COVID 19 Parent Resources

Information Specific to Franklin Township, Somerset County and the State of New Jersey

- NJ Department of Public Health COVID-19 Information (Updated Daily)
- Somerset County Department of Health COVID-19 Information (Updated Daily)
- COVID-19 information for deaf and hard of hearing

The United Way:
The United Way is able to provide invaluable and up-to-date information, as well as a number of services during financial, domestic, health or disaster-related situations.

- Health care professionals are available for assistance through the state's COVID-19 hotline at 1.800.222.1222 or 1.800.962.1253.
- For general information, testing, and resources for basic needs, dial 211 or text your zip code to 898-211.
- https://www.nj211.org/coronavirus-covid-19 provides an information and referral service by phone and via the web for all questions about social services in northern New Jersey.
- United Way Contact if you need help

Job Opportunities:
- https://jobs.covid19.nj.gov/

EMERGENCY BACKUP DIABETIC SUPPLY

If you are in need of Diabetic Supplies, You can get a free 2 week back up emergency Insulin Administration Supply Kit. Please visit this website: https://diabetesfoundationinc.org/ (Please be patient, as the website has been inundated since Governor Murphy’s announcement on 3/23/2020)
Local Food Sources:

- Information regarding Breakfast/Lunch Go Packs for Franklin students may be found on the district home page website - www.franklinboe.org
- The Franklin Food Bank is providing Franklin Township residents in need with a fixed bag of food. An appointment is necessary to access these services. Please call 732-246-0009 Monday, Tuesday, Wednesday between 9:00 - 1:30 PM; Thursday 9:00- 6:30 PM.
- Stage House Tavern on Amwell Road is offering meals to the elderly, Please check out the link below if you or anyone you know needs meals. http://www.stagehousetavern.com/somerset/index.html
- Eat Right - Consumer tips from the Academy of Nutrition and Dietetics and the CDC. https://www.eatright.org/coronavirus

Informational Video:

WANT TV - At Franklin High School, the Aspects of Video students created an informational video all about how germs are spread, how to prevent the spread of germs and proper handwashing techniques. The 2 school nurses had input in the video as well. Good for all ages to view.

Local Community Medical Resources:

Robert Wood Johnson University Hospital
732-828-3000
1 Robert Wood Johnson Place
New Brunswick, NJ 08901

RWJ University Hospital Somerset
908-685-2200
110 Rehill Avenue
Somerville, NJ 08876

St. Peter’s University Hospital
Important info: regarding COVID-19

- Zufall does not have the ability to test for COVID-19 at this time but can test for flu if determined necessary.

Zufall no cuenta con los exámenes para COVID-19 en este momento, pero puede hacer la prueba para influenza si se determina necesario.

- Please continue to come to the office for your regular medical care as needed.

Please continue to come to the office for your regular medical care as needed.

- If you have a cough OR fever OR shortness of breath, please CALL FIRST rather than come directly to the health center. You will speak with a nurse to determine the best course of action.
Si usted tiene tos O fiebre O siente falta de aliento o la respiración corta, por favor LLAME PRIMERO en lugar de venir directamente al centro de salud. Usted hablará con una enfermera para determinar el mejor curso a seguir.

- **Zufall Somerville is no longer providing dental services, including emergency dental services. If you have a dental emergency, please call the Dover or Hackettstown clinics.**

Zufall Somerville ya no brinda servicios dentales, incluidas emergencias. Si tiene una emergencia dental, llame a las clinicas de Dover or Hackettstown.

Zufall
Dover - Dental
17 South Warren St.
Dover, NJ 07801
(973) 328-3344
Or
Zufall
Hackettstown Medical-Dental
117 Seber Rd.
(5 Doctor's Park)
Unit 5
Hackettstown, NJ 07840
(908) 452-5366

- Check zufallhealth.org regularly for updates to this information. Consulte zufallhealth.org regularmente para obtener información actualizada.

**Emotional Support/Mental Health Resources:**

- The Mental Health Association of NJ - call **877.294.HELP (4357)** for emotional support, guidance and mental health referrals as needed.
- CDC-Managing Stress and Anxiety
- WHO- Stress and Anxiety
- Youth Helpline-addresses challenges and difficulties
- Text TALKWITHUS to 66746
- Crisis text line text TALK to 741741
- National Suicide Prevention Lifeline; call 1-800-273-TALK (8255)
WHEN YOU NEED - Crisis intervention – Stabilization - Crisis Hotline - Family Crisis Services

Mobile Outreach - Mobile outreach to all those in Somerset County experiencing acute psychiatric distress. Also providing traumatic incident debriefing.

Services Include:

- rapid mobile outreach focused on early intervention, least restrictive crisis intervention and hospital diversion

- Use of flexible follow-up PESS services, on-site and in-vivo, to ensure that individuals receive crisis intervention services while they are awaiting appointments with community providers or if they fail to keep the appointment and need an additional referral option

Bridgeway PESS is only operating on a mobile basis at this time. There is no charge for services to individuals/families in need.

Activities and Articles for Parents to Help Explain COVID-19 to Children:

- Talking to your children about COVID-19
- Talking to Tweens and Teens about COVID-19
- Interactive BrainPop (free access)
- Early Elementary Hand washing video