity Level Report: <https://www.nj.gov/health/cd/statistics/covid/index.shtml>.
  - Somerset County has a total of 7,706 cases and 532 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 mask in public settings

10/15/20

- 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>. To find a flu vaccine in your area: <https://www.vaccinefinder.org/>
- CDC updated “How COVID is Spread” webpage (Updated October 5, 2020): <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>.
- ➔ 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 **Wednesday, December 2<sup>nd</sup>** from 10am – 2pm 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 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: (updated November 12, 2020) <https://www.co.somerset.nj.us/home/showdocument?id=39613>
- FAQs - COVID-19 Drive-Thru Testing Clinic: (November 6, 2020) <https://www.co.somerset.nj.us/home/showdocument?id=39551>
- Instructions for individuals who test positive for COVID-19: (October 27, 2020) [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_Instructions_Persons_Who_Test_Positive.pdf)
- Instructions for individuals who test negative for COVID-19: (October 22, 2020) [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_Instructions_Persons_Who_Test_Negative.pdf)
- 3 Key Steps to Take While Waiting for Your COVID-19 Test Result: [https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/318271-A\\_FS\\_KeyStepsWhenWaitingForCOVID-19Results\\_3.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/318271-A_FS_KeyStepsWhenWaitingForCOVID-19Results_3.pdf)
- NJDOH Why You Can't Test Out of COVID-19 Quarantine: (October 7, 2020) <https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID-Cannot-Test-Out-of-Quarantine.pdf>
- How Long Do I Need to Stay in COVID-19 Isolation or Quarantine? (October 16, 2020) <https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-How-Long-Isolate-Quarantine.pdf>
- How Soon after COVID-19 Exposure Should I get Tested? (October 29, 2020) [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID\\_When\\_To\\_Get\\_Test.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_When_To_Get_Test.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](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-19_Resources_forUndocumented_and_UninsuredFactsheet.pdf)

## New Jersey is currently in Stage Two of reopening: This week's update

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

This week's update	
<b>November 16</b>	<ul style="list-style-type: none"> <li>• Governor Murphy signed an executive order retightening restrictions on gatherings:               <ul style="list-style-type: none"> <li>○ Effective November 17<sup>th</sup>, indoor gatherings are limited to a maximum of 10 people</li> <li>○ Effective November 23<sup>rd</sup>, outdoor gatherings are limited to a maximum of 150 people</li> <li>○ The following indoor gatherings may continue under the current rules – limited to 25% of a room's capacity, up to 150 people: religious services, celebrations and political events, weddings, funerals/memorial services and performances.</li> </ul> </li> </ul>
<b>November 17</b>	<ul style="list-style-type: none"> <li>• The updated travel advisory includes the addition of Vermont, bringing the total to 46 states and territories. <b>Current list can be found <a href="#">here</a>.</b></li> <li>• Neighboring states Connecticut, Pennsylvania, and Delaware now meet the criteria for New Jersey's travel advisory. Due to the interconnected nature of the region and mode of transport between New Jersey and the three states, a 14-day quarantine is not reasonable in all instances. Non-essential travel to and from these states is highly discouraged at this time.</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 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>.

- Amid This Critical Phase Of The Covid-19 Pandemic, CDC Is Recommending Against Travel During The Thanksgiving Holiday. (November 19, 2020)
- COVID-19 Travel Recommendations by Destination -- Risk Assessment Levels (November 9, 2020) <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.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/fags/nj-information/travel-information/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>
- If you have traveled to, or are returning from one of the states designated below, please complete a voluntary online survey by: 1) Texting NJTRAVEL to 898211; 2) Visiting <https://covid19.nj.gov/forms/njtravel>; 3) Scanning a QR code available at NJ airports

States/US Jurisdictions on the 14 -day Quarantine Travel Advisory		States/US Jurisdictions <b>NOT</b> on the Travel Advisory
<ul style="list-style-type: none"> <li>• Alabama (added 6/24/20)</li> <li>• Alaska (re-added 9/1/20)</li> <li>• Arizona (re-added 10/20/20)</li> <li>• Arkansas (added 6/24/20)</li> <li>• California (re-added 10/27/20)</li> <li>• Colorado (added 9/29/20)</li> </ul>	<ul style="list-style-type: none"> <li>• Montana (re-added 9/1/20)</li> <li>• Nebraska (added 7/21/20)</li> <li>• Nevada (re-added 9/22/20)</li> <li>• New Hampshire (added 11/10/20)</li> <li>• New Mexico (re-added 10/6/20)</li> <li>• North Carolina (added 6/24/20)</li> </ul>	<ul style="list-style-type: none"> <li>• Connecticut</li> <li>• Delaware</li> <li>• District of Columbia</li> <li>• Hawaii</li> <li>• New York</li> <li>• Pennsylvania</li> </ul>

