



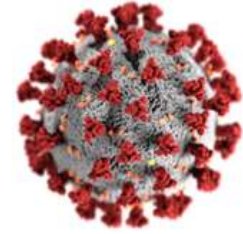
# Jefferson Township COVID Connection

## January 24, 2022

Jefferson Township  
Health Department  
973-208-6120

### New Jersey COVID-19 Updates:

- **Very High COVID-19 Activity:** The New Jersey Department of Health's (NJDOH) COVID-19 [Activity Level Report](#) states that New Jersey remains in *very high COVID-19 transmission*, effective since the week of December 25, 2021.
- **Quarantine and Isolation:** 5-day isolation/exclusion for COVID-positive individuals and 5-day quarantine/exclusion for close contacts (*for those with and without negative test results*). In addition, *a well-fitted mask should be strictly worn through day 10 of quarantine/isolation*.
- **Fully vaccinated:** The NJDOH recognizes individuals as fully vaccinated if they are 12 years or older and have received both the primary vaccination series and a booster dose.



### COVID-19 Testing:

- **Free COVID-19 testing** is now available at the County College of Morris seven days per week and by appointment only. [Register](#) for your no-cost PCR test today.
- **Free at-home COVID-19 tests:** Every home in the United States is eligible to order four free individual [rapid antigen COVID-19 tests](#). Limit of one order per residential address. Shipping is free and delivery will take approximately 7 – 12 days.
- **COVID-19 testing sites:** The Morris County Division of Health keeps an updated list of COVID-19 testing locations. Check their list of [testing sites](#) for more information.

### Resources:

- **Excluded New Jerseyans Fund (ENJF)** provides a one-time, direct cash benefit to eligible households that have suffered an [economic hardship](#) due to COVID-19 and were excluded from both federal stimulus checks and COVID-related unemployment assistance. This includes undocumented individuals, residents re-entering from the justice system and other individuals otherwise excluded. *Applicants must apply by January 31, 2022.*
- **Free T-Mobile internet for K-12 students.** This includes free 100GB of internet per year for five years, free hotspot with free shipping, as well as no fees, costs or annual recertifications.
- **Utility shutoffs extended to March 15, 2022.** For assistance programs, visit [NJCA](#) and [NJPowerOn](#).
- **Free job search workshops** are offered at the County College of Morris (CCM) on Tuesday evenings from January to June 2022. [Register today](#) to learn tips, tricks and best practices from the CCM Center for Workforce Development.

### Health/Mental Health:

- **Free Men's Cancer Screening:** NJCEED is offering free prostate and colorectal cancer screenings for men without health insurance on Wednesday, February 16, 2022. Call (973) 971-5952 to make an appointment.
- **Get Covered NJ:** [Open enrollment](#) for 2022 healthcare insurance ends January 31, 2022.
- **Caregiving Stress-Busting Dementia Program:** Rockaway Borough is hosting a program for family caregivers to learn stress management, relaxation and coping skills. Programs will be held on Thursdays from 1:00pm -2:30pm beginning January 20. Call (973) 627-5709 to register.
- **New Jersey Department of Human Services** offers a resource directory on mental health and addition. The guide includes food assistance, income and employment assistance, healthcare information and more. Available in [English](#) and [Spanish](#).