

# Middle-Brook Regional Health Commission

---

111 Greenbrook Road  
Green Brook, NJ 08812  
Kevin G. Sumner, Health Officer/Director

[www.middlebrookhealth.org](http://www.middlebrookhealth.org)

732-968-5151 x 1  
732-968-5331 (fax)  
[mbrhc@middlebrookhealth.org](mailto:mbrhc@middlebrookhealth.org) (e-mail)

## MBRHC Response to COVID-19

I am sure you've been saturated with news of the pandemic and the ongoing state of emergency. We are a small regional health department, but our staff at the Middle-Brook Regional Health Commission have been aggressively fighting against the novel-Coronavirus that has resulted in an affliction across the globe. With limited resources, your local health department is literally working day and night, seven days a week, to fight the spread of this disease.

On a daily basis, the Commission is notified of new positive COVID-19 cases, which then prompts a process of follow-up. We follow-up with the patients and/or their healthcare providers to identify how they may have been exposed and who may have been exposed to them. We are particularly focused on identifying high-risk exposures to vulnerable individuals, healthcare providers, and first responders. As part of these investigations, we notify individuals about how long they should remain quarantined for self-monitoring when exposed, or isolated from others when sick. The staff of the Commission are constantly answering the public's questions, and advising policy makers, including elected officials, school officials, first responders, etc. who help us communicate important messages to the public. The Commission urges you to follow the emergency restrictions, and limit person-to-person interaction except for essential activities.

The work of the Commission and our local boards of health is mostly behind the scenes, but nevertheless vital to the health and safety of everyone in our community. I want to express our gratitude to our health officer, Kevin Sumner, and all of the staff "who are doing a fantastic job" during this emergency. Let's hope and pray that we'll be over the hump soon, and be able to return to normalcy.

Greg Riley

President, Middle-Brook Regional Health Commission