<ul style="list-style-type: none"> <li>• Florida (added 6/24/20)</li> <li>• Georgia (added 6/30/20)</li> <li>• Guam (added 8/25/20)</li> <li>• Idaho (added 6/30/20)</li> <li>• Illinois (added 7/28/20)</li> <li>• Indiana (added 7/21/20)</li> <li>• Iowa (added 6/30/20)</li> <li>• Kansas (added 7/7/20)</li> <li>• Kentucky (added 7/28/20)</li> <li>• Louisiana (added 6/30/20)</li> <li>• Maine (added 11/10/20)</li> <li>• Maryland (re-added 10/20/20)</li> <li>• Massachusetts (added 10/27/20)</li> <li>• Michigan (added 10/13/20)</li> <li>• Minnesota (re-added 9/22/20)</li> <li>• Mississippi (added 6/30/20)</li> <li>• Missouri (added 7/21/20)</li> </ul>	<ul style="list-style-type: none"> <li>• North Dakota (added 7/21/20)</li> <li>• Ohio (re-added 10/13/20)</li> <li>• Oklahoma (added 7/7/20)</li> <li>• Oregon (added 11/4/20)</li> <li>• Puerto Rico (re-added 9/15/20)</li> <li>• Rhode Island (re-added 9/22/20)</li> <li>• South Carolina (added 6/24/20)</li> <li>• South Dakota (added 8/11/20)</li> <li>• Tennessee (added 6/30/20)</li> <li>• Texas (added 6/24/20)</li> <li>• Utah (added 6/24/20)</li> <li>• <b>Vermont (added 11/17/20)</b></li> <li>• Virginia (re-added 10/13/20)</li> <li>• Washington (re-added 11/4/20)</li> <li>• West Virginia (added 9/8/20)</li> <li>• Wisconsin (added 7/14/20)</li> <li>• Wyoming (added 9/22/20)</li> </ul>	<p><b>**Connecticut, Pennsylvania, and Delaware now meet the criteria for New Jersey's travel advisory. Due to the interconnected nature of the region and mode of transport between New Jersey and the three states, a 14-day quarantine is not reasonable in all instances. Non-essential travel to and from these states is highly discouraged at this time.</b></p>
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**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 You Need to Know About COVID-19 and Pets <https://www.cdc.gov/coronavirus/2019-ncov/downloads/covid-19-pets-prevention.pdf>



**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 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> (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>

- Testing in Response to a Newly Identified COVID-19 Case in Long-term Care Facilities (September 23, 2020) [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-19\\_Antigen\\_Testing\\_in\\_LTCF.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-19_Antigen_Testing_in_LTCF.pdf)
- NJDOH Healthcare Personnel Exposure to Confirmed COVID-19 Case Risk Algorithm: (October 22, 2020) [https://www.nj.gov/health/cd/documents/topics/NCOV/Healthcare%20Personnel%20\(HCP\)%20Exposure%20to%20Confirmed%20COVID-19%20Case%20Risk%20Algorithm.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/Healthcare%20Personnel%20(HCP)%20Exposure%20to%20Confirmed%20COVID-19%20Case%20Risk%20Algorithm.pdf)
- Long-term care facilities can use antigen testing and expand indoor visitation under an amended Executive Directive by the NJDOH: <https://www.nj.gov/health/news/2020/approved/20201021a.shtml>
- Testing in Response to a Newly Identified COVID-19 Case in Long-term Care Facilities: (October 29, 2020) [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-19\\_Antigen\\_Testing\\_in\\_LTCF.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-19_Antigen_Testing_in_LTCF.pdf)
- 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 Schools Need to Know?

