

October 2024

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New Jersey



# Information and Resource Packet

# Get Connected. Get Help.

2-1-1

New Jersey

NJ 211 provides **free, confidential, and multilingual live** assistance 24 hours a day, every day of the year. Whichever method you choose to reach us, you will be communicating with a community resource specialist who has access to a resource database of over 6,300 community programs and services that assist people who need help with life's most basic needs like food, utilities, affordable housing, rental assistance, mental and physical health, substance use disorders, child care, senior needs, legal assistance, transportation, disability services, and so much more.



**DIAL**  
2-1-1



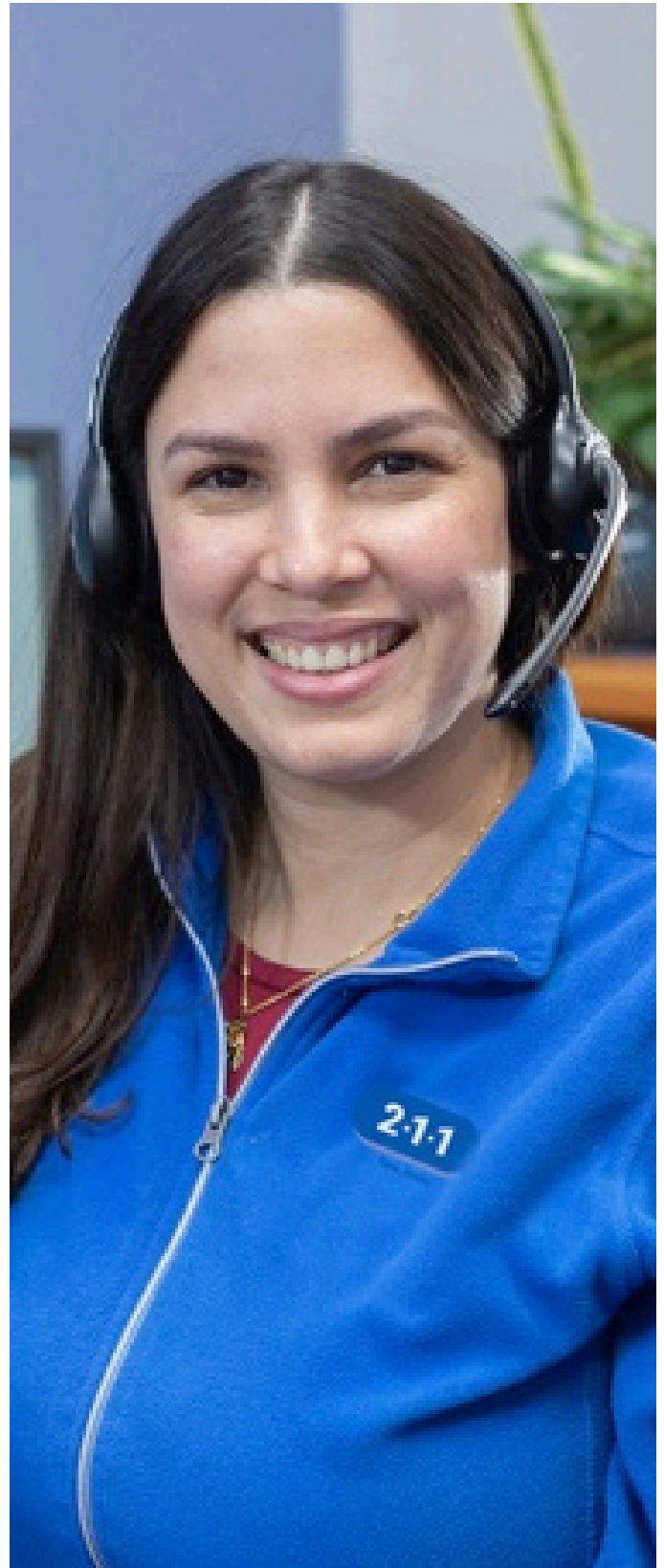
**TEXT**  
your zip code at 898-211



**CHAT**  
[www.nj211.org](http://www.nj211.org)



**SEARCH**  
the resource database at [nj211.org](http://nj211.org)



# COVID-19 Updates

- FDA approved and authorized the 2024-2025 mRNA COVID-19 vaccines on August 22, 2024 and authorized Novavax COVID-19 Vaccine, Adjuvanted (2024 – 2025 Formula) under Emergency Use Authorization on August 30, 2024.
- Everyone ages 6 months and older should receive an updated 2024-2025 COVID-19 vaccine (Moderna or Pfizer-BioNTech Vaccines) to protect against serious illness from COVID-19.
  - Everyone ages 12 years and older are recommended to use the 2024-2025 Novavax COVID-19 Vaccine.
- Children aged 6 months–4 years may need multiple doses of COVID-19 vaccines to be up to date, including at least 1 dose of the 2024-2025 COVID-19 vaccine.
- People who are moderately or severely immunocompromised may get additional doses of 2024–2025 vaccine after they have received their recommended number of 2024–2025 doses.
- People aged 65 years and older are advised to receive all recommended COVID-19 vaccine doses.

Stay up to date! Visit [bit.ly/cdcupdatecovid24](https://bit.ly/cdcupdatecovid24)

## COVID-19 & Flu Vaccinations

- In addition to the COVID-19 vaccine, the CDC recommends the updated 2024-2025 flu vaccine to protect against severe COVID-19 and flu this fall and winter.

## COVID-19 Testing and Vaccines



Test Site Finder  
[bit.ly/njcovidtest](https://bit.ly/njcovidtest)



Vaccine Info & Locations  
[bit.ly/njcovidvaccines](https://bit.ly/njcovidvaccines)



Free Public Testing  
[bit.ly/njpublictest](https://bit.ly/njpublictest)

# Testing for COVID

## At Home

Along with taking proactive steps to protect yourself and others from COVID-19 strains this season, residential households in the U.S. are now able to order another set of free at-home tests.



Each order includes 4 individual rapid antigen COVID-19 tests that can help detect the virus in people who have a higher amount in their system and are more contagious. Simple at-home tests allow easy access for people to check their symptoms and take the necessary steps to prevent spreading the virus to others. Place your new order today through USPS's official link:

