



If you are having symptoms of the Coronavirus/COVID-19 ***please call your healthcare provider first.*** Your healthcare provider will determine what the next steps will be. You may also contact 2-1-1 or the Coronavirus Hotline at 800-222-1222

COVID-19 RESOURCES FOR CARE

HOTLINE NUMBERS - PLEASE CALL AHEAD FIRST

- 1800-VALLEY1 / 1-800-825-5391
- Dispatch Health 201-882-7528
- HUMC Telehealth 1844-HMH-WELL / 1-844-464-9355

CITY MD LOCATIONS

- Ramsey 551-220-3329
- Paramus 551-220-3415
- Nanuet 845-624-2275

COVID-19 TEST CENTERS

Criteria for Getting Tested at Bergen County Community College:

- To be tested for COVID-19, individuals must present proof of New Jersey residency.
- Technician will be screening individuals for symptoms of COVID-19 (fever, shortness of breath, coughing) – those who do not exhibit symptoms will be turned away.
- Physicians notes are not required. However, if an individual has a physician's note, they are encouraged to bring it with them.

Location:

**Bergen County Community College
400 Paramus Road, Paramus, NJ 07653
Parking Lots B & C**

Hours of Operation: 8:00 AM – 4:00 PM

(do not go if you are not showing symptoms/no number to call)

FOR THESE LOCATIONS PLEASE CALL AHEAD FIRST

- Valley Health Medical Group
 - Montvale 201-930-1700
 - Nanuet 845-623-4000
 - Waldwick 201-447-3603