- On October 12, Governor Murphy signed an executive order allowing the resumption of contact sports practices and competitions in indoor settings for certain organized sports defined as “medium risk” and “high risk.” For more information: [https://nj.gov/governor/news/news/562020/approved/20201012a.shtml?fbclid=IwAR0zyqnm\\_jhoTXEMkvmx-rfro6gdXooYPfrkXmpNqWC447pZ7NluBYkXV90](https://nj.gov/governor/news/news/562020/approved/20201012a.shtml?fbclid=IwAR0zyqnm_jhoTXEMkvmx-rfro6gdXooYPfrkXmpNqWC447pZ7NluBYkXV90)
- The school immunization requirements will not be waived for the upcoming school year. The CDC’s 2020 Immunization schedules can be found: [https://www.nj.gov/health/cd/documents/imm\\_requirements/vaccine\\_qa.pdf](https://www.nj.gov/health/cd/documents/imm_requirements/vaccine_qa.pdf)
- School cases and outbreak data on the New Jersey COVID-19 Dashboard (updated weekly): [https://www.nj.gov/health/cd/topics/covid2019\\_dashboard.shtml](https://www.nj.gov/health/cd/topics/covid2019_dashboard.shtml)
- Effective November 12, all interstate games and tournaments for indoor youth sports, up to and including high school, are prohibited. <https://covid19.nj.gov/faqs/announcements/all-announcements/governor-murphy-announces-new-covid-19-mitigation-measures>
- NJDOH COVID-19 Guidance for Reopening Childcare (September 29, 2020) [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID\\_guidance\\_reopening\\_childcare.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_guidance_reopening_childcare.pdf)
- ➔ **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>
- ➔ <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>
- Governor Murphy signed an executive order retightening restrictions on gatherings:
  - Effective November 17<sup>th</sup>, indoor gatherings are limited to a maximum of 10 people.
  - Effective November 23<sup>rd</sup>, outdoor gatherings are limited to a maximum of 150 people.
  - The following indoor gatherings may continue under the current rules – limited to 25% of a room’s capacity, up to 150 people: religious services, celebrations and political events, weddings, funerals/memorial services and performances.



### What do Businesses Need to Know?

- 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)
- Governor Murphy announced new COVID-19 mitigation measures including restrictions on seating and hours for restaurants, bars, clubs and lounges, effective November 12. <https://covid19.nj.gov/faqs/announcements/all-announcements/governor-murphy-announces-new-covid-19-mitigation-measures>
- 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: <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.
- COVID-19 Case Investigation and Contact Tracing in Non-Healthcare Workplaces (September 30, 2020) [https://www.cdc.gov/coronavirus/2019-ncov/downloads/Infographic\\_COVID-19\\_Case\\_Investigation-Employers-Helping-Health-Departments.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Infographic_COVID-19_Case_Investigation-Employers-Helping-Health-Departments.pdf)
- **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.
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    - Effective November 23<sup>rd</sup>, outdoor gatherings are limited to a maximum of 150 people.
    - The following indoor gatherings may continue under the current rules – limited to 25% of a room’s capacity, up to 150 people: religious services, celebrations and political events, weddings, funerals/memorial services and performances.
  - COVID Alert NJ is a COVID-19 exposure notification app that will alert users if they have been in close contact with someone who has tested positive for COVID-19. For more information: <https://covid19.nj.gov/faqs/nj-information/slowing-the-spread/covid-alert-nj:-overview>.
  - Information on the Multisystem Inflammatory Syndrome in Children Associated with COVID-19: (Updated 9-15-20) [https://www.nj.gov/health/cd/documents/topics/NCOV/MIS-C\\_Factsheet.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/MIS-C_Factsheet.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>
  - Guidance for Sports Activities: (November 11, 2020) [https://www.nj.gov/health/cd/topics/COVID\\_GuidanceForSportsActivities%2011%2011%2020\\_CDS%20comments\\_FINAL%20\(002\).pdf](https://www.nj.gov/health/cd/topics/COVID_GuidanceForSportsActivities%2011%2011%2020_CDS%20comments_FINAL%20(002).pdf)
  - What is Contact Tracing Infographic: (updated November 5, 2020) <https://www.state.nj.us/health/cd/topics/20201024%20NJ%20COVID-19%20CT%20infographics%20vS.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](https://www.nj.gov/health/cd/topics/covid2019_community.shtml)



## Holiday Planning Resources

- Amid This Critical Phase Of The Covid-19 Pandemic, **CDC Is Recommending Against Travel During The Thanksgiving Holiday.** (November 19, 2020)
- CDC Holiday celebration recommendations and small gatherings: (November 9, 2020) <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>
- Everyone Can Make Thanksgiving Safer (November 19, 2020) [https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/everyone\\_can\\_make\\_thanksgiving\\_safer.html.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/everyone_can_make_thanksgiving_safer.html.pdf)
- Consider Other Thanksgiving Activities (November 19, 2020) [https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/consider\\_other\\_thanksgiving\\_activities.html.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/consider_other_thanksgiving_activities.html.pdf)
- Holiday Celebrations and Small Gatherings (November 19, 2020) <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>
- **Celebraciones y pequeñas reuniones por las fiestas** (November 19, 2020) <https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

## 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/](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

OR

Email  
Resident 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). \*\*