[special.usps.com/testkits](https://special.usps.com/testkits)

This September, the FDA also extended multiple expiration dates printed on previous COVID-19 tests. To check unused tests you may have at home, see the full list provided by the FDA: [bit.ly/fdatestexpirations](https://bit.ly/fdatestexpirations)

## Wash, Rinse, Repeat

Did you know that one of the easiest ways to keep yourself healthy is by properly washing your hands?

Help prevent the spread of germs with these

[five easy steps provided by the CDC:](#)

1. **Wet** your hands with clean, running water.
2. **Lather** your hands by rubbing them together with soap (back of the hands, between your fingers, and under your nails).
3. **Scrub** for at least 20 seconds.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands with a clean towel or an air dryer.



# Safely Spread Holiday Cheer

The holiday season is right around the corner! Whether it is cooking in the kitchen or decorating your space, learn how to safely set up for the most wonderful time of the year with these tips.

## Food Safety



- Keep an eye on your food when cooking - unattended cooking is the leading factor in home cooking fires.
- Keep anything that can catch fire (dishtowels, bags, boxes, paper, curtains) away from your stove, oven, or any other appliance in the kitchen that generates heat.
- [Cooking a turkey for your family gathering?](#) Use a food thermometer to make sure your turkey has reached a safe internal temperature of 165°F.

## Decoration Safety



- Before hanging any lights, read the manufacturer's instructions for the number of light strands to connect.
- Check holiday lights each year and discard any frayed or pinched wires.
- Turn holiday lights off before leaving your home or going to bed.

## Candle Safety



- Consider using battery-operated flameless candles.
- Keep candles at least 12 inches away from anything that burns - more than a third of home decoration fires are started by candles.
- Place your candle in a stable holder and in a place where they cannot be knocked down easily before lighting.

## Tree Safety



- Place your tree at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles, or heat vents.
- Natural trees should be watered every day - dry trees can catch on fire easily.
- Discard of your tree after the holiday or when it is dry.

# Kinship Navigator Program

Are you or someone you know stepping into a new parental role for a child of a relative or friend? The State of New Jersey's Department of Children and Families has a resource readily available to support and guide you through this new journey. The Kinship Navigator Program seeks to provide information, referral, financial assistance and legal services to eligible kinship caregivers to aid them and their children in need.



To learn more about these resources, visit [bit.ly/kinshippnavigatorprogramnj211](https://bit.ly/kinshippnavigatorprogramnj211) or dial 2-1-1.

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